

# Content for Parent Newsletters

## HEALTH PROMOTING SCHOOLS

February 2024

### HEALTH SURVEY

#### Provincial Survey Invitation- BC Children's Hospital's

BC Children's Hospital's new centre for knowledge is inviting any child or youth 18 years of age or younger and/or their parents or family caregivers to complete this 5 to 10 minute survey. We would like to better support your family by making health information that is easy to find and understand. The purpose of this survey is to collect information to plan a new program for creating and sharing health information that partners with children, youth and family caregivers from the beginning stages.



What Matters to You?

You may also choose to enter a draw for a **\$100 Indigo gift card**.

*Your personal information is protected by our privacy law in BC. This law is called the Freedom of Information and Protection of Privacy Act (FIPPA). We are collecting your information under section 26 (c) and (e) of FIPPA. If you have any questions about this topic or this survey, please contact Linda Warner, Patient and Family Engagement Advisor, Email: [linda.warner@cw.bc.ca](mailto:linda.warner@cw.bc.ca)*

There are three Ways to Share Provincial Survey:

- 1) **Public Survey URL:** <https://rc.bcchr.ca/redcap/surveys/?s=H9NMKL8DTPLFKCNE>
- 2) **Go to this web address:** <https://rc.bcchr.ca/redcap/surveys/>  
Then enter this code: **EH9NHFPRW**
- 3) **Access with phone camera using QR Code:**



The survey is open until February 29, 2024 and is offered in the following languages:

Français | Tagalog | Deutsch | Español | 한국어 | ਪੰਜਾਬੀ | 普东话 | 东话 | فارسی

## MENTAL HEALTH

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**PINK SHIRT DAY CANADA**  
FEB 28, 2024  
WITS



**Pink Shirt Day Canada- Wednesday, February 28, 2024**

[Pink Shirt Day 2024 - Pink Shirt Day Canada](#)

## NUTRITION

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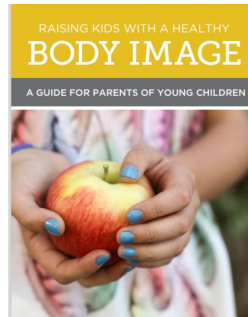
**Provincial Eating Disorders Awareness Week (PEDAW)  
February 1st -7th, 2024!**



February 1st – 7<sup>th</sup> is [The Provincial Eating Disorder Awareness Week \(PEDAW\)](#) in BC. Have a look at the following resources for more information on how to seek support for students struggling with an eating disorder and promote positive body image in the classroom:

### **Parent Resource**

[Raising Kids with a Healthy Body Image](#)



### **ED Prevention and Support**

[Interior Health Eating Disorders Treatment Services](#) – Offers treatment resources, individual and group therapy.

[National Eating Disorder Information Centre](#) (NEDIC) - Offers a hotline, can connect to treatment resources, offers awareness and prevention information

[Jessie's Legacy](#) - Offers many ED prevention and awareness resources

## PHYSICAL LITERACY



### Physical Activity Lesson Plans

[Active for Life](#) is a Canadian not-for-profit social initiative founded by [B2ten](#). Active for Life was born in the spring of 2010, where the leadership team of B2ten met to debrief after Canada's success at the Vancouver Winter Olympics. They are a national initiative created to help parents give their children the right start in life through the development of physical literacy.

For more information and ideas to keep active see: [The latest – Active For Life](#)

## RADON AWARENESS

### Contest Deadline Extended to February 29, 2024

To raise awareness about radon and its health risks, Interior Health in collaboration with the BC Lung Foundation has launched a **Student Radon Skill Testing Contest**. The contest is open for Grades 4 through 12 and provides an opportunity for students to learn about radon with prizes to be won. For contest rules and details, please visit the [Student Radon Skill Testing Contest Webpage](#). If you have questions, please contact the Healthy Schools team at: [HealthySchools@interiorhealth.ca](mailto:HealthySchools@interiorhealth.ca).

