

# HEALTH PROMOTING SCHOOLS NEWSLETTER

March 2024

## ADOLESCENT HEALTH SURVEY PROVINCIAL RESULTS

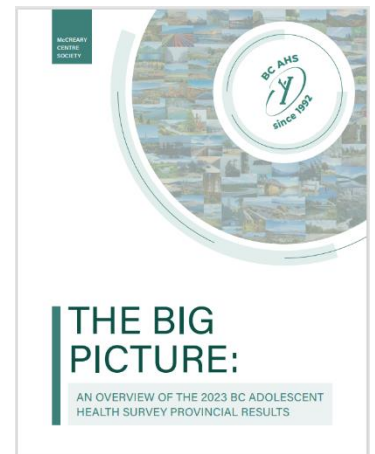
### Community Partnerships

#### McCreary Centre Society 2023 Adolescent Health Survey

An overview of the provincial data [The Big Picture: An overview of the 2023 BC AHS provincial results](#) is now available on the [McCreary Centre Society website](#). The report provides a broad overview of the health of youth in Grades 7–12 across the province. The 2023 BC AHS was completed by around 38,500 young people aged 12–19 in 59 of BC's 60 school districts. The survey was developed in consultation with young people, parents, and other experts in youth health.

Information about webinar sessions and log in information can be found [here](#). Information about youth engagement and grants can be found [here](#).

Watch the video [Generations](#) created by a group of Vancouver artists, bringing the voice to what youth shared in the 2023 BC Adolescent Health Survey.



## HEALTH PROMOTION

### Teaching and Learning

#### SunSense

The Canadian Cancer Society's [SunSense](#) initiative has created this [Promotion Toolkit](#) for newsletter and one-pagers.



The [SunSense website](#) has now been updated to include information and resources for elementary schools, daycares, camps and parents. Previously to access any resources individuals were required to be registered users of the program. Presently, there are some resources that are available from the public site with additional resources available to schools/teachers and daycare staff, upon becoming a registered user.

## Community Partnerships

### SunSense Schools – SunSense Challenge Month: Win a Shade Structure!

Schools can register to join in the SunSense Challenge. This Challenge asks schools to include sun safety education throughout the month of May (Melanoma Month). A 'suggested' Calendar of Activities will be provided as a guide, along with resources to support each activity. A brief report is to be completed at the end of the month (2 minutes to complete). Those who register and complete the report by the deadline of June 7<sup>th</sup> will be entered into a prize draw. I am excited to share that this year, in partnership with Melanoma Canada, the prize is a custom shade solution from our friends at Shade Sails Canada and FLX Shade, a retail value of \$20,000!!

By registering, teachers also gain access to additional resources and teaching tools and can order materials such as UV bracelets, posters and postcards. We now have a Curriculum Guide that can help teachers to connect the curriculum of the grade they teach to the lessons and activities provided.

## LEGAL SUBSTANCES

### Teaching and Learning

Did you know that **National Poison Prevention Week** (NPPW) is March 17 to 23 in 2024? This annual campaign aims to draw attention to the causes of accidental poisonings and how to prevent them from occurring. Edible cannabis products in particular are a considerable cause for concern because they are manufactured to taste good and can look identical to regular candy or other treats. For this reason, the [#HighAndLocked campaign](#) was launched as a complimentary piece to NPPW in order to raise awareness of the importance of properly storing cannabis edibles so children don't inadvertently consume them. You can learn more about the campaign itself, cannabis safety, what to do in case of an emergency and exposure prevention tips by clicking [here](#).

The Legal Substances Program has also developed a new [Cannabis Information Hub](#), where individuals, youth and families can learn more about the health impacts of cannabis use and safer cannabis use tips and tricks. Check it out!



Have any questions? Please email [LegalSubstances@interiorhealth.ca](mailto:LegalSubstances@interiorhealth.ca) to connect with one of our Legal Substance Reduction Coordinators.

## Promoting Student Well-Being: The ABCs of Substance Use Education

When it comes to substance use education, school professionals are an important resource. Schools can provide supportive environments that promote overall well-being and equip students with the confidence, knowledge, and skills they need to make decisions about the substances they'll encounter as they grow. Bryn and guest co-host Cindy Andrew come together with Dave Mackenzie, School Counsellor and Art Steinmann, Youth Substance Use Health Promotion Specialist to talk about the ABCs of substance use education and schools. They share evidence-based approaches that help students build protective factors including autonomy, belonging and competence and describe how this can help prevent, delay and reduce substance-related harms.

## Promoting Student Well-Being: The ABCs of Substance Use Education

SDME4 | January 18, 2023



PODCAST [Promoting Student Well-Being: The ABCs of Substance Use Education | Kelty Mental Health](#)

Looking for evidence-based substance use education programs and resources? Interior Health's [Youth Harm Reduction Toolkit](#) has some recommendations.

## MENTAL HEALTH

### Teaching and Learning

#### Webinar for Caregivers Supporting a Child with Anxiety- March 5 at 6:00pm PST

This one hour presentation, on Mar 5, 2024 at 06:00 pm PST will discuss 10 strategies for supporting a child with anxiety. These strategies are informed by evidence based intervention with an emphasis on Cognitive Behaviour Therapy (CBT) techniques. Although geared towards caregivers supporting a child between the ages of 6-12, the information will hold relevancy for caregivers of older children and teens, as well as people of all ages. There will be a 20 minute question and answer period after the presentation.

To sign up for this session and receive the log in details see:

[Matters of the Mind: Top 10 Strategies for Caregivers Supporting a Child with Anxiety](#)



## Community Partnerships

### Child & Youth Mental Health Case Consultation & Education for Health and Community Care Providers

[Compass](#) is a province-wide service to improve access to evidence-based care for all BC children and youth living with mental health and substance use concerns

The website houses [Toolkits, Webinars and Resources](#) for school counsellors and other staff.

Connecting with the Compass Program just got easier! We're thrilled to present a [one-page graphic](#) that simplifies the program's key details and contact information. Designed for ultimate convenience, this printable easy-to-use resource can be placed by your phone or computer, ensuring that providers have essential information at their fingertips.




## NUTRITION

### Teaching and Learning



#### March is Nutrition Month!

This year's theme is celebrating the work of Dietitians. Dietitians play a crucial role in promoting health, preventing disease and improving health outcomes across populations, including school-aged children and youth. Supporting and promoting Food Literacy resources for educators is one of the ways that dietitians work with the school population.

Have a look at these resources on food literacy for the classroom:

- [Hands on Food](#) – Looking for an engaging way to teach food literacy? Where food comes from, how to grow it, different methods of preparation and more. Have a look through this new resource for teaching nutrition, food skills and food systems through experiential learning.
- Have a look at the [Teach Food First: An Educators Toolkit for Exploring Canada's Food Guide](#) for providing positive food and nutrition education that aligns with the B.C. curriculum
- Agriculture in the Classroom, [Educational Resources](#) – gets students inspired to learn about the food system and growing food by teaching activities related to agriculture.
- Farm to School, [Spring Learning Activities](#) – check out activities to do outside with your K-12 class this spring

**For Parents:** Are you in search of a new meal planning tool? Take a peak through the Dietitians of Canada [Cookspiration](#) meal planner tool to get you started.



## RADON AWARENESS

### Community Partnerships

#### Contest Deadline Extended to March 31, 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 until March 31, 2024 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).



## 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 Youth Harm Reduction Coordinator email: [YHRC@interiorhealth.ca](mailto:YHRC@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](#)