

**HEALTH PROMOTING SCHOOLS NEWSLETTER**

**SEPTEMBER 2015**

**GRANTS**

**Partnerships and Services**  [](http://www.mcs.bc.ca/yac)

**Youth Action Grants (YAG)** were created by McCreary Centre Society's Youth Advisory and Action Council (YAC). The purpose of the YAGs is to provide BC youth (ages 12-19) from school districts that participated in the 2013 BC Adolescent Health Survey the opportunity to deliver a project which aims to improve youth health in their school or community.Watch this[**short video**](https://www.youtube.com/watch?v=DZ6zBfdPhbY)to see more details.

**Healthy Schools Grants**

Searching for school grant opportunities can be a time consuming process and takes away from time spent in the classroom. That is why the [**Healthy Schools**](http://healthyschoolsbc.ca/healthy-schools-bc-resources/healthy-living-grants/other-healthy-school-grants/)BC website has brought together a collection of various health and learning related school grant opportunities from various organizations from all over the province into one convenient location.

**NUTRITION**

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | https://imgssl.constantcontact.com/letters/images/1101116784221/S.gif | | |

**Partnerships and Services**

[**Mini Food Grants**](http://www.bcdairy.ca/nutritioneducation/news/apply-for-a-mini-food-grant-to-inspire-healthy-eating-in-schools/) are once again being offered by the BC Dairy Association (up to a maximum of $150 per classroom). These grants are available to teachers who are using any of BC Dairy Association’s nutrition education workshops or programs. The deadline for applications is Wednesday, **September 30, 2015.** If you have questions, please contact [**nutrition@bcdairy.ca**](mailto:nutrition@bcdairy.ca)

If you have a special project in mind such as a school garden, check out the [**Healthy Schools**](http://healthyschoolsbc.ca/healthy-schools-bc-resources/healthy-living-grants/other-healthy-school-grants/) BC website for a collection of health and learning related school grant opportunities with varied deadlines from organizations across the province.

**Teaching and Learning**

[**Lunchbox Lowdown**](http://shuswapchildrens.ca/) is a short video series providing new ideas for back to school lunches and tips for after school snacks. (Click on the video with the CD player). The target audience is parents of elementary school age children.

Lunchbox Lowdown is an initiative of Shuswap Children’s Association and Salmon Arm Early Childhood Development Committee.

**Videos Demo Healthy Eating**

Community Nutritionist Rose Soneff worked with Shaw TV in Kamloops to create a series of videos on healthy eating. The videos pack a lot of great information into just two to three minutes, including why onions should wear pantyhose! Video topics include:

* Fruit and vegetable storage
* Healthy Eating on the Run
* Label Reading
* The Dark Side of Sugar
* And more!

Check them out on our YouTube channel under the [**Healthy Living playlist**](https://www.youtube.com/playlist?list=PLws0NwJdLuYRXC3cANgU1GntMv3QqW5Pf)

**Healthy School Policy**

[**The Guidelines for Food & Beverage Sales in BC Schools**](http://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/healthyschools/2013_food_guidelines.pdf) have received some minor edits, font and link modifications. These changes have been made to improve readability by increasing the font size and correcting minor inaccuracies such as the Nutrition Facts Table (pg. 80) and linking the document to the Healthy Schools webpage. Please note that there have been no changes in the policy or the nutrient criteria. A number of other support resources are also available including

[**Bake Better Bites**](http://healthyschoolsbc.ca/program/resources/56/en/60503/Bake-Better-Bites-2014.pdf)(2014 Edition), [**Tips and Recipes for Quantity Cooking**](http://healthyschoolsbc.ca/program/resources/59/en/6996/Tips-and-Recipes-2014.pdf)(2014 Edition), [**Fact Sheets**](http://healthyschoolsbc.ca/program/622/guidelines-fact-sheets), ready-to-use [**presentations**](http://healthyschoolsbc.ca/program/623/ready-to-use-guidelines-presentations) and the [**Brand Name Food List**](https://bnfl.healthlinkbc.ca/).

In September, all schools will be receiving a complimentary copy of the full guidelines to assist in policy implementation from the Province of B.C. through distribution with B.C. Confederation of Parent Advisory Councils. If you would like hard copies of the [**Guidelines *At-A-Glance***](http://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/healthyschools/2015_guidelines_at_a_glance.pdf) document please email [**Coral.Taylor@gov.bc.ca**](mailto:Coral.Taylor@gov.bc.ca)**.**

**POSITIVE MENTAL HEALTH**

**Teaching and Learning**

**Teen Mental Health and Schools**

Dr. Kutcher, Dalhousie professor in the Department of Psychiatry, talks about the

Role of Schools in the Pathway to Youth Mental Health Care: **<https://www.youtube.com/watch?v=tupZhmuzFT8&feature=youtu.be>**

For information on the Mental Health & High School Curriculum Guide watch this[**video from Dr. Kutcher**](https://www.youtube.com/watch?v=63CDPPumzdg) To download the Curriculum Guide go to:[**School Mental Health-The Curriculum Guide**](http://teenmentalhealth.org/curriculum/)The modules are FREE and password protected for tracking purposes. The password for access is: **t33nh3alth**

**McCreary Centre Society’s Youth Advisory and Action Council** created an 11 minute video on mental health and bullying from the results of the 2013 Adolescent Health Survey.  **“In Our Shoes”** can be viewed at: **<https://www.youtube.com/watch?v=zrU2p--w0HA>**

[**Families Change**](http://www.familieschange.ca/) provides online guides for kids, teens and parents who are going through separation or divorce.

[**Heart-Mind Resources for Parents and Teachers**](http://heartmindonline.org/resources)provides research-informed resources that adults can use to find out what is “normal and healthy” social and emotional development for children and youth. It also provides practical strategies that parents, grandparents, and other caring adults can use to create nurturing environments that bolster Heart-Mind well-being.

**Mental Health for Students**

People of all ages, even children, can suffer from mental health issues such as anxiety and depression. For some, heading back-to-school fosters excitement and anticipation. But for many, it can feel overwhelming. Below are links to some excellent resources for students, parents and teachers to help make this time a little easier.

**Kids**  
**[Psych Central](http://cmhakelowna.us8.list-manage.com/track/click?u=23fd8a3b07771b03b1af92115&id=065d397d88&e=8ee7f89717" \t "_blank)**

[**Kids Health**](http://kidshealth.org/)

**[A Parent's Guide to Advocating for Students in Public Schools](http://cmhakelowna.us8.list-manage.com/track/click?u=23fd8a3b07771b03b1af92115&id=b356f503d2&e=8ee7f89717" \t "_blank)**

**[Families Matter](http://cmhakelowna.us8.list-manage2.com/track/click?u=23fd8a3b07771b03b1af92115&id=5cf67108ac&e=8ee7f89717" \t "_blank)**

**Teenagers**

**[Mind Check](http://mindcheck.ca/)**

**[Youth Beyond Blue](http://cmhakelowna.us8.list-manage.com/track/click?u=23fd8a3b07771b03b1af92115&id=4020385eb8&e=8ee7f89717" \t "_blank)**

**SAFETY**

**Teaching and Learning** 

|  |
| --- |
|  |

**Concussion**

With back to school and sport in full swing, Parachute wanted to have a new page of resources to guide Canadians on concussions. More info see:

**[Concussion Information and Resources for Parents, Educators, Coaches and Athletes](http://r20.rs6.net/tn.jsp?f=001ok6Gcji9MlcA-YNFtPFDd9fHWMb_yihebu_moaz61y9phCSYixCfE3hEuXhYvbd8wmbH5qs8ovGmFn7Wxv4nH0iE7rac0kOsRBnMr_tBjVzhnbxVPqN2pvPyV79RMTFJ4q9nOIxIOvYsFtFK5NBGOX1WguGqmnf9QhH_Fe2FT74xsi9i-ljD3IvfOReYM26_&c=5GB1-cWGQ6lR9-nxjl7G9BGMd9KT7_WbiFp8swNJWB18LdLtJPOnwQ==&ch=xoPITCwDaRe0qtKsDPazK1I8keSZ3OVAao8wcQxDWVbwReS3-cH5Bg==" \t "_blank)**.

**TOBACCO REDUCTION**

**Partnerships and Services**

**Aboriginal Communities and School Tobacco Minigrant**

As of April 1, 2013 the Interior Health Tobacco Reduction Mini Grant Program will support Aboriginal communities.

Grants of up to $200 are available. The overall goal is to prevent the use of commercial tobacco and help people to quit, while respecting traditional and ceremonial tobacco use.

Aboriginal communities, **schools** and programs are invited to submit an application to the Mini Grant Program by contacting Kym Howay, Tobacco Reduction Coordinator for Aboriginal Communities at 250-549-6349. [**Kym.howay@interiorhealth.ca**](mailto:Kym.howay@interiorhealth.ca)

**Teaching and Learning**

**First Edition Leading Practices**

The first edition of the Leading Practices in First Nations, Inuit and Métis Smoking Cessation Program Scan by the Canadian Partnership Against Cancer. This scan provides information on current practices in smoking cessation programs developed by, with and for First Nations, Inuit and Métis across Canada by jurisdiction. For more information visit: [**http://www.cancerview.ca/idc/groups/public/documents/webcontent/fnim\_tobacco\_leading\_practices.pdf**](http://www.cancerview.ca/idc/groups/public/documents/webcontent/fnim_tobacco_leading_practices.pdf)

**Smoke-Free Youth Presentation**  
BC Cancer Agency’s Prevention Programs is very pleased to present a new presentation made in partnership with Interior Health on how to support youth who want to be smoke-free. It’s full of interesting facts, resources and some pretty cool video. Please check it out and share! Visit: [**http://www.tobaccoed.org/resources/**](http://www.tobaccoed.org/resources/) **or** [**http://www.hi5living.org/tobacco-free-youth/**](http://www.hi5living.org/tobacco-free-youth/)

**Social and Physical Environments**

**Tobacco Reduction in Schools**

The [Tobacco Reduction Program](http://www.interiorhealth.ca/YourHealth/HealthyLiving/TobaccoReduction/Pages/default.aspx) works with teachers, counsellors, youth addiction workers, youth centre staff, Aboriginal communities and others to:

* Prevent young people from starting to smoke
* Protect children and youth from second-hand smoke
* Support young tobacco users to quit

Please visit: to learn more

[**http://www.interiorhealth.ca/sites/Partners/TobaccoResources/Pages/Schools.aspx**](http://www.interiorhealth.ca/sites/Partners/TobaccoResources/Pages/Schools.aspx)

**Run to Quit**

The Canadian Cancer Society is pleased to announce Run to Quit, an innovative program to help Canadians quit smoking and become more physically active. The initiative, in partnership with the Running Room and with the generous support of the Public Health Agency of Canada, will be launched nationally in January and will help smokers quit through community-based running clinics, quit smoking counselling and peer-to-peer support.For more information visit: [**http://www.runningroom.com/hm/inside.php?id=4913**](http://www.runningroom.com/hm/inside.php?id=4913)

**Partnerships and Services**

**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**](http://www.interiorhealth.ca/sites/Partners/SchoolDistricts/Pages/HealthPromotingSchoolsInitiative.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”***