

**HEALTH PROMOTING SCHOOLS NEWSLETTER JANUARY 2016**

**ABORIGINAL EDUCATION TEACHER RESOURCES**

**Teaching and Learning**

The resource from the First Nations of Quebec and Labrador Health and Social Services Commission **[Stay Smoke-Free and Healthy Activity Book](http://www.cssspnql.com/docs/centre-de-documentation/cahier-tabac-eng.pdf?sfvrsn=2" \t "_blank): For First Nations Youth Tobacco Awareness** provides teacher resources for classroom lessons of elementary age students.

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**NUTRITION**

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**Community Partnerships**

**Farm to School Grant Program**

It’s a new year and a great time to check out all the exciting information at[**Farm to Cafeteria Canada**](http://www.farmtocafeteriacanada.ca/) , a new grant program, videos and news stories from the field!

Farm to Cafeteria Canada and Whole Kids Foundation have partnered to offer a Farm to School grant program.  Grants valued at up to $10,000 will bring the harvest to schools – engaging students and community in gardening, cooking, preserving, purchasing, and serving healthy local foods.

**The guidelines for the Farm to School/Whole Kids grant will be posted Dec. 21st and the application process will open in January.**

**BC Dairy Milk Run**

Milk Run is a 3 km run, walk, wheel, or skate promoting school spirit, healthy lifestyles, and community involvement.  Schools can use Milk Run as a fundraising opportunity for the school or a local charity.  This year, Milk Run will be held Wednesday, April 14, 2016. Milk Run is organized by BC School Sports and supported by BC Dairy Association.  BC Dairy Association supports Milk Run coordinators by providing a variety of prizes that are available at the time of asking (first come, first served). These items can be awarded to students and volunteers.  **School registration will open on January 4, 2016 until March 4, 2016.**

**Please visit** [**Milk Run**](http://bcdairy.ca/dairyfarmers/news/milk-run-bc-2016/) **after January 4th to register your school.**

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**POSITIVE MENTAL HEALTH**

**Teaching and Learning**

**University of British Columbia**

[**The Social & Emotional Learning Resource Finder**](http://www.selresources.com/)  is a collection of social, emotional and mental health resources for educators and other adults who work with children and youth.

**TOBACCO REDUCTION**

**Teaching and Learning**

**Changes to BC Smoking Cessation Program**

**Effective January 1, 2016 the BC Smoking Cessation Program will introduce three new changes. NRT will now be available directly from your local pharmacy and the lozenge and inhaler will also be eligible cessation products.**

**Visit** [**here**](http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program) **to review these important changes. Website will be updated shortly to reflect changes.**

**Menthol Capsules in Cigarette Filters**

Additives in tobacco products, particularly flavouring compounds, increase the attractiveness

of these products. Menthol capsules that look like a tiny bead are now found in cigarette filters. This product promotes smoking initiation by children and adolescents and it makes it more difficult for smokers to quit. To learn more about this product please visit:

[**https://www.dkfz.de/de/tabakkontrolle/download/Publikationen/RoteReihe/Band\_17\_Menthol\_Capsules\_in\_Cigarette\_Filters\_en.pdf**](https://www.dkfz.de/de/tabakkontrolle/download/Publikationen/RoteReihe/Band_17_Menthol_Capsules_in_Cigarette_Filters_en.pdf)

**Squeezable Menthol Filter**

One of Canada's largest tobacco companies has introduced a new type of menthol cigarette that the Canadian Cancer Society worries could get more teens and young adults hooked on smoking. To read more please visit: <http://www.ctvnews.ca/health/cancer-society-worries-new-cigarettes-with-squeezable-menthol-filter-will-hook-kids-1.2665391>

**National Non-Smoking Week**

National Non-Smoking Week is a yearly event in Canada. Since 1977, it continues to be observed on the third full week of January, starting on the Sunday. Coordinated by the Canadian Council for Tobacco Control, it aims to:

* educate Canadians about the dangers of smoking;
* prevent people who do not smoke from beginning to smoke and becoming addicted to tobacco;
* help people quit smoking;
* promote the right of individuals to breathe air unpolluted by tobacco smoke;
* denormalize the tobacco industry, tobacco industry marketing practices, tobacco products, and tobacco use; assist in the attainment of a smoke-free society in Canada.

**Ecigarette Marketing**

The Truth Initiative has published a report on research assessing the unrestricted marketing environment for e-cigarettes and, in particular, its reach among 13-21 year olds. The study confirms that exposure to e-cigarette advertising among youth and young adults in the U.S. remains high, and has the potential to influence initiation of use. Visit here so see [Full Report](http://truthinitiative.org/research/vaporized-majority-youth-exposed-e-cigarette-advertising).

**Electronic Cigarette Policies**

Eight of sixteen Interior Health school districts have included electronic cigarettes in their smoking policies.

**Tobacco Resources for Schools**

View the [**Tobacco Resources for Schools**](https://www.interiorhealth.ca/sites/Partners/TobaccoResources/Documents/Tobacco%20Resources%20for%20Schools.pdf) for current curricula, activities and materials for the classroom. An updated version is now available.

**Community Partnerships**

**IH Tobacco Contacts:**

Do you need to reach the Interior Health Tobacco Team?  **Email:** [**tobacco@interiorhealth.ca**](mailto:tobacco@interiorhealth.ca)

**For previous newsletters:** [**Health Promoting Schools Newsletters**](https://www.interiorhealth.ca/sites/Partners/SchoolDistricts/Pages/HealthPromotingSchools.aspx)

Or contact:

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