



## HEALTH PROMOTING SCHOOLS NEWSLETTER

JUNE 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](#).

## INJURY PREVENTION

### Community Partnerships



#### Safe Kids Week June 4 –10: Promoting Awareness of Concussion on the road, at home and at play.

For more information and resources for Parachute Safe Kids Week and concussion awareness see these [FREE downloadable resources](#) .

If you have questions about Kid Safe Week, email [safekidsweek@parachutecanada.org](mailto:safekidsweek@parachutecanada.org) or call 647-776-5100. And remember to share your efforts on social media, using the campaign hashtag **#KidsAndConcussion**. Follow us on [Twitter](#), [Facebook](#) and [Instagram](#).

## MENTAL WELLNESS

### Teaching and Learning

#### Helping Students Manage Stress



When children have the skills and strategies they need to cope with stressors in their lives, their overall mental health and well-being is improved and they're better able to focus on their learning. Read more at [Helping Students \(and Ourselves\) Manage Stress: Tools for Resilience and Good Mental Health](#).

#### Feeling stressed yourself?

[www.stressstrategies.ca](http://www.stressstrategies.ca) is an online interactive resource geared to helping people find strategies that help them manage what life throws at them.

## NUTRITION

### Community Partnerships

#### Hands on Cook-Off Contest Winners!

The [Hands On Cook-Off contest](#) is now closed. Check out this [this year's videos](#) for tasty recipes to try this summer.

Blueberry Quinoa Salad, Kale Sushi, and Cilantro Lemon Dill Potato Salad, yum!



Blueberry Quinoa Salad

# SUBSTANCE USE EDUCATION



## Teaching and Learning

**The Canadian Institute for Substance Use Research** at UVIC has produced new resources to help start dialogues about what legalized cannabis will mean in your school community. For more information see the [Canadian Centre on Substance Use and Addiction website](#).

### Curious how to drug education can be taught across curriculum areas?

Check out this article “Wisdom from the Ages: learning about life through the Social Studies Curriculum” in the [BC Social Studies Teachers’ Association publication](#).

# TOBACCO REDUCTION

## Teaching and Learning

### Vaping and Youth – Great Resource!

[Fraser Health’s webpage](#) is a great place to start for parents and educators wanting more information on youth and vaping.

### Childhood Poisonings – Tobacco, Cannabis, Alcohol and More

Childhood poisonings from addictive substances is a serious public health problem, and one more way that addictive substances put the lives of young children at risk. Check out this report issued by the [National Centre on Addiction and Substance Use](#).

## 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)