



HEALTH PROMOTING SCHOOLS NEWSLETTER

JANUARY 2019

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 8](#), [SD 20](#), [SD 22](#), [SD 23](#), [SD 27](#), [SD 73](#), [SD 83](#)

Teaching Toolkits

The Interior Health Website now has a section with resources for teachers on a variety of health related topics. For more information see: [Teaching Toolkits](#).

EATING DISORDERS AWARENESS WEEK

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Eating Disorders Awareness Week – February 1-7, 2019



For more information about past events see: [Provincial Eating Disorders Awareness Campaign](#) (PEDAW)

To order these resources see [Jessie's Legacy- Eating Disorders and Prevention and Awareness](#):

- “Love our bodies, love ourselves” Wrist bands
- “Your Weight is Not Your Worth” posters

The following are resources that may be helpful for counsellors, teachers and parents:

- [Jessie's Legacy- Eating Disorders and Prevention and Awareness Resources](#)
- [Guidelines for School Staff: Helping a Student with a Suspected Eating Disorder](#)
- [Interior Health Eating Disorders Telephone Contacts and Website Resources](#)

HEALTHY PRACTICES



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Do Bugs Need Drugs? is a community education program about handwashing and responsible use of antibiotics.

Key Messages:

1. Handwashing is the best way to stop the spread of infections.
2. Not all bugs are created equal. Both bacteria and viruses cause infections but antibiotics only work against bacteria.
3. Use antibiotics wisely to stop bacteria from becoming resistant to antibiotics.

See more information here on the [BC Curriculum Teachers Resource for K- Grade 3.](#)

IMMUNIZATION

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Immunize BC- Online Videos

In preparation for school immunizations, these short videos from Immunize BC's "Disease Scene Investigation" series may be helpful to provide information about how immunization works and about serious diseases that can be prevented by immunization. The videos can be shown in classroom settings and/or shared with parents prior to school immunizations.

[How Immunization Works](#) (6 minute video)

[Hepatitis B](#) (5 minute video)

[Meningitis](#) (6 minutes)

Canadian Online Immunization Learning Resource

Kids Boost Immunity is a new Canadian online learning resource about immunization, global health and more that is linked with science and social studies curriculums. Through reviewing a series of lessons and taking quizzes, students learn about important health topics while helping other kids at the same time.

The more a student learns the more vaccines they earn for children in support of UNICEF - it's that simple! To get started, teacher's register at: <https://kidsboostimmunity.com/getting-started> and create teams for their class. This allows for full access to all the lessons and quizzes in Gr 8 science and Gr 6 social studies.

See more about [How it Works](#) and check out the [Sample Lessons and Online Videos](#)

For other parent and classroom resources see the [Vaccines and Immunology Toolkit](#).

MENTAL WELLNESS

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Bell Let's Talk Day is January 30th, 2019

Dedicated to moving mental health forward in Canada, Bell Let's Talk campaign promotes awareness and action with a strategy built on fighting stigma, improving access to care, supporting research and leading by example in workplace mental health. Want to help end the stigma, but not sure how? Bell Let's Talk created a toolkit that includes a conversation guide, helpful tips for the workplace, school event ideas, as well as, shareable images for all to use to show their support. [Find out more.](#)



Helping to Build Your Child's Self-Esteem

There are children who have high self-esteem and have learned to trust their talents and skills. However, some children and adolescents struggle with academic and social situations and tend to underestimate their gains. For them, building positive self-esteem is a complex process that requires ongoing reassurance, both at school and at home. What, then, are the things that family members, educators and caregivers should keep in mind?

- Be patient.
- Listen without judgement
- Provide opportunities for them to feel capable.
- Demonstrate they matter to you.
- Involve them in decisions.
- Remember the power of positive feedback.

For more info see the CBC article: [6 Ways You Can Help Build Your Child's Self-Esteem](#)

Building Your Child's Resilience in an Anxious World

It's hard being a kid these days. The traditional pressure of academics, extracurricular activities and family dynamics are amplified with being connected 24/7. We are living in an anxious world and stress among children is estimated to have increased 45% over the past 30 years. The good news is that building emotional health and resiliency can help children concentrate, learn, interact more successfully and deal with other stressors they may face in their lives. Here are five strategies to help build your child's resiliency based on The Psychology Foundation of Canada's proven [Kids Have Stress Tool!](#) program:

- Learn about stress.
- Help them to identify their stress.
- Encourage them to recognize, acknowledge and express their feelings appropriately.
- Identify stress-management strategies.
- Create a less stressful environment for your child.

For more information see this CBC article: [5 Ways to Build Your Child's Resilience in an Anxious World](#)

PHYSICAL ACTIVITY

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Active for Life - Elementary Teacher Toolkit

The elementary school years are an important time for developing physical literacy. Through fun games and active play, children develop the movement skills and confidence that form the foundation for a lifetime of physical activity and health. Teachers can find a wide variety of teaching resources and information to help children develop physical literacy, as well as, tips and tools for engaging parents in the process. [Find out more.](#)

Keep Teens Moving!

We know that physical activity during adolescence has numerous benefits on physical health, mental health, and educational achievement. A recent [study](#) sheds light on the important relationship between teen physical activity levels to both their future activity levels and educational attainment outcomes. Bottom line – we need to keep our youth moving. For tips on how to promote and encourage physical activity for all students across the school day check out: [OPHEA](#).

SUBSTANCE USE PREVENTION

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Preventure – A Substance Use Prevention Program for Teens

Scaring kids against using drugs or alcohol, or telling them to “just say no” is not an effective strategy of preventing the misuse of substances says Dr David Smith a child and adolescent psychiatrist in Vernon and medical director for child and youth mental health in Interior Health. Instead, a program identifying youth at high risk of substance use has proven to be much more helpful. Preventure, developed at the University of Montreal, goes back to the basics and looks at how we really help prevent substance use amongst youth. It is one part of the larger picture in dealing with substance use among students. Along with early intervention, treatment, and harm reduction, prevention is another significant piece of the puzzle. The more we can prevent substance use, the more we can help with people being able to decrease the risks later on.

To read more about Preventure see this article written by Andrea Peacock in [The Kelowna Daily Courier](#)

TOBACCO REDUCTION

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Survey shows smoking rates on the rise

Alarming new data released from the [2017 Canadian Tobacco, Alcohol and Drugs Survey \(CTADS\)](#) shows that the latest Federal Smoking rate has jumped from 13% in 2015 to 15% in 2017.

U.S Surgeon General – Concerns with Youth Vaping

[A new report released by the US Surgeon General](#), urges parents to know the risks and talk to their children about e-cigarettes.

National Non Smoking Week



January 20th - January 26, 2019 is National Non Smoking Week. This is a great opportunity to raise awareness and promote tobacco and vapour free living. Visit quitnow.ca to download free materials.

Community Partnerships

IH Tobacco Contacts:

Do you need to reach the Interior Health Integrated Tobacco Program? Contact us at tobacco@interiorhealth.ca or 1-855-744-6328 prompt #5

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

Or contact:

Valerie Pitman, RN BN BScPsych

Regional Knowledge Coordinator for Healthy Schools

Maternal, Child and Youth Health - Population Health- Interior Health, Trail, B.C.

email: valerie.pitman@interiorhealth.ca phone: 250-364-6221 www.interiorhealth.ca