HEALTH PROMOTING SCHOOLS
MONTHLY NEWSLETTER
PARENT VERSION
NOVEMBER 2020

DASH RESOURCES

DASH
DEDICATED ACTION for SCHOOL HEALTH

Resources are available on the Healthy at Home page for educators and parents.
Resources can be sorted by grade level and topic area.

COVID-19 RESOURCES

COVID-19 Testing Options in BC

The BC Centre for Disease Control website now includes new information on COVID-19 testing options for children in BC. The information and videos can help to prepare children and their families for the test.
Information includes:

- when to take your child for a test
- how to prepare for the test
- what will happen during the testing
- what to do after the test
- how to access test results
- when to seek medical attention

HEALTHY ENVIRONMENTS

Canada's Plant Health Hero Challenge

Healthy plants provide us with 80 per cent of the food we eat and 98 per cent of the oxygen we breathe. When we protect plants, we protect life. Especially poignant during the International Year of Plant Health 2020, everyone - from individuals, to schools, community groups and businesses - can make a difference.

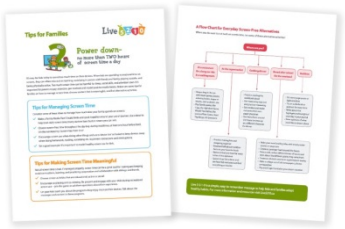
Interactive Booklets Help Protect Natural Resources

In these fun and interactive booklet, kids will learn about things like how to help protect Canada's amazing natural resources, what a plant health villain is, and who Canada's first plant health heroes are.

Plant health hero activity book – ages 5-8
Plant health hero activity book – ages 9-12

SCREEN TIME

Promoting no More than 2 Hours of Screen Time – New Live 5-2-1-0 Tip Sheet for Families!



It can be challenging to meet the guideline of no more than two hours of recreational screen time per day when kids are constantly reaching for their devices and families are spending more time at home due to COVID-19. Sometimes it feels like it's not worth the battle, and other times we all need a break! In response to feedback from our community partners, we created the Live 5-2-1-0 '2' Tip Sheet for Families which includes suggestions on how to manage screen time in your household and make screen time meaningful for kids. Also included is an interactive flow-chart with daily screen-free alternatives for those moments where spending time on devices might have become a habit (i.e. after school, long car rides, or before bed). The '2' Tip Sheet for Families is available for download from our website's Resources page under the 'Families' section. This is the second in a series of Live 5-2-1-0 Tip Sheets for Families—stay tuned for upcoming Tip Sheets on the other two guidelines!

TOBACCO AND VAPOR PRODUCTS

Vaping is Not Harmless

Children often see other young people surrounded by an aerosol cloud. The vapour or aerosol cloud is not just water. The aerosol contains many things that can be harmful to the body of a young child. The aerosol may be linked to poor lung health. Vaping is not harmless.

Some tips to talk with your kids:

- ✓ Talk to your kids about what's in a vape
- ✓ Talk about what's in the aerosol
- ✓ Talk with your kids about what is harmful to their bodies
- ✓ Set a positive example by being tobacco and vapour free
- ✓ Encourage open supportive conversations

To read more see:

BC Lung - Vaping: An Overview

Interior Health- Vaping and Youth: Factsheet for Parents