

**HEALTH PROMOTING SCHOOLS NEWSLETTER NOVEMBER 2015**

**ABORIGINAL INFORMATION**

**Teaching and Learning**

**Indian Residential Schools and Reconciliation Resources Available**

The Indian Residential Schools and Reconciliation Teacher Resource Guides are now available! These resource guides are available for Grades 5, 10, and 11/12. They were developed by the First Nations Education Steering Committee and the First Nations Schools Association. They are a response to the call by the Truth and Reconciliation Commission of Canada for education bodies to develop age appropriate educational materials about Indian Residential Schools that engage students in understanding, awareness and reconciliation.

Click [here](http://r20.rs6.net/tn.jsp?f=001UIVOIN96RGei_A6Au0hRUFtkd3P0QgZj0-Y_Y21JOeFekMAZA1DiALfANsptNTK4XC4G-8POLhmmRj2awuHbNk0BdPSMr4H9xE9cEvuHqFteF6_Cs8qvQVZ0jq0gierLLWyfuNV8XW3BlRhsGHUjg4_ksMKmnMnLBW7trYF-p5NTYnOdMlb9uXGzhnYEdPXh5yIScmSwUqXRmhUDrmqebHRi_T8VOK9sqTsiPoBP_ed570IcxMvEg_4o9_GwsGhLi31CEZkKX9cS1je7dqXC3KoO7WJw_dh-X3Yp7pTOo3Pz1-zDYnM_MLorSD6mrFsx&c=Tq8zZkDQourY7WK363b3qkpQzc02iGi5Peoc5rm0uh7E0FBCj5Pa3w==&ch=KXxZ26uxQFTzfv2Pqfff90PgCbyu0r8JRiF-AGVzmfYr-y5ozrr47Q==" \t "_blank) to read more.

**Community Partnerships**

**Healthy Aboriginal Network [](http://thehealthyaboriginal.net/)**

United Nations Convention on the Rights of the Child posters (with an Aboriginal youth focus) can be previewed at <http://thehealthyaboriginal.net/other-projects/> (page down). To order contact [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net?subject=Interested%20in%20ordering) A series of 42 posters is $184 plus shipping and tax.

**DRUG EDUCATION**  

**Teaching and Learning**

The presentation **Rethinking Drug Ed and Promoting Mental Wellness in BC Schools** (recording and PowerPoint slides)is posted at [**“presentations and media”**](http://www.uvic.ca/research/centres/carbc/publications/helping-schools/presentations-media/index.php) **on the** [**Helping Schools**](http://www.helpingschools.ca/) section of the Centre for Addictions Research of B C website.

**NUTRITION**

|  |
| --- |
|  |

**Community Partnerships**

**New School Food Literacy Grants available!**

[**Healthy Schools BC New School Food Literacy Grants**](http://healthyschoolsbc.ca/healthy-schools-bc-resources/healthy-living-grants/school-food-literacy-grants/) will provide $750 to 20 schools that are focused on working together to support food literacy in their school communities.

Food literacy is defined as having the knowledge, skills and attitudes necessary to choose, grow, prepare, and enjoy food to support one’s health, community, and the environment. Successful applicants will undertake a self-directed project that explores a comprehensive school health approach (CSH) to food literacy. Successful applicants will also be eligible to apply for an additional $500 grant to support identified action projects.

Applications will be accepted until **November 13th, 2015**.

**Teaching and Learning**

**Farm to School Video - Vancouver Area Regional Hub**

October was Farm to School Month!  Check out this recently released inspiring short [**video**](https://www.youtube.com/watch?v=DIXqqe6kG0Q) featuring the Farm to School Vancouver Area Regional Hub.

**POSITIVE MENTAL HEALTH**

**Community Partnerships**

### Kids Help Phone has a New Online/Telephone Resource for Teen Males

[**BroTalk**](http://brotalk.ca/)

is a free, confidential and anonymous service that provides one-to-one counselling and information to help teen guys (and those who identify as male), primarily from ages 14 to 18. Kids can call 1-866-393-5933 or chat online in BC on Wednesday-Sunday from 3pm-11pm. The counsellors understand the challenges of teen guys and have the expertise and experience to guide and support youth on a wide range of issues such as: stress, life balance, relationships, bullying, substance use, sexual orientation, gender identity, suicide, depression and other mental health concerns or disorders. Check out the website for information at: [**http://brotalk.ca/**](http://brotalk.ca/)

BroTalk is a service of [**Kids Help Phone**](http://org.kidshelpphone.ca/)  (1-800-668-6868) and is made possible initially thanks to generous funding from the **Movember Foundation**, the leading global men’s health charity.

|  |
| --- |
|  |

**TOBACCO REDUCTION**

**Teaching and Learning**

**Smokeless Tobacco Reading List**

This reading list is a brief selection of journal articles, online reports and other web-based material on the topic of *Smokeless Tobacco*. Its purpose is to provide readers with an introduction to and overview of available literature on the topic. To read more visit:

[**http://otru.org/wp-content/uploads/2012/08/smokeless\_tobacco.pdf**](http://otru.org/wp-content/uploads/2012/08/smokeless_tobacco.pdf)

**Youth and Tobacco Reading List**

This reading list is a selection of journal articles, online reports and other web-based material on the topic of *Youth and Tobacco Use*. Its purpose is to provide readers with an introduction to and overview of available literature on the topic. To read more visit: [**http://otru.org/wp-content/uploads/2013/10/youth.pdf**](http://otru.org/wp-content/uploads/2013/10/youth.pdf)

**Electronic Cigarette Reading List**

This reading list is a brief selection of journal articles, online reports and other web-based material on the topic of *Electronic Cigarettes*. Its purpose is to provide readers with an introduction to and overview of available literature on the topic. To read more visit: [**http://otru.org/wp-content/uploads/2013/11/e\_cigarettes.pdf**](http://otru.org/wp-content/uploads/2013/11/e_cigarettes.pdf)

**Aggressive Online Marketing of E-cigarettes May Target Teens**

This article while US in origin addresses the online marketing of ecigarettes to teens. The study found that online e-cigarette vendors use a variety of sophisticated and aggressive marketing practices, including promotional offers and high social media engagement to promote the sale of their products. To read more:

[**http://psychcentral.com/news/2015/10/05/aggressive-online-marketing-targets-teens-for-e-cigarettes/93128.html**](http://psychcentral.com/news/2015/10/05/aggressive-online-marketing-targets-teens-for-e-cigarettes/93128.html)

**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:

**Valerie Pitman**

**RN BN BSPsyc**

phone: 250-364-6221

email: [**valerie.pitman@interiorhealth.ca**](mailto:valerie.pitman@interiorhealth.ca)

**Knowledge Coordinator for Healthy Schools**

**IH Promotion and Prevention**

**Trail, B.C.**

***“Connecting health promotion staff with school staff to improve student’s health”***