



HEALTH PROMOTING SCHOOLS

NEWSLETTER

JANUARY 2015

HEALTHY SCHOOLS GRANTS

Partnerships and Services

Applications for the new **Healthy Schools BC School District Readiness Grant** are now available!

The goal of the Healthy Schools BC School District Readiness Grant is to support school districts to identify and address priorities for healthy schools through strengthening and shaping partnerships with health sector partners.

The grant supports school districts and health professionals to build relationships, create a plan for addressing shared healthy schools priorities informed by community and school district data sources, and take collaborative actions that address the identified healthy school priorities.

Approximately 10 grants of up to \$7500 are available (provided in two phases).

For more information and grant application forms [click here](#).

Deadline for application is January 31, 2015.

VACCINES AND IMMUNOLOGY

Teaching and Learning

Teaching resources on **Immunization** are now available on the **ImmunizeBC** website.

(appropriate for education before grade 6 immunizations)

[3 Videos: How Immunization Works, Meningitis C & Hepatitis B](#)

MEDIA AND HEALTH

Teaching and Learning

The impact of media messages on teens' health is well documented, showing an influence on violence, relationships, substance use, physical activity, food choices and disordered eating to name a few.

Opting out of this media world isn't an option, so let's help teens be smart about it. Help them understand how it all works. It isn't that hard, it's just a process of developing some filters to help see media for what it really is.

[Media and Health](#) is a resource for teachers to support Grade 10 students to be media savvy in the modern world. From advertising to branding, social networking to Googling, media messages are everywhere, especially in the lives of teens.

MENTAL HEALTH

Teaching and Learning

[Balancing Our Minds 2015: Everyday Champions of Wellness](#) is a free, one-day event for high school age youth (13-18) in BC to learn about mental health and engage in fun activities and thoughtful dialogue. The 2015 event will take place on Thursday, February 12th at Rogers Arena and will focus on recognizing and becoming a Champion of Wellness!

Event Goals:

- Increase knowledge about mental health and substance use
- Build awareness of available mental health tools, resources and services
- Decrease stigma and discrimination towards individuals experiencing mental health challenges
- Generate ideas about how to promote mental wellness in schools and communities

For more information about this event, please contact Michelle.Cianfrone@bcmhs.bc.ca.

NUTRITION

Teaching and Learning



Updated Action Schools! BC - Action Pages

The updated 2014/2015 Healthy Eating Action Pages are now available. The Action Schools! BC [Healthy Eating Action Pages](#) provide school-wide healthy eating support and complement the activities in the [Healthy Eating Action Resource](#). They include the following:

- Eat Smart Celebrations
- Food Fit for Fun Days
- Healthy Eating – Aboriginal Wellness Perspectives
- Non-Food Rewards for Children and Youth
- Play First Lunch Toolkit

SUBSTANCE USE

Teaching and Learning

ADEPIS- Alcohol and Drug Education and Prevention Information Service

[What Schools Can Do- A Social Influences Approach to Drug and Alcohol Education](#)

[The Principles of Good Drug Education](#) aims to help you understand the principles that lie at the heart of good practice; adapted from the latest best-practice evaluations carried out in the UK, Canada, Australia, the USA, by the United Nations and in other countries.

The resource [Involving Families affected by Substance Use in Alcohol and Drug Education](#) contains relevant learning on how schools can use guest speakers to enhance alcohol and drug education. It focuses particularly on contributions from families affected by substance use: for example, a parent whose child experienced problems with drugs or alcohol.

Teaching and Learning

Webinar: Rethinking Drug Ed and Promoting Mental Health in BC Schools January 27, 2015: 0900-1030

Drug education isn't what it used to be and that's a good thing! Evidence tells us that promoting mental health and addressing problematic substance use is about two key elements: i) helping young people develop the knowledge and skills to navigate today's world and ii) fostering a greater degree of connectedness within school communities.

This webinar will provide a comprehensive look at evidence-based approaches to promoting mental health and reducing problematic substance use and will introduce participants to a range of BC resources that can help put research to practice.

Facilitators:

Dan Reist, Assistant Director (Knowledge Exchange), Centre for Addictions Research of BC at the University of Victoria

Dr. David Smith, Psychiatrist, Child and Youth Mental Health and Substance Use Collaborative

To register please email cspence@uvic.ca by January 20, 2015. A confirmation and details for logging on to the webinar will be sent closer to the date

TOBACCO REDUCTION

Teaching and Learning

National Non Smoking Week is January 18th to January 24th 2015.

National Non-Smoking Week (NNSW) has been observed for more than 30 years. It is one of the longest running and most important events in Canada's ongoing public health education efforts. Established in 1977 by the [Canadian Council for Tobacco Control](#) (CCTC) it is a time to promote tobacco free living.

Down and Dirty

Rural teens have some of the highest tobacco use rates for both cigarettes and smokeless products. An interesting [website](#) about being tobacco free, Down and Dirty is a rural tobacco prevention campaign created by rescuescg. Tobacco has been marketed to families as if it is a part of country life and living free. The tobacco industry is also adding chemicals to its products so people get addicted faster.

Although US based, the video campaign highlights a different way to reach youth about tobacco use. To check it out view: <http://downanddirtylife.com/>

Aboriginal Communities and School Tobacco Minigrant

The Interior Health Tobacco Reduction Mini Grant Program supports Aboriginal communities with grants up to \$200 (while available). The overall goal of the minigrant program is to prevent the use of commercial tobacco and help people to quit, while respecting traditional and ceremonial tobacco use. Aboriginal communities, **schools** and programs are invited to submit an application to the Mini Grant Program by contacting Kym Howay Tobacco Reduction Coordinator for Aboriginal Communities at 250-549-6349 or kym.howay@interiorhealth.ca

Partnerships and Services

IH Tobacco Contacts:

Do you need to reach the Interior Health Tobacco Team? **Email:** tobacco@interiorhealth.ca

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

Or contact:

Valerie Pitman
RN BN BSPsyc

phone: 250-364-6221

email: valerie.pitman@interiorhealth.ca

**Knowledge Coordinator for Healthy Schools
IH Promotion and Prevention
Trail, B.C.**

“Connecting health promotion staff with school staff to improve student’s health”