



HEALTH PROMOTING SCHOOLS NEWSLETTER

SEPTEMBER 2017

Welcome Back to School!

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

Teaching and Learning



Assembly of First Nations

The Assembly of First Nations has developed the [It's Our Time First Nations Tool Kit](#) as the basis of a comprehensive strategy to reach out to First Nations students, teachers, schools,

communities and the Canadian public at large. The resource is designed to bring together First Nations and non-First Nations people and foster a spirit of cooperation, understanding, and action.

Community Partnerships

The [N'we Jinan Tour](#) is a music initiative that brings a mobile recording studio and a video production team into schools and youth centers across First Nation and Native American communities. The program offers youth the chance to create an original song and music video that explores relevant issues and topics while promoting positive messaging, community engagement and collective voice.

GRANTS

Community Partnerships

Healthy Schools Network (HSN) school level grants will return in October 2017

The grants will be focused around a new overarching theme: **Well-Being in a Real-World Context**.

We know BC schools understand the central role mental well-being plays both in fostering optimal environments for learning, and in engaging students as they develop their skills and explore their passions. Mental well-being is a key foundation for student health, well-being and success.

HSN school level grants will encourage grantees to connect their work to two overarching questions:

How is it feasible to promote mental well-being through all environments that promote student learning, growth, and success?

How does mental well-being impact the 'whole child'?

Stayed tuned and check back [here](#) in September and October, 2017.

(Financial support for these grants is provided by the Province of British Columbia through the Ministry of Health and the Ministry of Education).

INJURY PREVENTION

Community Partnerships



The Canadian Guideline on Concussion in Sport, developed by Parachute and its Expert Advisory Concussion Subcommittee, has been developed to ensure that athletes with a suspected concussion receive timely and appropriate care, and proper management to allow them to return to their sport.

The guideline is intended for use by all stakeholders who interact with athletes inside and outside the context of school and non-school based organized sports activity, including athletes, parents, coaches, officials, teachers, trainers, and licensed healthcare professionals.

There are 7 key areas that are covered in the guideline:

1. Pre-season education
2. Head injury recognition
3. Onsite medical assessment
4. Medical assessment
5. Concussion management
6. Multidisciplinary concussion care
7. Return to sport

For more information see: [Parachute Canada](#)

POSITIVE MENTAL HEALTH

Teaching and Learning

Anxiety BC- Information for Educators

As educators, no matter the degree of interaction with students from central to peripheral, increasing your awareness of the impact of anxiety is essential. To read more about how anxiety presents in students within the academic setting see: [Information for Educators](#)

Recorded Webinars

Communicating the importance of social and emotional well-being in schools

Co-presenter: Dr. Kim Schonert-Reichl (UBC, Human Early Learning Partnership)



Often, we assume that those we're speaking to share our belief in wellbeing as a key role for schools, and are equipped with the knowledge, skills and resources necessary to spread this message in their communities. This webinar speaks to the latest evidence on the value and importance of focusing on social and emotional wellbeing in schools, as well as shares tools and strategies for how to best communicate this information in your school community. To view the webinar slides, [click here](#). To access the full webinar recording, [click here](#).

Pathway Through Mental Health Care: The Complete and Comprehensive School Approach

Presented by: Dr. Stan Kutcher ONS, MD, FRCPC, FCAHS



Dr. Kutcher, Dalhousie professor in the Department of Psychiatry, talks about the [Role of Schools in the Pathway to Youth Mental Health Care](#) in this 5 minute video. For information on the Mental Health & High School Curriculum Guide watch Dr. Kutcher in this 6 minute [video](#).

Approximately 70% of mental illnesses can be diagnosed before age 25, which makes adolescence a critical time for mental health promotion, prevention, early identification, and effective treatment of mental disorders. Canadian teenagers spend a great deal of time in school each week, which makes schools an ideal location for recognizing and addressing the mental health needs of youth.

Many teenagers with mental health care needs are falling through the cracks of existing systems and waiting too long for treatment. It's essential we find new ways of identifying these youth and helping them rapidly access effective treatment early. It is also essential that we not create demand for mental health care for young people who do not need it. The Pathway Through Care model presents an evidence-based method for accomplishing this goal by helping increase the mental health literacy and help-seeking ability of teenagers and their teachers as well as linking healthcare systems to schools.

The [School Mental Health-The Curriculum Guide](#) can be downloaded for free. The modules are password protected for tracking purposes. The password for access is: **t33nh3alth**

The 1 hour webinar can be accessed [here](#) and additional resources [here](#).

Relationships and Environment

The Power of Hello- Building school connectedness

A friendly hello can be a simple and powerful way to put a smile on someone's face, reassure someone during a challenging time, or even just make someone feel welcome. Research tells us that students who are well connected to teachers and peers within their learning environment are more likely to prosper. This month we are sharing a few examples of building school connectedness. Click [here](#) to read more.

The Benefits of Nature- The impact of our natural environments.

Nature plays an essential role in child development that creates everlasting footprints on their advancement into adulthood.

To find out more about the benefits and impacts the outdoors has on children read more [here](#).

Children's Mental Health Research Summer 2017 Quarterly



The following featured articles can be seen [here](#):

Promoting positive mental health

Practitioners, policy-makers and researchers are increasingly recognizing that positive mental health — or social and emotional well-being — is crucial for healthy child development. We look at factors associated with positive mental health as well as specific ways parents and caregivers can enhance children's well-being.

Developing skills to prevent depression

What can be done to prevent childhood depression? We examine five cognitive behavioural prevention programs that can hold depression at bay.

NUTRITION

Community Partnerships

Interior Health Public Health Dietitians are available to support school districts working on initiatives related to food security, food literacy, the school food environment and healthy school policies. Public Health Dietitians work with Health Promoting School Coordinators, where available, to provide resources, information about funding opportunities and review grant applications, as well as consultation and expertise on district initiatives.

Visit Interior Health's School Nutrition [web page](#) for information about:

- School food initiatives such as:
 - [BC School Fruit & Vegetable Nutritional Program](#)
 - [BC Farm to School Program](#)
 - [Cook it. Try it. Like it!](#)
- Resources to support nutrition education
- Information about the BC School Food Guidelines

Fundraising opportunity: The [Fresh to You Fundraiser](#) is a healthy fruit and vegetable fundraising alternative for those schools that are currently participating in the BC School Fruit & Vegetable Nutritional Program (BCSFVNP).

The objective of the program is to sell healthy bundles of locally grown produce to family and friends in order to assist with schools' fundraising initiatives. The Fresh to You Fundraiser is a great way to promote healthy food choices while making a 40% profit for your school. *Note that there is a minimum order of 50 per school.*

TOBACCO REDUCTION

Teaching and Learning

Tobacco Reduction in Schools Website

The Interior health [website](#) contains new and updated information. Please view the [School Compliance](#) information and [Tobacco Resources for Schools](#) document at:

Change to Aboriginal Tobacco Minigrants

Please note the Aboriginal tobacco minigrant program **will not** be available during the 2017-2018 school year.

Quitnow

Looking for ways to support students to quit? [Visit Quitnow.ca](#)
Quitnow has added an online training module called [Brief Interventions in Tobacco](#). This module could be used as an introduction to share with other professionals such as teachers.

The Academy for Tobacco Prevention

A school-based resource targeted for Grade 4, 5 and 6 classrooms to educate and engage students about the harms of tobacco use and the health benefits of never using tobacco products. For more information see their [website](#).

HealthLinkBC

HealthLinkBC has a variety of information on tobacco and youth. To learn more search the website with the keyword tobacco at www.healthlinkbc.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:

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.