



HEALTH PROMOTING SCHOOLS NEWSLETTER JUNE 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

The Interior Health Website now has a section with resources for teachers on a variety of health related topics. For more information see: [Teaching Toolkits](#).

HEALTHY PRACTICES

Community Partnerships

Youth Action Grants

Deadline: June 30, 2019



The purpose of the [YAGs](#) is to provide BC youth (ages 12–19) that participated in the 2018 BC Adolescent Health Survey, the opportunity to deliver a project to improve youth health in their school or community.

Youth Video Challenge Takes Aim at Climate Change

Deadline: June 10, 2019

Youth between the ages of 11 and 18 are invited to submit a short video on climate change (3 minutes or less) to the [Plan E Video Challenge](#) for a chance to win \$1000, screening at Canadian film festivals, and the opportunity to attend climate events across the country.

The video challenge is the first of many initiatives being spearheaded by [Plan E](#), a new organization dedicated to equipping Canadian youth with the tools, resources, and platforms to champion climate change solutions.



IMMUNIZATION

Teaching and Learning

Teaching Students how to find Trustworthy Information

The Vaccine Makers Project from the [Vaccine Education Center](#) at the Children's Hospital of Philadelphia has developed a variety of school-based curricula to educate about the immune system and how it works, diseases and their causes, and vaccines and the science behind them. Materials were developed with the additional goals of helping students understand the history and methods related to scientific progress and discovery and to develop skills that will position them to critically evaluate science-based topics.

Learn more at vaccinemakers.org

INJURY PREVENTION

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Revised CATT for Coaches

The Concussion Awareness Training Tool (CATT) for Coaches has been revised with new recommendations from the 2017 Consensus Statement on Concussion in Sport and other evidence-based resources. Originally launched in 2014, CATT for Coaches is an e-learning module aimed at supporting coaches and sports officials in recognizing and responding to possible concussions, as well as resources detailing how to manage an athlete's return to sport. The first new recommendation is that it is not necessary for athletes to have prolonged rest until all symptoms have resolved in order to return to sport. Another main recommendation is that baseline testing is not necessary for post-injury care of concussion. The course is free-of-charge and available in English and French.

Learn more at cattonline.com



MENTAL WELLNESS

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Stop Wondering, Start Knowing: A Mental Health Video Resource for Schools

It is important that mental health challenges are recognized and dealt with at an early stage to prevent them from getting worse. Teachers can have a major impact on how students learn to deal with stressors and challenges by using this resource and encouraging discussion about mental health in the safety of your classroom. This video resource and facilitation guide was designed to help students and educators understand the early signs of mental health challenges and the resources available for support.

Find it at: [Stop Wondering, Start Knowing](#)

Be There

Often when we talk about mental health we focus on the person struggling. But [jack.org](#) has released a powerful new resource to help guide friends and family.

[BeThere.org](#) is a free digital resource developed in consultation with 1,400 young people to teach them how to support one another when they're struggling with their mental health. Be There helps students learn how to

recognize when someone may be struggling with their mental health, and gives [five Golden Rules](#) to help support and be there for them.



NUTRITION

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Food Literacy

Food literacy is having the knowledge, skills and attitudes necessary to choose, grow, prepare and enjoy food to support one's health, community, and the environment. Food literacy is about healthy eating, but food is also connected to competencies and concepts in the Physical and Health Education curriculum as well as other curriculum areas.

Looking for inspiration to help support food literacy education in your school or classroom? Check out [Tips for Teaching Local Food Literacy in the Classroom](#) from [Sustain Ontario](#) and other resources and activities from [LittleGreenThumbs.org](#)



PHYSICAL LITERACY

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Physical Literacy Lesson Plans for Elementary School Teachers

Do you want to build your own physical literacy program? [Active for Life](#) gives teachers the ability to design and print their own physical literacy lesson plans using the [Interactive Online Lesson Plan Builder](#). Educators can review and select different games and activities for developing specific movement skills, order them in the sequence they want, and then save their selection as a customized and downloadable PDF lesson plan.

No time to build your own? Active for Life also has [pre-made lesson plans](#).



TOBACCO REDUCTION

Teaching and Learning

Vaping Information for Teachers

The BC Lung Association partnered with Vancouver Coastal Health and Fraser Health to develop a Vaping Products Prevention Toolkit. The purpose of this toolkit is to raise awareness and increase the knowledge of educators, parents and healthcare providers on vaping products to help guide youth towards making an informed decision with respect to using vaping products. Check out the [Vaping Products: Information for Teachers](#) or the entire [toolkit](#).

B R E A T H E
the lung association

Vaping Videos

The David Geffen School of Medicine UCLA launched a YouTube video geared towards youth to explain the basics of vapour products & the risks of vaping: [Electronic Cigarettes and Vaping](#)
PBS also has a series called Above the Noise that asks [Why is Vaping So Popular?](#)

Community Partnerships

IH Tobacco Contacts:

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

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

Or contact:

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