HEALTH PROMOTING SCHOOLS
MONTHLY NEWSLETTER
JANUARY 2021

COVID-19 SURVEY

BC Centre for Disease Control- Provincial Health Services Authority Survey

An online survey is available that aims to better understand how the coronavirus disease 2019 (COVID-19) has impacted you and your family members. The research team will determine how the COVID-19 pandemic has affected the feelings, thoughts, and actions of adults, caregivers and their children to learn how families cope and what resources they find helpful.

The survey has a version for adults, caregivers and youth, each about 20 to 30 minutes to complete. If caregivers are also answering questions about their children, it will take them an additional 15 to 30 minutes to complete for each child. All participants are entered into a monthly prize draw. The study is led by Dr. S. Evelyn Stewart, a UBC professor, child and adolescent psychiatrist, and Director of Research for Child, Youth and Reproductive Mental Health at BC Children's Hospital and Dr. Hasina Samji, an infectious disease epidemiologist with a joint appointment in the Faculty of Health Sciences at SFU and at the BC Centre for Disease Control.

For more information about the study or to participate, please visit the survey website or contact pics@bcchr.ca.

DASH UPDATES AND RESOURCES

DASH
DEDICATED ACTION for SCHOOL HEALTH

Resources & Infographics

DASH has a variety of health promotion resources and infographics available to support students and teachers – check them out! Two new infographics of note include: Strategies for Promoting Healthy Body Image & Sleep Hygiene 101.

In the spring, DASH created 61 resources to help students stay healthy while learning at home. However, these resources can also be used in the classroom and can be found here. Stay tuned for more resources on how to keep students connected during COVID-19.

MENTAL WELLNESS

Challenges with School Attendance- Free Recorded Webinar Series

Getting to school or managing a whole day at school can be really hard for some children and youth, and it can be challenging for parents and caregivers to know how best to move forward. In this 2-part webinar series, the presenters will talk about anxiety and related challenges that can be a barrier to attending school, as well as practical strategies to help things go more smoothly. These webinars are relevant whether your child is not getting to school at all or sometimes struggling to make it through the whole day. Each webinar is 1 hour in length. There are separate webinars for elementary school-aged and high school-aged youth. Listen to the webinars.

This webinar series is a collaboration between BC Children's Hospital, the Vancouver School Board, and Vancouver Coastal Health Child & Youth Mental Health. It was created by Dr. Sarah Anderson and Dr. Rosalind Catchpole.

TOBACCO AND VAPOR PRODUCTS

Teaching and Learning

National Non-Smoking Week

National Non-Smoking Week will take place January 17-23, 2021. The World Health Organizations has listed 100 reasons to quit tobacco. For more information visit here.

New McCreary Report- "Understanding Tobacco Use and Vaping among BC Youth"

The *report,* sports poster and *regional* posters can be found here.

2020

Understanding Tobacco Use and Vaping among BC Youth

This report takes an in-depth look at tobacco use among BC adolescents (aged 12–19)including trends over the past 15 years, the use of different smoking products, and risk and protective factors for regular smoking. It also considers vaping and how that differs from the use of cigarettes and other nicotine products.

Download / Regional posters: Fraser, Interior, Northern, Vancouver Coastal, Vancouver Island / Smoking, vaping, and sports poster

Not an Experiment

Escape the Experiment is a dynamic, interactive activity intended to educate youth (grades 7–12) about the dangers of vaping. To learn more at: notanexperiment.ca

Consider the Consequences of Vaping

Consider the Consequences of Vaping is a campaign to inform and engage youth on the harms and risk of vaping. 2021 will bring virtual presentations to provide students with an interactive and educational way to learn about the health risks associated with vaping. The content is best suited for students aged 13-15 who are just beginning to learn about and exposed to vaping. New dates will be announced soon!

Monthly Newsletter Inserts

Smoke and Vapour Free Schools

All public and private kindergarten to Grade 12 schools in B.C. are tobacco and vape-free.
Be familiar with your school's policies and code of conduct.

Some tips to talk with your kids:

- Talk to your kids about the smoke and vapour free school property
- Ask your kids what they are seeing in and on school grounds
- Be patient and ready to listen
- Revisit the conversation many times
- Encourage open supportive conversations

To read more see:

BC Lung Vaping Information for Families
To learn about schools and the Tobacco and Vapour Products Control Act