

# HEALTH PROMOTING SCHOOLS NEWSLETTER

January 2024

## DENTAL

### Teaching and Learning

#### Safeguarding Students' Dental Health on the Field and Beyond!

Hey teachers, coaches, and fellow sports enthusiasts! Let's take a moment to talk about something crucial - protecting those "pearly whites". Whether it's hockey, baseball, soccer, or any other sport, injuries to teeth, gums, and jaws are more common than you might think, both in competitive and non-competitive settings.

Mouth guards play an important role in preventing injuries and also safeguard soft tissues. Let's initiate a conversation with our students, players, parents, and coaches about the importance of wearing sports mouth guards during both practice and competition.

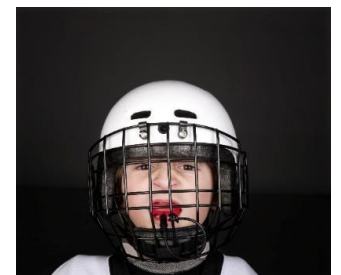


Sharing videos and other resources can promote the use of mouth guards with students before they venture onto the ice, slopes, or sports fields. Follow these links to videos and resources you can share from the Canadian Dental Hygienists Association: [Sports Mouthguards](#), ['Listen to "The Coach" for the Best Advice'](#). The [British Columbia Dental Association](#) provides guidance on oral injuries.

Encourage your sports teams to make wearing mouth guards a habit. Create contests to see which team member can wear their guard properly for the entire duration of practice and games. An exciting prize at the end of the season can be a great incentive. Get inspired with this link to a poster you can add to your locker room or gym: [Mouth Guard Poster](#).

Let's make an investment in protecting our athletes' oral health across all ages and stages of play.

Here's to a season of healthy, happy smiles on and off the field!



## HEALTH SURVEY

### Community Partnerships

#### 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

## INJURY PREVENTION

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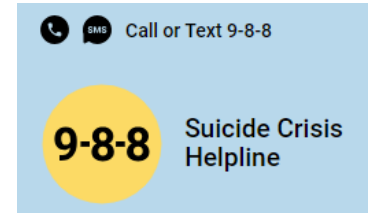
### Community Partnerships

#### 988 suicide crisis helpline launches across Canada

Canada's 988 hotline, which gives people access to suicide prevention services via call or text, is now available in all provinces and territories, 24/7 and free of charge. Its goal is to prevent suicide. Calls and texts will be directed to a network of partners in communities across the country.

To find out more, access the website at: [Get Help | 9-8-8: Suicide Crisis Helpline \(988.ca\)](https://www.gethelp.ca/988)

For more details see this CBC News article: [988 suicide crisis helpline launches across Canada | CBC News](https://www.cbc.com/news/988-suicide-crisis-helpline-launches-across-canada).



## NUTRITION

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### Teaching and Learning

#### New Resource

Check out the new resource from Farm to School BC: [A Guide to Growing a School Farm](#). It includes a variety of school farm programs and models operating to suit the demographics, geography, and institutional and community needs of their specific regions.



#### Other Teaching Resources

Have a look through [Canada's Food Guide: A sample of guided learning activities](#) (PDF) and [Traditional First Nations Foods lessons](#) for guided learning activities for middle and secondary grades.



## OUTDOOR PLAY

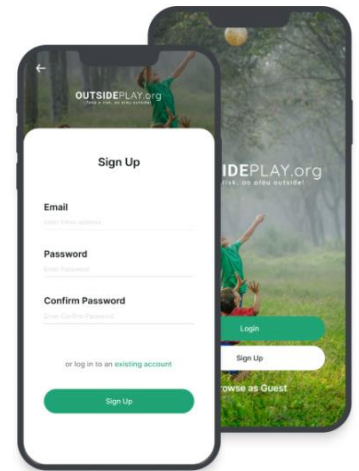
### Teaching and Learning

#### UBC researchers launch new online tool to help teachers take their classes outdoors - UBC Faculty of Medicine

Researchers from UBC and BC Children's Hospital have launched a new online [Outdoor Play and Learning tool](#), to help parents, caregivers and educators gain the skills and confidence to support outdoor play and learning in elementary schools from kindergarten through Grade 7.

The researchers have studied outdoor play for more than a decade and they want to help elementary school teachers take their classes outside. The new tool was developed by UBC Faculty of Medicine professor Dr. Mariana Brussoni, alongside PhD candidate and long-time outdoor teacher Megan Zeni.

For more information see: [UBC researchers launch new online tool to help teachers take their classes outdoors - UBC Faculty of Medicine](#)



## TOBACCO AND VAPOUR REDUCTION

### Community Partnerships

To better support the health and well-being of our IH communities, the Tobacco & Vapour Reduction Program is excited to announce a transition to include all legal substances work. This means the team will be broadening its scope of work to include the legal substances cannabis and alcohol. All legal substances collectively have a significant impact and health-burden on our communities, and the Legal Substances Team is looking forward to providing information and resources to help address some of these challenges. More to come in the near future!

### Teaching and Learning

#### National Non-Smoking Week

Did you know that, on average, a smoker lives 10 years less than a non-smoker? To help inform Canadians about the risks of smoking, prevent the initiation of use, and inspire users to quit, the Canadian Council for Tobacco Control has dedicated the third week of January as National Non-Smoking Week. This annual campaign also stresses the importance of educating children and youth by protecting them from starting cannabis, commercial tobacco and vapour use. Also, with open and honest conversations encouraged throughout the week, individuals looking to quit or limit their use can plan with friends to improve their health. This year, the notable week falls on January 21 – 27, 2024 with the Wednesday (January 24) dedicated as Weedless Wednesday, where smokers are encouraged to stop lighting up cannabis, commercial tobacco and vapour products for a 24-hour period. Remember – every attempt to quit counts!

### New! QuitNow Mini Site for Youth Vaping



Informed by QuitNow's engagement work with young people across BC, and feedback provided by the Youth Advisory Council at McCreary Centre Society, this new QuitNow Vaping mini site provides information and interactive activities on the health risks of vaping, the benefits of quitting vaping, and coping with nicotine and cannabis dependency and mental health. There is also a step-by-step guide youth can access in order to quit or reduce vaping. You can access this new webpage for more information here: [Cut Down or Quit Vaping: The steps towards a vape-free life | QuitNow](#).

### BC Lung Vaping Health Education Toolkits for Parents & Teachers

In partnership with some of our neighboring BC Health Authorities, the BC Lung Foundation has developed youth vaping health education resources intended for use by teachers, healthcare professionals and parents. These toolkits include PowerPoint presentations with integrated interactive activities and concise video content on the known health risks of vaping for both students at the grade 5-7 level, and for the grade 8-10 level. These useful and informative toolkits can be accessed here: [Vaping Health Education Toolkits for Parents & Teachers | BC Lung Foundation](#)



## RESOURCES

### Teaching and Learning

#### 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, Dental and Oral Health, Hand Hygiene, Positive Mental Health, and Substance Use.

#### Healthy Schools BC Website

The [Healthy Schools BC Website](#) is a great resource for teachers. Look for the "Classroom and School Resources" and "Teach Food First".



#### 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 19](#), [SD 53](#), [SD 73](#), [SD 83](#)

### Community Partnerships

#### Harm Reduction Resources

For resources visit the [Interior Health Website](#).

To connect with a Harm Reduction Coordinator email: [harmreduction.coordinator@interiorhealth.ca](mailto:harmreduction.coordinator@interiorhealth.ca)

#### Tobacco and Vapour Prevention and Control

For resources visit the [Interior Health Website](#).

To connect with a Tobacco Reduction Coordinator email: [tobaccoandvape@interiorhealth.ca](mailto:tobaccoandvape@interiorhealth.ca).

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