



HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER NOVEMBER 2020

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 22](#), [SD 27](#), [SD 53](#), [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 like COVID-19 Information, Hand Hygiene, Positive Mental Health, and Substance Use.

COVID-19 RESOURCES



Teaching and Learning

Guidance for Music Classes in BC During COVID-19 (Updated September 13, 2020)

This [Guidance for Music Classes in BC During COVID-19](#) has been created by the BC Music Educator's Association, the Coalition for Music Education in BC, and the BC Teacher's Federation. It has been reviewed by the BC Centre for Disease Control and includes the feedback of BC Medical Health Officials.

COVID-19 Testing Options in BC

The BC Centre for Disease Control website now includes new information on COVID-19 testing options for children in BC. [The information and videos](#) can help to prepare children and their families for the test.

Information includes:

- when to take your child for a test
- how to prepare for the test
- what will happen during the testing
- what to do after the test
- how to access test results
- when to seek medical attention

DASH UPDATES AND RESOURCES



Teaching and Learning

New Comprehensive School Health Facilitator

DASH welcomes Libbie Pritchard as the new Comprehensive School Health Facilitator for the Interior. Libbie studied Psychology at the University of Guelph and then completed a Master's degree in Kinesiology at UBC, with a specialization in sport and exercise psychology. Libbie is passionate about promoting health and well-being within schools. She believes that healthy lifestyle behaviours and attitudes are developed early in life. You can contact Libbie at lpritchard@dashbc.ca.

Okanagan Indian Band Cultural Immersion School HSBC First Nations Grant Story

In early 2020, the Okanagan Indian Band Cultural Immersion School used their Healthy Schools BC grant money to pilot their Traditional Food Preservation program. After hosting two hands-on sessions that taught participants traditional techniques for making deer jerky, OKIB adapted to COVID-19 restrictions by hosting a virtual "Change of Season Ceremony" for students and their families. For more details see: [OKIB Cultural Immersion School's Traditional Food Preservation Project](#).

Healthy School Community Certification- Register by November 26

REMINDER: Registration for [DASH's Healthy School Communities Certification](#) is now open and will remain open until November 26th. The six-step certification process is designed to build and support the capacity of schools to address a priority health topic. New this year are suggested activities for online and blended learning environments, more BC-specific resources and tools, and streamlined reporting. If you would like more information, please contact Libbie: lpritchard@dashbc.ca.

HEALTHY ENVIRONMENTS

Teaching and Learning

Canada's Plant Health Hero Challenge

Healthy plants provide us with 80 per cent of the food we eat and 98 per cent of the oxygen we breathe. When we protect plants, we protect life. Especially poignant during the [International Year of Plant Health 2020](#), everyone - from individuals, to schools, community groups and businesses - can make a difference.

For more information see: [Government of Canada](#)



Interactive Booklets Help Protect Natural Resources

In these fun and interactive booklet, kids will learn about things like how to help protect Canada's amazing natural resources, what a plant health villain is, and who Canada's first plant health heroes are.

[Plant health hero activity book – ages 5-8](#)

[Plant health hero activity book – ages 9-12](#)

Community Partnerships

Greening Canada School Grounds Grant Accepting applications until November 30

Tree Canada supports greening projects wherever learning takes place. From elementary schools in Newfoundland to vocational learning centres in British Columbia. We are here to green any and all educational institutions across Canada. Up to \$3,500 in funding is available per project.

For more information see:

[Tree Canada- Greening Grants](#)

PHYSICAL LITERACY

Community Partnerships

New Active School Travel Pilot Program-Application Deadline-November 15



BC Healthy Communities is excited to announce our new Active School Travel Pilot Program is now accepting applications. The goal of the pilot is to support more students to use active modes of travel (walk, wheel, cycle, and scooter) to and from school. The pilot will test the feasibility and applicability of existing evidence-based active school travel programs in a small cohort of B.C. school communities from November 2020 to December 2021. With guidance and support, selected schools will implement plans and activities using a range of tools, resources and templates provided by BC Healthy Communities. The deadline for applications is November 15, 2020. Get the full details on our [Active School Travel](#) page.

SCREEN TIME

Teaching and Learning

Promoting no More than 2 Hours of Screen Time – New Live 5-2-1-0 Tip Sheet for Families!



It can be challenging to meet the guideline of no more than two hours of recreational screen time per day when kids are constantly reaching for their devices and families are spending more time at home due to COVID-19. Sometimes it feels like it's not worth the battle, and other times we all need a break! In response to feedback from our community partners, we created the Live 5-2-1-0 '2' Tip Sheet for Families which includes suggestions on how to manage screen time in your household and make screen time meaningful for kids. Also included is an interactive flow-chart with daily screen-free alternatives for those moments where spending time on devices might have become a habit (i.e. after school, long car rides, or before bed). The '2' Tip Sheet for Families is available for [download](#) from our website's Resources page under the 'Families' section. This is the second in a series of Live 5-2-1-0 Tip Sheets for Families—stay tuned for upcoming Tip Sheets on the other two guidelines!

New Live 5-2-1-0 Online Training Module for Teachers

In response to requests from our community partners, we recently developed an online Live 5-2-1-0 training module for teachers. This free, 45-minute course serves as an online tool for teachers and school administrators wishing to learn about Live 5-2-1-0, identify opportunities to share and support Live 5-2-1-0 in their educational settings, discover what other schools are doing with the Live 5-2-1-0 framework, and learn about the resources available to support their efforts. Click [here](#) to view the Training Module User Guide for quick and easy instructions on how to enroll and access the course. Information is also available for [download](#) from our website's Resources page under the 'Schools' sector.

SUBSTANCE USE PREVENTION

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REACH (Real Education about Cannabis and Health)



The [REACH program](#) is a free curriculum resource developed in Saskatchewan to help prepare teachers to educate Grade 7 and Grade 9 students about cannabis and health. It includes comprehensive learning outcomes, a list of required resources and materials, directions and lesson outlines, suggested activities, lesson checklists, evaluations, and research highlights. There is also a resource section for teachers that provides further information and support to prepare for the lessons.

The toolkit consists of educational videos and materials about cannabis including supplementary videos featuring youth that highlight their thoughts, perceptions and misconceptions.

[Middle School Video](#)

[High School Video](#)

The toolkit is the result of a [multidisciplinary collaboration between the USask College of Nursing, the College of Pharmacy and Nutrition, and researchers from the Cannabinoid Research Initiative of Saskatchewan \(CRIS\)](#).

Teachers from outside of Saskatchewan can access the toolkit by contacting [the REACH program](#) directly.

TOBACCO AND VAPOR PRODUCTS

Teaching and Learning

Monthly Newsletter Inserts

The IH Public Website has [newsletter inserts](#) that can be included monthly in parent newsletters. For more information see “Topic: Tobacco”. This month’s highlight is:

Vaping is Not Harmless

Children often see other young people surrounded by an aerosol cloud. The vapour or aerosol cloud is not just water. The aerosol contains many things that can be harmful to the body of a young child. The aerosol may be linked to poor lung health. Vaping is not harmless.

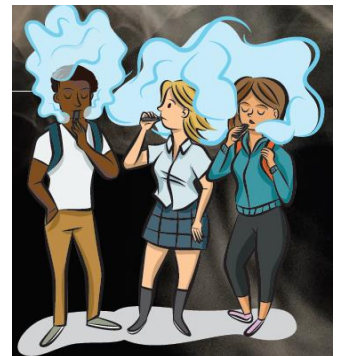
Some tips to talk with your kids:

- ✓ Talk to your kids about what’s in a vape
- ✓ Talk about what’s in the aerosol
- ✓ Talk with your kids about what is harmful to their bodies
- ✓ Set a positive example by being tobacco and vapour free
- ✓ Encourage open supportive conversations

To read more see:

[BC Lung - Vaping: An Overview](#)

[Interior Health- Vaping and Youth: Factsheet for Parents](#)



Community Partnerships

Tobacco and Vapour Prevention and Control:

Do you need to reach Interior Health Tobacco and Vapour Prevention and Control? Contact us at tobacco@interiorhealth.ca or 1-855-744-6328 prompt #5

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

Or contact: valerie.pitman@interiorhealth.ca