



## HEALTH PROMOTING SCHOOLS NEWSLETTER

FEBRUARY 2018

### 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](#).

## MENTAL HEALTH

### Teaching and Learning

#### Bell Let's Talk Day

Dr. Ian Manion, a clinical psychologist with The Royal and the School of Psychology at the University of Ottawa, speaks to CTV News about his own struggles with mental illness for Bell Let's Talk. He shares his personal story with mental illness and his thoughts on the importance of promoting resiliency in children and youth.

Take a listen to this: [8 minute video](#)



# NUTRITION



## Community Partnerships

### Farm to Cafeteria Grants, 2018

[Farm to Cafeteria Canada](#) is offering grants of up to \$10,000 each. These grants are designed to establish or enhance efforts to bring more local harvest into schools where it is featured in a **salad bar** meal service. It is anticipated that about 25 grants of up to \$10,000 each will be awarded during this grant cycle. [Grant Application Guidelines](#)

#### Key dates

March 31, 2018 Proposals are due.

April 30, 2018 Grant recipients are notified.

Spring or fall, 2018 Grant recipient orientation and training session is held.

June 30, 2020 All program deliverables are completed

### Upcoming – [Great Big Crunch March 1<sup>st</sup>](#)

March is Nutrition Month, kick things off with this fun and engaging activity! On March 1<sup>st</sup> kids from across the country will learn about local and healthy food and celebrate with a simultaneous apple crunch at 2:30 PM EST!

Since 2008, over 1 million people have joined the Great Big Crunch, an annual moment of anti-silence where everyone gets together and bites into crunchy fresh local produce in unison.

[Register online](#) to participate. You can sign up for yourself, your class, or your whole school!

### President's Choice Grants Available for Schools

PC® Children's Charity school grants provide funding to educate and empower communities to deliver school-based student nutrition programs across Canada, helping children and youth realize their full potential in life.

There are two grant opportunities for Canadian Schools:

1. *School Nutrition Grants* may be used to purchase food and consumable supplies. This grant intended to supplement the funding of existing programs, allowing for higher quality, more sustainable programming. **The 2018 School Nutrition Grant application period runs from April 1 to 30**

2. *School Equipment Grants* may be used to purchase the equipment needed to prepare food and adhere to safe food handling requirements. Equipment purchases may be restricted by application frequency. You will be notified of any applicable restrictions in correspondence specific to your application. **Open year round, launching March 1.** For more information see: [President's Choice School Grants](#)

# SUBSTANCE USE PREVENTION

## Teaching and Learning

Canadian Institute for Substance Use Research (formerly the Centre for Addictions Research of BC)



**Looking for resources to help schools address substance use? Check these out:**

**iMinds**: cross-curricular range of learning activities that align with the new K-12 curriculum

**“Cycles”**: a film-based resource that encourages teens to talk openly and honestly about why some young people use cannabis (marijuana).

**“The Gift of Listening”** – a peer helper resource

**“Cannabis use and youth: A parent’s guide”** - Some of the information we hear about cannabis is conflicting, making it hard to understand the ways it may affect our children. Is it addictive? Does it cause psychosis? Is it really a medicine? What will happen if my child uses it? What should I tell—or not tell—my child about it?

**“Parenting: the drugs questions”**- a short list of tips and resources to help parents and caregivers.



## The Psychology Foundation of Canada

Too much stress, for too long can be harmful. That said, stress is a part of life and can often be helpful. Youth also tells us that they’re experiencing a lot of it and could use some help better managing it.

Check out **“Stress Lessons: Tools for Resiliency”**, a new resource for grades 9-12 focused on helping youth strengthen their stress management competencies so that stress can be their friend, not their foe. For more information

contact: [cindyandrew@psychologyfoundation.org](mailto:cindyandrew@psychologyfoundation.org)

# TOBACCO REDUCTION

## Teaching and Learning

### What Parents Should Know about E-Cigarettes

It's hard to know where to start to find out general information about vaping of youth. Start here: The National Center on Addiction and Substance Use's [e-cigarettes facts page](#).

### E-cigarettes: Are we renormalizing public smoking?

Vaping among youth is on the rise and risks reversing five decades of tobacco control among Canadian Youth. To read more visit:

[Paediatrics and Child Health](#)

## Community Partnerships

### IH Tobacco Contacts:

Do you need to reach the Interior Health Tobacco Team? **Email:** [tobacco@interiorhealth.ca](mailto:tobacco@interiorhealth.ca)

**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](mailto:valerie.pitman@interiorhealth.ca) **phone:** 250-364-6221 [www.interiorhealth.ca](http://www.interiorhealth.ca)