



## HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER APRIL 2021

### Teaching and Learning

#### Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5](#), [SD 6](#), [SD 8](#), [SD 19](#), [SD 22](#), [SD 27](#), [SD 53](#), [SD 73](#), [SD 83](#)

#### Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics like COVID-19 Information, Hand Hygiene, Positive Mental Health, and Substance Use.



#### April is Oral Health Month!

There is now a new [Dental and Oral Health Toolkit](#) posted on Interior Health's Public Website.



## COVID-19 UPDATE FROM BCCDC

School COVID-19  
Information



#### BCCDC Website for to K-12

### Teaching and Learning

The BCCDC website [K-12 Schools and COVID-19](#) has been updated with new questions in the [Parents and Students](#), [School Staff](#) and [Administrator](#) pages.

In addition, a new bulletin, [COVID-19 School Sector Update](#), will be published regularly to provide updates directly to schools.

## DASH UPDATES AND RESOURCES



### Teaching and Learning



#### New Resources

DASH has added three new activity ideas to the Healthy at School & Home Resource bank, which can be found [here](#). The new resources, which include [Virtual Book Club](#), [Secret Buddy](#), and [Spreading Joy](#), were created to help keep students connected during COVID-19.

### Community Partnerships

#### Canadian Healthy Schools Alliance

The Canadian Healthy Schools Alliance is a network of organizations on a mission to promote health and well-being in school communities across Canada, focusing on:

- Solving complex problems within K-12 education directly related to well-being
- Promoting equitable solutions to fostering healthy school communities
- Nudging school communities to move forward in their well-being journey through system-level approaches
- Empowering decision-makers to support system-wide well-being in schools
- Seeking out positive examples of well-being in action to encourage decision-makers in their efforts.

Learn more about the alliance and sign the declaration at [healthyschoolsalliance.ca](http://healthyschoolsalliance.ca)

## HEALTHY BEHAVIORS

### Teaching and Learning



#### Introducing the NEW [Live5210.ca](http://Live5210.ca) website!

Live 5-2-1-0 is an initiative of BC Children's Hospital that partners with communities across BC to promote and support healthy behaviors among children. Live 5-2-1-0 message promotes four simple guidelines for raising healthy children.

The Live 5-2-1-0 Website includes resources for schools and families.

A short 2.5-minute video to help kids choose healthy habits: 'Just one Thing' can be seen at the bottom of the

website home page at: [Live5210.ca](http://Live5210.ca) (open in one of the browsers here)



## MENTAL WELLNESS



### Teaching and Learning

#### Words Every Child Needs to Hear

When children are experiencing big emotions, they often need us to step in and help them to calm the torrential storm. When a child feels safe with you, they are able to lower their defenses and are truly give voice to the feelings inside.

The language we use with our children becomes their inner voice. As the adults in a child's world, we play a pivotal role in determining how a child perceives themselves and others.

For tips on what to say when your child is angry or sad, when they needs limits, or even when we mess up as parents see: [Words Every Child Needs to Hear](#).

## NUTRITION

### Teaching and Learning

#### Teaching Resources: Gardening activities



See these monthly lessons and other resources for schools to teach about vegetable gardening from the [ediblegardenproject.com](http://ediblegardenproject.com)

#### Primary grades:

[Seed ID Matching Game](#) (PDF) – Cut these pictures out and have students match the seeds with the plants they grow up to be.

#### Middle and secondary grades:

[Compost In a Bag LP](#) (PDF) – Easy to do activity with kids demonstrating what decomposes and the decomposition process

# TOBACCO AND VAPOR PRODUCTS

## Teaching and Learning

### On the Rise

The use of vapour products is on the rise among children and youth. Many children have often tried their first vape by around age thirteen. Many students get these devices from family, friends or other people they know. Vaping liquid containing nicotine is very dangerous to younger children. It is important to keep vaping liquid away from young children and pets. Even small amounts can be harmful if swallowed.

#### Some tips to talk with your kids:

- ✓ Keep the conversation going throughout the school year
- ✓ Teach children about the hazard symbol on products
- ✓ Talking about keeping your pet safe at home, is one way to start a conversation



### To read more see:

[McCreary Adolescent Health Survey](#) Grades 7-12 in schools across BC

[Nicotine Poisonings – Government of Canada](#)

View YouTube: [Keeping your pet safe](#)

### McCreary Youth Vaping During COVID-19 Report

In June, September, and December 2020, 28 youth researchers from across BC collected over 3,500 surveys from their peers about their experiences with vaping during the COVID-19 pandemic.

The report of the findings, *Youth vaping during COVID-19: BC youth's experiences during the pandemic* is available to download [www.mcs.bc.ca](http://www.mcs.bc.ca)

### What Parents Need to Know

In June, September, and December 2020, 28 youth researchers aged 12–18 from across BC collected over 3,500 surveys from their peers about their experiences with vaping during the COVID-19 pandemic. [These are the findings the youth researchers thought all parents should know.](#)

### World No Tobacco Day May 31

This year's theme is [Commit to Quit](#).

### Break It Off

Cravings can happen at any time — but with the [Break It Off](#) app, you can deal with them anywhere you go. Whether you need tips on dealing with your triggers or want a reminder when you hit your quitting anniversaries, the app is designed to keep you motivated through good days and bad ones

### Catch My Breathe Canadian Resource

The [Canada-specific version of CATCH My Breath](#) is now available! Working together with University of Waterloo School of Public Health & Health Systems, we have adapted the evidence-based youth vaping prevention program for a Canadian audience. The new offering includes updated tobacco law & regulation information, as well as all-new lesson recordings.

## **Community Partnerships**

### **Tobacco and Vapour Prevention and Control:**

Do you need to reach Interior Health Tobacco and Vapour Prevention and Control?  
Contact us at [tobacco@interiorhealth.ca](mailto:tobacco@interiorhealth.ca) or 1-855-744-6328 prompt #5

**For previous newsletters:** [Health Promoting Schools Newsletters](#)