



## HEALTH PROMOTING SCHOOLS NEWSLETTER

OCTOBER 2019

### Teaching and Learning

#### Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5](#), [SD 6](#), [SD 8](#), [SD 20](#), [SD 22](#), [SD 23](#), [SD 27](#), [SD 73](#), [SD 83](#)

#### Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics.

## ABORIGINAL RESOURCES

### Teaching and Learning

#### New Resources from Indigenous Story Studio

##### 1. First Nation and Métis suicide prevention comic books

The First Nation story, "Tomorrow's Hope", is about a young woman who is haunted by self-doubt, but finds refuge and support through her friends, family, and culture.

The Métis story, "Strength of the Sash", is about a struggling young man finding refuge and a sense of self-worth in his rich Métis heritage. To preview the stories, check out pricing, and order go to [www.istorystudio.com](http://www.istorystudio.com).

The content in these stories may stir up unpleasant feelings or thoughts. Please consider reading them with a family member or friend.

##### 2. A Second Chance - a Gladue Rights story

After Myra is charged with assault with a weapon she learns about her legal rights and, with the help of Legal Aid, gets a Gladue report for her sentencing hearing. The book and videos are free downloads at:

[lss.bc.ca/publications/pub/second-chance](http://lss.bc.ca/publications/pub/second-chance).

##### 3. United Nations Convention of the Rights of the Child Posters

Sets of 42 (one poster for each right - no individual poster sales) are available for around \$250, which includes shipping and GST. If you are interested in buying a set please send an email to [sean@istorystudio.com](mailto:sean@istorystudio.com) with your address and we will send you an invoice. Check it out at [istorystudio.com/other-projects](http://istorystudio.com/other-projects).

## CLEAN AIR

### Relationships and Environment

#### Reducing Children's Exposure to Diesel Emissions from School Buses

This past year, the Air Health Effects Assessment Division at Health Canada partnered with the Canadian Partnership for Children's Health and Environment (CPCHE) to promote [Healthy Schools Day in Canada](#), which focused on the theme of diesel emissions. The [4 Actions mini-poster](#) may be of use to help educate, inform, and give ideas for taking action to reduce children's exposure to diesel emissions from school buses.

## DIGITAL AND MEDIA LITERACY

### Teaching and Learning

#### Media Literacy Week - October 7-11

For more information and teacher resources see: [Media Smarts](#) – Canada's Centre for Digital and Media Literacy.

## GRANTS

### Community Partnerships

#### Healthy Schools BC Regional Grants and First Nation School Grants Are Now Available!

Healthy Schools BC Regional Grants are available to school districts and groups of schools (2 or more). These grants are intended to support education and health-sector partners to work together on initiatives that support healthy schools, with the intention of strengthening their partnership. The deadline to apply is October 15th. [Find out more.](#)

Healthy Schools BC First Nation School Grants are available to First Nations schools from Kindergarten to Grade 12. These grants are intended to support First Nations schools in implementing Indigenous ways of wellness across a whole-school environment. The deadline to apply is October 31st 2019. [Find out more.](#)

## HEALTHY PRACTICES

### Teaching and Learning Power Smart for Schools

[Power Smart for Schools](#) is an online hub of energy focused activities and lessons for teachers looking for new ways to inspire their students K through to Grade 12. Resources are provided by BC Hydro and include lesson plans, videos, thought starters, worksheets, and more.

## INJURY PREVENTION

### Teaching and Learning

#### Concussion Awareness Training Toolkit (CATT) E-Learning Module Updated

[The Concussion Awareness Training Tool \(CATT\)](#) is a series of free online educational modules and resources that provides training in the recognition, treatment and management of concussion for School Professionals as well as Parents, Players, and Coaches. Good concussion management is pivotal to minimizing the risk of brain damage and may reduce long-term health consequences. The [CATT E-Learning Module for School Professionals](#) has been updated and relaunched! The new course has an updated look and design as well as new information. For more information see the [CATT Website](#).

### Community Partnerships



#### October 20 to 26 is National Teen Driver Safety Week

Parachute is excited to announce the 7th annual National Teen Driver Safety Week (NTDSW) in Canada, sponsored by Desjardins Insurance.

NTDSW is designed to drive public awareness of teen driver safety issues and encourages community and youth involvement as part of the solution.

This year, the primary focus is on the critical issue of **drug-impaired driving among teens**. Our additional messaging is around **drunk, distracted and aggressive driving (including speeding)**.

Similar to last year, we are working with our police and youth partners to implement activities in communities across the country, with the help of our Community Toolkits. Toolkits include evidence-based key messages, tip sheets, promotional swag, a social media guide, positive ticketing ballots and event guides to host Positive Ticketing Blitzes. For more information on Community Toolkits see [Parachute Resources](#).

## MENTAL WELLNESS

### Teaching and Learning

#### Free Webinar on Measuring Social-Emotional Learning in 10 Minutes Tuesday, October 8, 9am-10pm (PST)

More than two decades of research, from multiple fields and resources, demonstrate that implementing social and emotional learning with young people gets results.

But how do we measure something that's traditionally viewed as a "soft skill"? Join us as we learn about one of the social emotional measurement tools used at Search Institute and how it can benefit your school or program.

For more information and to register see: [Measuring SEL in 10 minutes](#)

## PHYSICAL ACTIVITY

### Teaching and Learning

#### Risky Play

Listen to a 20 minute presentation on the Benefits of Risky Play, by Dr. Brussoni from UBC at the True Play Conference 2019, for some valuable information on physical activity and children.

[Rethinking risk- are children too safe for their own good?](#)

## TOBACCO AND VAPOR PRODUCTS

### Community Partnerships

#### Partner Up Grant now Available!

A \$500 grant is available to encourage community conversation around youth and vaping by supporting a public information event in 12 communities across Interior Health. Schools, local governments, community youth organizations, Interior Health programs and Aboriginal community partners may apply for this grant. Grant deadline is November 1. (See attachment)

### Teaching and Learning

#### Interior Health Tobacco Resources for Schools Website

Our website is now updated with our latest tools and resources. For more information see: the [Interior Health Website](#).

#### New Youth Vaping Toolkit

The purpose of this toolkit is to provide tools and resources to school district staff and other professionals who are working to address the use of vapour products among youth.

You can access the toolkit on the [Interior Health Website](#).

#### Health Canada Vaping and Youth Resources

[The Health Canada website about vaping](#) has up to date information about youth vaping.

#### BC Lung Vaping Resources

A classroom PowerPoint slide presentation, activities and speakers notes regarding vaping is now available at [bc.lung.ca/how-we-can-help/vaping](http://bc.lung.ca/how-we-can-help/vaping) in their vaping prevention toolkit.

#### Tobacco Lending Library

Please note that our tobacco lending library resources are no longer available. Current information is available here on the [Interior Health Website](#).

## **Community Partnerships**

### **IH Tobacco Contacts:**

Do you need to reach the Interior Health Integrated Tobacco Program? Contact us at [tobacco@interiorhealth.ca](mailto:tobacco@interiorhealth.ca) or 1-855-744-6328 prompt #5

**For previous newsletters:** [Health Promoting Schools Newsletters](#)

Or contact:

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