



HEALTH PROMOTING SCHOOLS NEWSLETTER

JANUARY 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 8](#), [SD 20](#), [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](#).

HEALTHY LIFESTYLES

Community Partnerships

Childhood Healthy Weights Early Intervention Program Webinars

The Childhood Obesity Foundation is hosting two webinars on a new childhood healthy weights early intervention program that is being developed for BC families. They want to hear from you and your colleagues about this new pilot program to support children and families who are departing the healthy weight trajectory. Please feel free to circulate this information to your colleagues.

Register at this link for the January 10, 2018 12:00-1:00pm PST webinar for [Health Professionals](#).

Register at this link for the January 11, 2018 10:30-11:30 am PST webinar for [Recreation, Physical Activity and Education Professionals](#).

For more information contact Karen Strange, Project Director for the Early Intervention Program Pilot Project karen@childhoodobesityfoundation.ca or 1-250-882-6755.

SAVE THE DATE!

Childhood Obesity Foundation

Developing a family-based, 'made in BC' childhood healthy weights early intervention program:

We want to hear from you

Keynote Presenters:
Dr. Tom Warshawski, Chair, COF
Dr. P.J. Naylor
UVic Professor, COF Board

WEBINAR FOR HEALTH PROFESSIONALS
January 10, 2018 12:00 - 1:00pm

WEBINAR FOR RECREATION, PHYSICAL ACTIVITY & EDUCATION PROFESSIONALS
January 11, 2018 10:30 - 11:30am

Childhood Obesity Foundation is developing a 'made-in-BC' early intervention program to support children and families who are departing the healthy weight trajectory. People like you have told us any such program needs to be fun, engaging, supportive, flexible, intentional, inclusive and interactive - and we have listened. This new early intervention program will:

- Be tailored for BC families
- Be community-based
- Target school-aged children & youth who have a BMI for age > 85th percentile
- Cover topics such as physical activity, healthy eating, parenting practices and mental health
- Include program features such as:
 - Group sessions for families (caregivers and children attending)
 - Choice of activities that suit a family's interests and situation
 - Modular curriculum components providing flexibility to meet community needs

The aim is to have a small number of pilot programs available in Spring 2018 to test this new model. Pilot communities have yet to be determined.

We've drafted a framework based on what we've heard so far. Now we need to know:

- Have we missed anything?
- What are important considerations in order for it to be successful in your community?

For more information contact Karen Strange, Project Director, Early Intervention Program Pilot Project
karen@childhoodobesityfoundation.ca * +1-250-882-6755

MEDICAL ALERT

Community Partnerships

MedicAlert membership assistance and discounts for school-aged children

[No Child Without](#) is a charitable program made available through the generous support of MedicAlert subscribers, parents and other donors. Offered through registered schools, the program provides a free MedicAlert ID and service plan to eligible children between the ages of 4 and 14. *No Child Without* gives both parents and teachers peace of mind knowing that if a child has a medical condition, allergy or special need, his or her vital medical information is readily available and can be accurately communicated in an emergency.

Financial hardship should not be an obstacle to having access to emergency medical information services. That's why, alongside Canada's healthcare practitioners, MedicAlert offers a Membership Assistance Program which provides MedicAlert services at no cost to Canadians. Individuals can apply for assistance by completing the [application form](#). The referring doctor, nurse, social worker or pharmacist must complete and sign Section B of this form. Applications are individually reviewed and program duration will cover one (1) year from date of member enrolment. MedicAlert reserves the right to verify the information provided and consideration will be given annually as to continued assistance.

The [StudentsFIRST](#) program provides a MedicAlert membership for \$4 per month. This is a savings of 20% off the cost of a regular membership.

An Exclusive offer for First Nations and Inuit Peoples

A [Lifetime membership with MedicAlert](#) is provided through Health Canada's Non-Insured Health Benefits (NIHB) Program. NIHB will cover the initial cost of any bracelet, sport band or necklace included in this application form plus membership. Medical updates to your file are **FREE OF CHARGE** and MedicAlert provides a **DISCOUNT** for any replacement ID you might need.

MENTAL HEALTH

Teaching and Learning

[Resources to Promote Belonging and Inclusion](#) is a guide created by the Afterschool Alliance, Every Hour Counts, and the National After School Association. Although the resources, advice, tools and insights provided in this guide are designed with afterschool program leaders and summer learning providers in mind, all teachers, educators and school staff are able to gain valuable insights from this guide.

Unfortunately, events happening across the country and around the world have young people witnessing and experiencing racism, bigotry and hate in their lives, in their communities and in all forms of media. For that reason, it is particularly important to celebrate diversity in the school community and to help create an environment where students feel [safe, seen, heard, supported, significant and cared for](#).

This guide provides the information necessary to help fight hate and promote love in the classroom, school and school community, including discussion of the important role that current events play in the lives of children and youth, assistance with the navigation of difficult but necessary conversations with children and youth, and help to ensure that children and youth feel protected within the school environment.

Everyone has a role to play in promoting a sense of belonging and inclusion, including advocating for safety and security and supporting peaceful and prosperous places free from bigotry and hate.



NUTRITION

Teaching and Learning

Nutrition Resources for Educators

The New Year is a time when many people like to focus on healthy eating. Public Health Dietitians have compiled an extensive list of [Canadian Food and Nutrition Education Resources for Teachers](#). This resource contains links to lesson plans and classroom activities that address a variety of topics including healthy eating, food security, food safety, and body image. You will also find links to resources for school food programs and creating a healthy school environment.

For other food and nutrition resources visit the [School Nutrition](#) page on the Interior Health website.

TOBACCO REDUCTION

Teaching and Learning

E-Cigarette Use

There is a growing body of evidence that vaping may be a bridge to cigarette smoking. For more information visit: [Tobacco Control](#)

Youth Don't Start

Parents and youth are encouraged to start the conversation. To read more please visit: [The Oliver Chronicle](#)

Organic May Imply Healthier

Product labels can be deceiving. To read more please visit: [The Truth Initiative- inspiring tobacco free lives](#)

National Non Smoking Week

January 21 to January 27th 2018 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. [QuitNow- downloadable materials](#)

Community Partnerships

IH Tobacco Contacts:

Do you need to reach the Interior Health Tobacco Team? **Email:** tobacco@interiorhealth.ca

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

Or contact:

Valerie Pitman phone: 250-364-6221

RN BN BSPsyc email: valerie.pitman@interiorhealth.ca

Knowledge Coordinator for Healthy Schools, Maternal Child Health, Trail, B.C.