



HEALTH PROMOTING SCHOOLS NEWSLETTER

OCTOBER 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

On October 1, 2017, the FNHA will join BC PharmaCare, becoming part of the provincial drug benefits insurance program.

The transition to PharmaCare is part of an overall plan to bring decision-making about health benefits closer to home and into the hands of First Nations. Bringing the program home to BC is our first step in improving it. The FNHA PharmaCare plan will be a fully paid plan and BC PharmaCare will be the first payer for FNHA clients. For more information see this short knowledge translation video created by the healthy Aboriginal Network on **[PharmaCare Transition](#)**

INJURY PREVENTION

Community Partnerships

National Teen Driver Safety Week from October 15-21 is a week designed to make the public aware of teen driver safety issues, and encourages community and youth involvement as part of the solution. See [Parachute Canada](#) for ideas to share with your high schools.

NUTRITION

Teaching and Learning



[Healthy Eating One Bite at a Time](#) is a collection of nutrition tips for parents. These tips were written by Interior Health Public Health Dietitians. Schools can copy and paste the tips and use them in newsletters, on Facebook pages, or on their website. The tips cover a variety of topics such as packing nutrient dense lunches or dealing with picky eaters. Here's an example of a seasonal tip that was written for Halloween:



Tips to help your child manage his Halloween candy

- Let your child eat as much of his stash as he wants for a few days.
- After a few days, Halloween is over. Help your child to manage his candy intake by asking him to put it away, out of sight.
- Set some ground rules; a few pieces at snack time and for dessert. If he can follow your rules, let him manage his own candy. If he can't, manage it for him, using the same ground rules, until he learns to manage it himself.

POSITIVE MENTAL HEALTH

Teaching and Learning

Looking for resources for parents? The links below have great information that can be included in parent newsletters:

Healthy Families BC is the Province's health promotion plan to encourage British Columbians to make healthier choices.



Children 6-11 years

This is an important time in your child's emotional development. By listening to and valuing your child's opinions you nurture your child's self-esteem, social skills and communication skills

Teens 12-18 years

As children enter adolescence, they go through big changes – physical, emotional and social. Friends become more important and they may want more privacy. From building trust to talking about tough topics, this advice will help you and your child navigate the teenage years. For more information see:

The Psychology Foundation of Canada- Resources for Parents



- A series of **[tip sheets for parents of pre-teens](#)** available in over 10 different languages.
- A series of **'parent handouts'** from the Every Mind Matters newsletter that covers a wide range of ages/stages and topics.
- **"Parenting for Life" booklets**– downloadable at this link.

SUBSTANCE USE

Teaching and Learning

Centre for Addictions Research of BC (CARBC) Resources for Schools



New resource added to support Peer Mentoring
[The Gift of Listening: A Guide to Mentoring Peers](#)

Tools for building drug and gambling literacy

Drugs and gambling touch virtually every aspect of human life. The opportunities for education are equally diverse. *iMinds* consists of a wide range of learning ideas that can be easily adapted and used in various curricular areas such as Social Studies, English Language Arts, Science and other subjects and settings. Resources are available in both English and French. For more information see: [iMinds](#)

Additional resources can be found at www.helpingschools.ca.

TOBACCO REDUCTION

Teaching and Learning

Tobacco Reduction in Schools Website

For more information see: [Interior Health Tobacco Reduction in Schools Webpage](#)

Lending Library Resources

Are you looking to borrow tobacco lending library resources? Please contact tobacco@interiorhealth.ca or your local tobacco reduction coordinator to find out what's available.

Youth Respecting Tobacco

First Nations teens are doing something about commercial tobacco. To learn more visit: [Youth Respecting Tobacco](#)



Smoking in Movies

Why is smoking an issue? Today's teen is tomorrow's potential regular customer. Please visit smokefreemovies.ca to view the video why smoking is an issue in the movies.

Smoking in the Movies USA

The Surgeon General's Report concluded that exposure to onscreen smoking in movies cause's young people to start smoking. To learn more please visit: [Centres for Disease Control and Prevention-Smoking at the Movies](#)

Cigarette Butt Fires

Every year, about half of all forest fires are caused by people. A discarded match, a burning cigarette butt, or an escaped campfire can easily cause a fire that threatens the lives of people and animals, and the forest. To learn more visit: [Fire Prevention](#).

Tobacco History Timeline

The Centre for Addictions Research of BC has an interesting drug history timeline. Click tobacco under Drug heading on the left hand side to view the tobacco timeline. To learn more please visit [Drug History Timeline](#).

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.