



HEALTH PROMOTING SCHOOLS NEWSLETTER

MARCH 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](#).

ABORIGINAL



First Nations Parents Club

The key role of parents in ensuring the educational success of their children

[The First Nations Parents Club](#) resource acknowledges the key role that parents play in the educational success of their children. It also supports the encouragement of First Nations ways of knowing and First Nations languages, culture, history, experiences, values and beliefs into the classroom and school environment. The purpose of this resource is to provide an overview of educational terminology, the roles of various professionals who work within school communities and the rights of parents in the education system in order to support First

Nations parents in taking an active role in their children's education. While the resource uses the term “parents” for convenience and simplicity, the information included in the resource is applicable to grandparents, family members, Elders, guardians, caregivers and all other adults who contribute to the lives of First Nations Children. The First Nations Parents Club resource was created by the [First Nations Education Steering Committee \(FNESC\)](#), and the [First Nations Schools Association \(FNSEA\)](#).

MENTAL HEALTH

Teaching and Learning

Stress Lessons: Tools for Resiliency

A new resource by The Psychology Foundation of Canada for Grades 9-12



Stress can be our friend in moderation, but not if it’s more than we can manage. When our stress systems get overworked, we are at increased risk for various mental and physical health problems in the long term and will have a hard time staying focused and doing our best in the short term.

Stress Lessons: Tools for Resiliency” is full of psychologically-sound strategies and tools, is designed for education professionals and their partners, who want to help youth develop resilience – the ability to not just survive but thrive in our exciting and stress-filled world – and positive coping skills. With components for teachers, counsellors, administrators, parents and caregivers, it provides a comprehensive approach that will help youth:

- Recognize the signs and symptoms of stress;
- Understand what stress “feels” like;
- Identify stressors and their impact;
- See the upside of stress;
- Develop/implement coping and problem-solving strategies; and
- Foster an increased sense of well-being.

You can access [“Stress Lessons: Tools for Resiliency”](#) and other school related resources at [The Psychology Foundation of Canada](#) .

Stress and Children

Even very young children experience stress, and it is important for parents to recognize and help children learn to deal effectively with it. When we help children take control of their stress, they begin to build coping skills that will last a lifetime.

It starts with basics: helping children feel connected, providing a stable and happy home environment, modeling effective stress management, and comforting children when they are overloaded with stress.

For more information about the impact of stress on children and simple tools and strategies you can use to help children handle stress effectively, see the [Parenting for Life tip sheets](#) available in 8 different languages.

Additional resources on subjects from sleep to screen time can be found in the [Every Mind Matters Handouts](#), [Parenting for Life Booklets](#) and online at [The Psychology Foundation of Canada](#).

Foundry

[Foundry centres](#) like the one in Kelowna, provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports. They provide safe, non-judgmental care, information and resources, and work to reach young people earlier – before health challenges become problematic. Foundry centres bring health and social services together in a single place to make it easier for young people to find the care, connection and support they need.

The [foundrybc.ca](#) website, supported by The BC Children's Hospital, contains the following great resources for parents and teachers throughout BC:

[Get Support](#)

[Mental Health and Substance Use - Information and Tools](#)

[Supporting Others](#)

NUTRITION



Teaching and Learning

Nutrition Month

Nutrition Month 2018 is dedicated to helping Canadians unlock the potential of food. Check out the [Nutrition Month 2018 website](#) for more information and resources such as factsheets, recipes, etc., that can be used to promote Nutrition Month with parents, teachers and students.

SUBSTANCE USE PREVENTION

Teaching and Learning

Canadian Institute for Substance Use Research (formerly CARBC)



[Nurturing resilience: a self-directed inquiry group guide](#) was created to support professional learning among educators but may be useful to parents or other adults who interact with children. This guide supports those who work with children to help them develop self-regulation and build the competencies needed to survive and thrive in the constantly changing societies we live in today. Developing self-regulation and cognitive, social and emotional competencies increases well-being and resilience which decreases the risk of developing mental, emotional and behavioural health problems later.

Developing the virtue of resilience is fundamental to effective drug education. In contrast to zero-tolerance drug education that seeks to isolate children from drug use, resilience-based drug education (e.g., *iMinds*) aims to develop children's capacity to manage their own well-being while interacting with environments in which drug use is common.

Resilience is an inclusive concept related to various competencies and capacities. It fits well with the broader scope of British Columbia's new K-12 curriculum with its emphasis on core competencies including critical and creative thinking and "the skills, strategies, and dispositions that help students to stay healthy and active, set goals, monitor progress, regulate emotions, respect their own rights and the rights of others, manage stress, and persevere in difficult situations".

For more information see [page 11 on 'Resilience and the Role of Schools and Teachers.](#)

TOBACCO REDUCTION

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Smoking and Video Games

Smoking imagery is not confined to just films. To learn more visit: truthinitiative.org

VIDEO: How the vaping craze is putting the health of our teens at risk

Interior Health's own Cheryl Sidenberg sits down with *Kelowna Now* to discuss current vaping issues that are trending with our youth in the Interior.

Watch this 16 minute recording [here](#)

First to 5% by 2035

Actions recommended to end tobacco-related deaths in BC and achieve the lowest smoking rate in Canada requires connecting with today's biggest group of new tobacco users, 15 to 24-year olds. For more information see: cleanaircoalitionbc.com

Break It Off Contest

Test your knowledge on the reasons to break up with smoking for a chance to win 1 in 5 \$1000 Flight Centre gift cards! Hurry, contest ends March 9th. breakitoff.ca

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:

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