



HEALTH PROMOTING SCHOOLS NEWSLETTER

NOVEMBER 2017

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](#).

ABORIGINAL RESOURCES



Community Partnerships

The New Relationship Trust (NRT) is an independent non-profit organization dedicated to strengthening First Nations in BC through capacity building. NRT invests in BC First Nations by supporting them in five key capacity development areas: Governance capacity, Education, Language & Culture, Youth & Elders, and Economic development. For more information on NRT see: <http://www.newrelationshiptrust.ca/>.

The New Relationship Trust Foundation assists First Nations students in BC to achieve their educational goals and supports First Nations language revitalization initiatives on an ongoing basis. Scholarships and Bursaries are available to First Nation students pursuing a post-secondary education from a recognized institution. To find out more about scholarships, bursaries and education grants available to indigenous students see: <http://www.nrtf.ca/funding>.

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Also available from the First Nations Health Authority are [Traditional Food Facts Sheets](#)

GRANTS

Community Partnerships

Farm to School BC has just released the application for their latest round of grants.

What:

- Start Up Grant (Up to \$3500 for new grant recipients)
- Scale Up Grant (Up to \$1000 to support previous grantees)
- The number of grants hasn't been finalized, but will be determined based on the quality of applications and type of grants applied for.

When: Applications are due **December 1, 2017**

Who: Public, First Nations and independent K-12 schools in the province

Why: To support the three core elements of Farm to School – healthy local food, hands-on learning and school-community connectedness.

More Information: Is available on the Farm to School BC website ([grants page](#)) or Simone Jennings at simone.jennings@interiorhealth.ca

HEALTHY LIFESTYLES

Community Partnerships

New Live 5-2-1-0 Schools Resource

The infographic is titled "Live 5-2-1-0" and is divided into four colored boxes, each with a title and a list of bullet points:

- School Policies** (light blue box):
 - Frames the development of healthy school policy around the four evidence-based behavioural guidelines
 - Supports a shared vision and common agenda for a healthy school environment
- Relationships & Environments** (pink box):
 - Provides opportunities to link environmental influences to daily healthy behaviours
 - Engages students, parents, and the whole school community through its simple, clear format
 - Highlights each school's strengths and positive practices
- Community Partnerships** (orange box):
 - Provides a consistent message that is easily shareable across all sectors in a community
 - Connects together all of the programs, resources, and services offered in the school and community settings
 - Reinforces that everyone has a role to play in making the healthy choice the easy choice
- Teaching & Learning** (green box):
 - Provides students with clear, evidence-based goals to live healthy every day
 - Increases students' knowledge and skills on how to make healthy choices
 - Supports teachers and staff through free resources and tools

Schools across BC are doing incredible work to create healthier environments for children to learn and grow. Our new [Schools Resource](#) explains how [Live 5-2-1-0](#) can help schools connect their health promotion efforts to similar work happening across their community. It also provides examples of how schools can use Live 5-2-1-0 as a consistent health message as well as a framework for action, tying together both new and existing school-based initiatives that promote healthy eating, physical activity, and limited screen time. The resource highlights Live 5-2-1-0's alignment with the four pillars of the Comprehensive School Health Model as well as its connection with BC's new curriculum.

NUTRITION

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Healthy School Lunches

[“Lunches to Go”](#) is a resource for parents that has a wide variety of ideas for packing nutritious school lunches. We're a few months into the school year and parents can start to run low on ideas for what to put in the lunch box. Help them out by sharing the “Lunches to Go” handout. Some of these lunch ideas could also be added to the cafeteria menu.

For more information on packing a nutritious lunch check out this [Lunchbox Lowdown video](#)

MENTAL HEALTH and SUBSTANCE USE

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The Collaborative Toolbox

A 'one-stop-shop' of resources created and curated by members of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, a partnership of Doctors of BC and the BC government. The Collaborative started in 2013 in the BC Interior with 200 people and eight Local Action Teams with the goal of improving access and care for children, youth and families facing challenges with mental health and substance use in BC.

For more information see: www.collaborativetoolbox.ca. You can also search the website for information like [“schools”](#).

Bringing Mental Health to Schools

Online training is now available for this self-guided, fully online, classroom ready, modular mental health curriculum resource!

Mental health literacy is the foundation for mental health promotion, prevention and care and can be successfully implemented through classroom based curriculum interventions that have been scientifically shown to improve mental health related outcomes for students and also for their teachers. A Canadian-developed, nationally and internationally-researched resource, the Guide – previously delivered only through face-to-face training – is now available online through this UBC-supported program. In this course, educators will learn how to apply this classroom-ready, web-based, modular mental health curriculum resource (the Guide) as well as upgrade their own mental health literacy. Educators can then use this curriculum resource in their schools to successfully address mental health related curriculum outcomes designed to be delivered by usual classroom teachers to students in grades 8 – 10. For more information see: <http://pdce.educ.ubc.ca/mentalhealth/>

TOBACCO REDUCTION

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CCHS Smoking Data

The latest Canadian Community Health Survey Data has been released. There was a decrease in current smoking from 17.7% to 16.9%, while daily smoking decreased from 12.6% to 12.0%. To read more please visit: [the Statistics Canada Health Fact Sheets on Smoking](#)

Prevention Message

It is important to continue to look at all age groups and all communities to prevent the start of smoking. To read more visit: [CBC News article: Smoking costs 45,400 lives, \\$16.2B in a year, study finds.](#)

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.