



## HEALTH PROMOTING SCHOOLS NEWSLETTER MARCH 2016

### ABORIGINAL EDUCATION TEACHER RESOURCES

#### Teaching and Learning

**Lost Innocence teacher's guide and graphic novel from the Healthy Aboriginal Network**



The graphic novel, *Lost Innocence* and the accompanying guide (funded by The Anglican Church of Canada) is now available for free download from:

<http://thehealthyaboriginal.net/portfolio-item/residential-school-lost-innocence/>

Teachers may adjust the content so that it is age-appropriate (intended for students aged 12 to 17). Other graphic novels listed below can be viewed online at:

<http://thehealthyaboriginal.net/> and purchased from:

<http://thehealthyaboriginal.net/order/> or by sending an email to

[sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net).

**The Game Plan** (financial literacy), **Kiss Me Deadly** (sexual health), **Drawing Hope** (living with FASD), **River Run** (smoking prevention), **Path of the Warrior** (physical activity/gang awareness), **Just a Story** (mental health stigma), **An Uninvited Threat** (diabetes prevention), **Lighting up the Darkness** (youth in care), **Clear Skies** (family violence).

# GRANTS

## Partnerships and Services

### Toyota Evergreen Learning Grounds School Ground Greening Grants

**Spring applications: due on Monday, March 28<sup>th</sup>, 2016**

This granting program helps schools create outdoor classrooms to provide students with a healthy place to play, learn and develop a genuine respect for nature. Grants of up to \$3,500 are available for public schools and daycares located on school Board/District property. Learn More: [Toyota Evergreen Learning Grounds School Ground Greening Grants | Evergreen](#)

# INTERNET SAFETY

## Teaching and Learning

The following teacher resources are now available from The McCreary Centre Society which uses data from the 2013 BC Adolescent Health Survey.

### Online safety and sexting among BC youth:

1. Full Report: [Untangling the web](#) considers risk and protective factors for safer use of technology among BC youth. A [media release](#) is also available.
2. A [workshop toolkit](#) and accompanying [PowerPoint presentation](#) to share the results with youth.
3. Two info-graphic "by-youth-for-youth" posters: [sharing the key findings for female youth](#) and some [tips for online safety for female youth](#).

For more information see the [McCreary Centre Society Website](#)

# NUTRITION

## Community Partnerships

### March is Nutrition Month!

Over the next month, Dietitians of Canada is encouraging Canadians to make small changes to our eating habits to boost our health and feel our best.

We eat around 100 meals each month but instead of trying to change everything at once, focus on one meal at a time to make small lasting changes, you can stick with.

Be an ambassador for your school to encourage your students and coworkers to take the *100 Meal Journey* and make small changes, one meal at a time over the next month.

Use the Ambassador Toolkit provided by Dietitians of Canada for ideas on how to get involved in the Nutrition Month campaign.

<http://www.dietitians.ca/Downloads/Public/NM2016-Ambassador-Toolkit-ENG.aspx>

## SCHOOL CONNECTEDNESS

### **Social and Physical Environments**

It's almost Spring Break - a perfect time to "recharge our batteries" and focus on our wellbeing as we head into the homestretch of the school year. To read about tips for teacher wellbeing [Click here](#) .

## TOBACCO REDUCTION

### **Teaching and Learning**

#### **Electronic Cigarette Information**

Do you find yourself looking for information on electric cigarettes that you can share? This is a great starting place. Visit: <https://www.quitnow.ca/tools-and-resources/e-cigarettes.php>

#### **Plain Packaging**

A study supported by the Canadian Cancer Society has found a major jump in calls to a Smokers' Helpline after its telephone number was included on all packaging for cigarettes, as a result of a federal regulation from Health Canada.

<http://cmajopen.ca/content/4/1/E59.full>

#### **Tobacco Free Schools in BC**

All public and private kindergarten to Grade 12 schools in British Columbia are tobacco-free under the Tobacco Control Act. This ban extends to all school property 24 hours a day, 7 days

a week, regardless of whether or not school is in session. The ban also includes vehicles, parking lots, sports fields, driveways, courtyards, private vehicles parked on school property. To read more visit:

<http://www2.gov.bc.ca/gov/content/health/keeping-bc-healthy-safe/tobacco-regulation/smoke-free-and-tobacco-free-spaces/tobacco-free-schools>

### **Caring for Kids**

The number of children and teens using e-cigarettes is on the rise. E-cigarettes feature “cool” designs and the e-liquids are offered in a variety of candy and fruit flavours. Both are readily available. E-cigarettes are also used and promoted by many celebrities in magazines, movies and music videos. To learn more visit: <http://www.caringforkids.cps.ca/handouts/e-cigarettes-a-danger-to-children-and-youth>

### **Quitnow Men**

Do you know a man who may need some tactics and tools to quit smoking? Please visit: <http://men.quitnow.ca/>

### **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](#)

Or contact:

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