

# HEALTH PROMOTING SCHOOLS NEWSLETTER

MARCH 2025

## FOOD LITERACY

### Teaching and Learning

#### School Meal Program Resource

[The BC School Food Toolkit](#) - check out the toolkit that was developed to support schools in creating and maintaining healthy school food environments. It includes guidance to support schools in their efforts to provide nutritious foods for students through their [Feeding Futures](#) programs.

A webinar will be held on **Monday March 10, 2025**, from 1:00-2:30 pm to learn more about the BC School Food Toolkit, including:

- what is the toolkit
- who does it support
- what information it contains
- tips on how to use it

This webinar is for anyone supporting schools with their school food programs. To register, email: [nutritionandphysicalactivity@gov.bc.ca](mailto:nutritionandphysicalactivity@gov.bc.ca).

#### Teaching Resource Highlight

[Spring Learning Activities](#) – Are you looking for some activities to do outside with your K-12 class this spring? Check out this resource from Farm To School BC for plenty of BC curriculum-based activities to do with your students.

#### Grant Opportunity

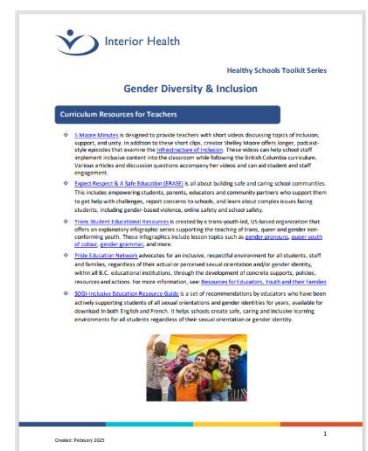
[Indigenous Foodways in Schools Grants - Farm to Cafeteria Canada](#) –Funding to support Indigenous school communities in achieving long-term food security goals within the school environment. Application deadline is **March 28, 2025**.

## GENDER DIVERSITY

### Teaching and Learning

#### Healthy Schools Toolkit Series

On the [School Staff](#) section of the Interior Health Public Website, you will find the [Teaching Toolkits](#) with resources to assist with classroom teaching on health topics. Look for the 2 recently added topics of [Gender Diversity and Inclusion](#) and [Equity, Diversity and Inclusion](#).



# OUTDOOR CLASSROOM

## Teaching and Learning

### Teaching in the Outdoor Classroom

Discover how to transform outdoor spaces into rich, flexible learning environments with the educator resource, [Sitting With Nature: An Educator's Guide to Sit Spots](#).

For more information see the April 2025 Outdoor Learning Course: [Teaching in the Outdoor Classroom](#).



# LEGAL SUBSTANCES AND YOUTH HARM REDUCTION

## Teaching and Learning

### The Youth Harm Reduction 101

This course is now available on for our external partners on the Interior Health website. The course covers essential information on integrating harm reduction principles, approaches and services into your practice when working with youth.

Learners who complete the course will:

- Understand what harm reduction is and why its an important part of the continuum of care when to working with youth.
- Become familiar with youth substance trends and influences.
- Know what harm reduction services are available for youth in B.C.
- Understand how harm reduction work with youth fits with key legislation.

The complete course takes approximately 90 minutes to complete. It is divided into four-sessions.

**Sessions 1, 2 and 4 may be more appropriate for school staff.**

Session 1: Youth and Substance Use (10 mins)- This section covers important core topics like why youth use substances, the spectrum of substance use, as well as data and trends in youth substance use.

Session 2: Harm Reduction and Stigma (10 mins) – This section explores what harm reduction is and how stigma creates barriers to wellness. Practical tips are provided to help reduce stigma.

Session 3: Harm Reduction Services (60 mins)– This session provides information on harm reduction services available for youth in B.C. including safer sex and safer substance use supplies, naloxone programs, overdose prevention sites and drug checking. Includes detailed videos on the various supplies and how they are used.

Session 4: Legislation and Policies (10mins) – This section covers key legislation and policies such as consent and Duty to Report within the context of providing harm reduction services to youth. Practice recommendations are provided.

You can access the online course here: [Youth Harm Reduction 101](#).



## MENTAL HEALTH

### Teaching and Learning

#### **The Benefits of Kindness: Helping our Kids Harness the Superpower of Kindness**

As powerful as Wonder Woman's inner gift of super-human strength, positive psychology research tells us that the superpower of kindness is in all of our kids. We can help our kids to unlock this natural ability and utilize this superpower to be happier, have better relationships and can help our kids promote a pay it forward generation. For more information see:

[The Benefits of Kindness: Helping our Kids Harness the Superpower of Kindness | Kelty Mental Health](#)



#### **Starting Conversations About Bullying: Resources for Families**

Bullying can significantly impact a young person's mental health and well-being. Families and educators can play an important role in intervening if bullying is suspected. Check out our tips for parents and caregivers on how you can support your child if they are being bullied, or if they are bullying. [Bullying | Kelty Mental Health](#)

#### **The Role of Schools in Promoting Protective Factors for Student**

When it comes to supporting protective factors for students, schools play an important role. Listen to this 30 minute recording on the Kelty Mental Health podcast channel:

[Where You Are Podcast | Kelty Mental Health](#)



## SUN SAFETY

### Relationships and Environments

#### **The SunSense School Portal is Now Open**

The SunSense School Program is open from February until the end of May giving schools and educators a chance to promote sun safety to staff, students, and parents. The [SunSense](#) website offers the public year-round access to resources, however additional resources are available to registered users as well as the chance to win a \$20,000 shade structure provided by our friends at Shade Sails Canada and FLX Shade. All resources and the program itself are completely FREE.



The shade solution is custom built so it may not be exactly as shown here.

## SunSense Schools Challenge Month

During the month of May, Skin Cancer Awareness Month, schools/classes can join the SunSense Challenge. Those who register, provide sun safety educational activities to their students throughout the month, and complete a brief report on their activities before June 7<sup>th</sup> are eligible to enter the prize draw. Lesson plans, an activity calendar, and resources will be provided. Teachers also gain access to extra resources and can order UV bracelets, posters, and postcards. To learn more and register for the SunSense Challenge, visit [sunsense.ca](http://sunsense.ca). For more information see the [Promotion Toolkit](#) that includes newsletter blurbs, one-pagers, and much more! To receive this SunSense Information resource below contact [HealthySchools@interiorhealth.ca](mailto:HealthySchools@interiorhealth.ca)



## RESOURCES

### Teaching and Learning

#### Interior Health Website

The [School Health](#) section of the Interior Health Public Website will take you to the following sections where you can find more information: [Information for School Staff](#), [Promoting Health of Children & Youth in School](#), and [Medical Conditions at School](#).

#### Healthy Schools BC Website

The [Healthy Schools BC Website](#) is a great resource for teachers. Look for the “Classroom and School Resources” and “Teach Food First”.



#### 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 6](#), [SD 8](#), [SD 19](#), [SD 23](#), [SD 53](#), [SD 73](#), [SD 83](#)

### Community Partnerships

#### Harm Reduction Resources

For resources visit the [Interior Health Website](#).

To connect with a Harm Reduction Coordinator email: [YHRC@interiorhealth.ca](mailto:YHRC@interiorhealth.ca)

#### Legal Substances Program

For resources on tobacco, vaping or cannabis use, visit the Interior Health [Tobacco & Vaping Information for Schools webpage](#) or the [Cannabis Information for Youth webpage](#).

To connect with a Legal Substances Reduction Coordinator, email: [LegalSubstances@interiorhealth.ca](mailto:LegalSubstances@interiorhealth.ca)

For previous newsletters: [Health Promoting Schools Newsletters](#)