

# HEALTH PROMOTING SCHOOLS NEWSLETTER

APRIL 2024

## DENTAL

### Teaching and Learning

#### April is Oral Health Month!

Oral health month is a perfect time for teachers to guide students to set new goals for keeping a healthy smile. The theme of the month is “Oral Health for Total Health,” which aims to remind everyone that taking good care of our mouth, teeth, and gums benefits our overall physical and mental well-being.



The Interior Health Dental Program is excited to announce the launch of the **Dental Health Education Kit** that is now available for lending to schools. This kit is designed for young learners, ages 3-6, and includes engaging lesson plans and visual aids for hands on learning. To borrow this kit, please contact your local [Interior Health Dental Program](#).

Teachers can promote oral health by encouraging their students to participate in the Canadian Dental Hygienist Association's [colouring contest](#).

British Columbia Dental Association's [Brush2Win](#) contest runs **April 1-30, 2024**, and is open to all BC elementary schools with children in Kindergarten through Grade 3. Schools registering during the contest period will be entered into a draw for **one of four \$1,000 prizes!**

**Teachers and Parents** can challenge children to make dental care part of their routine by brushing twice daily for a full month and tracking their progress on the printable calendar below.

- Download and print the Brush2Win calendar (PDF) for your students. ([English](#), [French](#))
- Download and print a Brush2Win poster (PDF) for your classroom. ([English](#), [French](#))

Make sure to check out [Interior Health's Dental Toolkit](#) for additional resources.

Happy Oral Health Month!

## HEALTH PROMOTION



### Teaching and Learning

#### April 25, 2024 is Healthy Environments for Learning Day

Healthy Environments for Learning Day is a key initiative of the [Canadian Partnership for Children's Health and Environment \(CPCHE\)](#). Formerly Healthy Schools Day, it aims to raise awareness of and encourage action to prevent environmental health risks to children in early learning and school environments.

#### 2024 Campaign- Indoor Air Quality

The 2024 Healthy Environments for Learning Day campaign will focus on Indoor Air Quality in Canada's schools and childcare settings. Indoor Air Quality plays a critical role in shaping children's respiratory health, immune function, and cognitive development. This campaign is an opportunity to address topics such as learnings from COVID-19 about the importance of ventilation, vehicle diesel exhaust, radon, harmful chemicals in products, as well as wildfire smoke and other climate change issues. We are excited to be launching a national speakers series and co-creating this campaign with a diverse group of collaborators and organizations!

For more information see: [Healthy Environments for Learning Day \(HELD\)](#)

## MENTAL HEALTH

### Teaching and Learning

#### National Child & Youth Mental Health Day – May 7, 2024

National Child & Youth Mental Health Day is about building caring connections between young people and the caring adults in their lives. We know having caring, connected conversations can have a big impact on the mental health of children and youth.



"I care about you" is our May 7th message. To support this, we offer events and resources that support conversations and connection between caring adults and young people. For more information see: [May 7th | National Child & Youth Mental Health Day](#)

#### Online Event with Kim Barthel- May 7, 2024

We know that having caring, connected conversations can significantly impact the mental health of children and youth. Join us online to listen to Kim Barthel talk about having more self-compassion, self-awareness and knowledge about the art and science of relationships. Our kids mean so much to us, and yet disconnection, dissociation and even the potential for self-harm is very real. A holistic and engaging story-teller, Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion. For more information and to register for the online event see: [May 7th | Event with Kim Barthel](#)



## Child and Youth Mental Health & Substance Use Collaborative Education First Session-April 9, 2024 from 10:00-11:00 PST- Topic: Information Sharing



Interior Health and our partner agencies are pleased to offer a series of Child and Youth Mental Health & Substance Use Collaborative Education sessions designed to enhance the clinical skills and confidence of those supporting children and youth with mental health and/or substance use needs.

These free and virtual education sessions connect care providers and subject-matter experts across the continuum of care, providing you with an opportunity to gain new skills, knowledge, and confidence in caring for children and youth with mental health and/or substance use needs. Join us for our first session focused on Information Sharing in child and youth MHSU care presented by Patric Yuen, Information Privacy & Freedom of Information Manager, Interior Health

Register here: [Link](#) \* Open to IHA staff, physicians, peers and community partners involved in child and youth mental and substance use care.

If you have a case example you would like to share related to the session or would like to submit questions for the presenter and panel, kindly send them to [Corette.Pereira-Imm@interiorhealth.ca](mailto:Corette.Pereira-Imm@interiorhealth.ca) Knowledge Coordinator, Mental Health Services

## 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 23](#), [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)

#### Legal Substances Program

For resources on tobacco, vaping or cannabis use, visit the Interior Health [Tobacco & Vaping Information for Schools webpage](#) or the [Cannabis Information for Youth webpage](#).

To connect with a Legal Substances Reduction Coordinator, email: [LegalSubstances@interiorhealth.ca](mailto:LegalSubstances@interiorhealth.ca)

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