

**HEALTH PROMOTING SCHOOLS NEWSLETTER FEBRUARY 2016**

**ABORIGINAL EDUCATION TEACHER RESOURCES**

**Teaching and Learning**

**Lost Innocence- The Teacher Guide** (published by the Healthy Aboriginal Network - PDF is attached)

*Lost Innocence* is the story of Umqui and Maltaless, a brother and sister growing up on the land in a traditional Indigenous community. Their lives are suddenly turned upside down when they are separated from their family and brought to an Indian Residential School, where the harsh conditions and lack of love force them to make a momentous choice.

The graphic novel and this accompanying guide can be taught to students aged 12 to 17. Teachers may adjust the content so that it is age-appropriate.)

**NUTRITION**

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**Community Partnerships**

**Farm to School Grant Program Now Open for Applications**

The **Farm to School Grant Program** announced in last month’s newsletter is now opened for [**applications**](http://www.farmtocafeteriacanada.ca/2015/12/farm-to-school-grant-bc-and-on-guidelines/)**.**

Farm to Cafeteria anticipates awarding a minimum of **twenty - five** grants of up to **$10,000** each to schools in BC.

Proposals are due on **March 15, 2016**.

**Grant inquiries can be directed to the Farm to Cafeteria Canada Project Manager: [Farm2SchoolGrantsCanada@gmail.com](mailto:Farm2SchoolGrantsCanada@gmail.com" \t "_blank)**

**TOBACCO REDUCTION**

**Teaching and Learning**

**Changes to BC Smoking Cessation Program**

Effective January 1, 2016 the BC Smoking Cessation Program will introduce new changes. NRT will now be available directly from your local pharmacy and the lozenge and inhaler will also be eligible cessation products.

**Visit** [**here**](http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program) **to review these important changes. Click to see** [**press release**](https://news.gov.bc.ca/releases/2015HLTH0101-002122)**.**

**Tobacco Reduction**

Ever wonder what a tobacco reduction coordinator does? Ever wonder what population health is? Check out the IH magazine People and Places article to learn more. See pages 18-19. Views best in Google Chrome.

[**http://issuu.com/interiorhealth/docs/edition\_161\_-\_january\_2016**](http://issuu.com/interiorhealth/docs/edition_161_-_january_2016)

**Kick the Butt 2016**

The first days of the New Year are upon us and perhaps you are one of the many who have been thinking about becoming tobacco free in 2016. To read more visit [**here**.](https://www.interiorhealth.ca/YourHealth/LivingWell/Documents/Kick%20the%20butt%20in%202016.pdf)

**National Non-Smoking Week**

Message from the Minister of Health: to view visit**:** [**http://news.gc.ca/web/article-en.do?nid=1028119**](http://news.gc.ca/web/article-en.do?nid=1028119)

**Smoke Free School Policy and Second Hand Smoke**

An interesting article**:** Across Canada, provincial health authorities as well as school administers may need to assess the implementation of smoke-free policies and improve enforcement strategies to further reduce exposure to dangerous SHS. Please visit: [**http://ntr.oxfordjournals.org/content/18/2/170.full**](http://ntr.oxfordjournals.org/content/18/2/170.full)

**Community Partnerships**

View the [**Tobacco Resources for Schools**](https://www.interiorhealth.ca/sites/Partners/TobaccoResources/Documents/Tobacco%20Resources%20for%20Schools.pdf)for current curricula, activities and materials for the classroom. An updated version is now available.

**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:

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**Knowledge Coordinator for Healthy Schools**

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