

HEALTH PROMOTING SCHOOLS NEWSLETTER

February 2024

HEALTH PROMOTION

Community Partnerships

SunSense for schools

[SunSense](#) is a national sun safety program developed by the Canadian Cancer Society, with the goal of reducing the number of people diagnosed with skin cancer in Canada.



Canadian Cancer Society
Société canadienne du cancer

SunSense provides free tools and resources to support the creation of sun safe environments that protect children from harmful ultraviolet radiation. Focused on settings where children spend more time, SunSense has information and resources for schools, daycares, and summer camps as well and information for parents. By registering your school in the SunSense program you will gain access to additional free resources and have the opportunity to participate in school specific programming. Visit the [Schools section of the website](#) to learn more.

Registration opens February 1, 2024.

Join the SunSense Challenge!

During the month of May, Melanoma Awareness Month, schools/classes can participate in the SunSense Challenge by including educational activities throughout the month that promote sun safety to students, staff and parents. Learn more here on how to [join the Sun Sense Challenge](#).

Registration opens February 1, 2024 and will close on May 31, 2024. We suggest registering early to make sure any materials you want to order will arrive in time.



HEALTH SURVEY

Community Partnerships

Provincial Survey Invitation- BC Children's Hospital's

BC Children's Hospital's new centre for knowledge is inviting any child or youth 18 years of age or younger and/or their parents or family caregivers to complete this 5 to 10 minute survey. We would like to better support your family by making health information that is easy to find and understand. The purpose of this survey is to collect information to plan a new program for creating and sharing health information that partners with children, youth and family caregivers from the beginning stages.



What Matters to You?

You may also choose to enter a draw for a **\$100 Indigo gift card.**

Your personal information is protected by our privacy law in BC. This law is called the Freedom of Information and Protection of Privacy Act (FIPPA). We are collecting your information under section 26 (c) and (e) of FIPPA. If you have any questions about this topic or this survey, please contact Linda Warner, Patient and Family Engagement Advisor, Email: linda.warner@cw.bc.ca

There are three Ways to Share Provincial Survey:

- 1) **Public Survey URL:** <https://rc.bcchr.ca/redcap/surveys/?s=H9NMKL8DTPLFKCNE>
- 2) **Go to this web address:** <https://rc.bcchr.ca/redcap/surveys/>
Then enter this code: **EH9NHFPRW**
- 3) **Access with phone camera using QR Code:**



The survey is open until February 29, 2024 and is offered in the following languages:

Français | Tagalog | Deutsch | Español | 한국어 | ਪੰਜਾਬੀ | 普通话 | 东话 | فارسی

INDIGENOUS STORY STUDIO

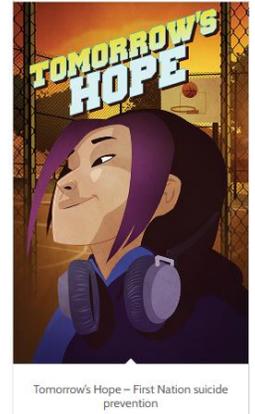
Teaching and Learning

Graphic Novels

Sometimes called comic books, sometimes graphic novels, but the objective is the same: to educate youth on health and social issues in not only a non-threatening, but entertaining way. By us for us. You can see previews and pricing at www.istorystudio.com. There is an Order link there as well, or send your order and billing address to sean@istorystudio.com and you will get back an invoice. There are graphic novels still in stock. Perfect for fiscal year expenditures.

Custom work

Don't forget we do custom work - posters, video and graphic novels. Please send an email to sean@istorystudio.com if you're interested in connecting with youth and have a budget.

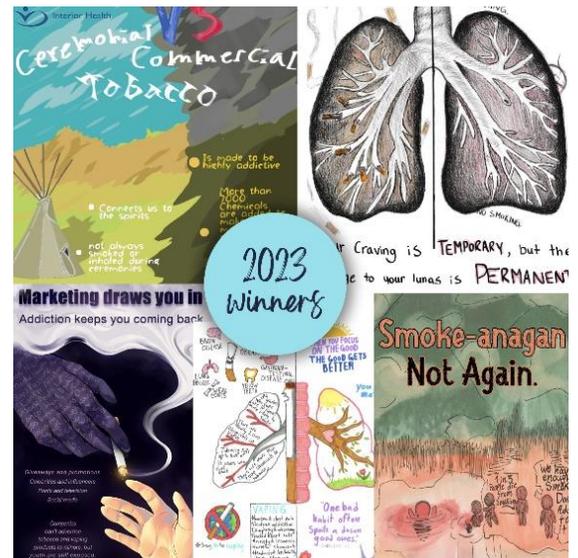


LEGAL SUBSTANCES

Community Partnerships

And the Take a Breath contest winners are....

On the third week of January, Canada celebrated [National Non-Smoking Week](#). As part of this year's campaign, the Legal Substances Team at Interior Health revealed the winners of the youth poster contest "**Take a Breath: Teen Voices on Tobacco, Cannabis and Vaping**". This year's contest was launched October 2023 and invited students in grades 8 to 12 to share their views on how using tobacco, cannabis and/or vaping affects them and their friends, family, school and community through original artwork mediums. A panel of teen judges from the IH Teen Advisory Council selected the five lucky winners, who are each taking home a \$150 gift card! Plus, they will have their posters shared on social media and displayed at schools, health-care and community centres across the region. Congratulations to our 2023 contest winners!



See the winning posters and learn more about the contest at: www.interiorhealth.ca/information-for/youth/take-a-breath-contest.

Tobacco, Cannabis and Vaping Teen Advisory Council

Interior Health's Legal Substances Team is looking for teens 13-19 years of age who reside within the Interior Health region to get involved in the *Tobacco, Cannabis and Vaping Teen Advisory Council*. Advisory members are compensated at \$25/hour via. an honorarium for providing feedback and input from a peer lived-experience perspective. The group meets virtually once every 6- to 8-weeks for approx. 1.5 hours to review teen cessation documents, initiatives, research opportunities and communication. Interested teens can email tobaccoandvape@interiorhealth.ca for further questions or inquiries.

MENTAL HEALTH



Relationships and Environments



Pink Shirt Day Canada- Wednesday, February 28, 2024

[Pink Shirt Day 2024 - Pink Shirt Day Canada](#)

Teaching and Learning

Interior Health's Mental Health and Substance Use Training Webpage

Interior Health has created a readily accessible training page that houses key upcoming training and education opportunities in Child and Youth Mental Health. Please check it out on the Interior Health website: [Mental Health and Substance Use Training](#)



NUTRITION

Teaching and Learning

Provincial Eating Disorders Awareness Week (PEDAW) February 1st -7th, 2024!



February 1st – 7th is [The Provincial Eating Disorder Awareness Week \(PEDAW\)](#) in BC. Have a look at the following resources for more information on how to seek support for students struggling with an eating disorder and promote positive body image in the classroom:

Resources for Schools, Counselors and Educators:

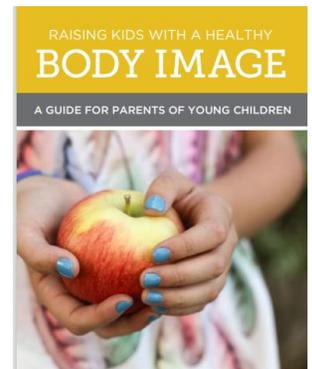
[Promoting Positive Body Image – A Resource for Educators](#)
[Weight Bias and Stigma in Schools](#)

ED Prevention and Support:

[Interior Health Eating Disorders Treatment Services](#) – Offers treatment resources, individual and group therapy.
[National Eating Disorder Information Centre \(NEDIC\)](#) - Offers a hotline, can connect to treatment resources, offers awareness and prevention information
[Jessie's Legacy](#) - Offers many ED prevention and awareness resources

Parent Resource:

[Raising Kids with a Healthy Body Image](#)



PHYSICAL LITERACY

Teaching and Learning

Physical Activity Lesson Plans

[Active for Life](#) is a Canadian not-for-profit social initiative founded by [B2ten](#). Active for Life was born in the spring of 2010, where the leadership team of B2ten met to debrief after Canada's success at the Vancouver Winter Olympics. They are a national initiative created to help parents give their children the right start in life through the development of physical literacy.

For more information and elementary resources (5-12 year olds) see: [Resources – Active For Life](#)

Some of the more popular resources have been translated into [multiple languages](#).



RADON AWARENESS

Community Partnerships

Contest Deadline Extended to February 29, 2024

To raise awareness about radon and its health risks, Interior Health in collaboration with the BC Lung Foundation has launched a **Student Radon Skill Testing Contest**. The contest is open for Grades 4 through 12 and provides an opportunity for students to learn about radon with prizes to be won. For contest rules and details, please visit the [Student Radon Skill Testing Contest Webpage](#). If you have questions, please contact the Healthy Schools team at: HealthySchools@interiorhealth.ca.



SEXUAL HEALTH AND SUBSTANCE USE

Teaching and Learning

Tips for Providing Sexual Health and Substance Use Education in Schools

A new resource is now posted on the Interior Health Public website to support planning education for students about sensitive health topics like sexual health and substance use education. The following tips can help navigate these requests and encourage an evidence-based approach.

For more information see: [Recommended Approaches to Substance Use and Sexual Health Education in Schools](#)

Tips for Providing Substance Use and Sexual Health Education in Schools

Whether you are Interior Health staff, a community agency, teacher or a teacher, planning education for students about sensitive health topics like substance use and sexual health can feel daunting. The following tips can help you navigate those requests and encourage an evidence-based approach.

- 1 **Use resources that align with BC Curriculum.**
The BC curriculum is designed to build core competencies that all students need to engage in deep learning. Using curriculum-aligned resources helps to build young people's substance use and sexual health literacy while aligning with the schools' educational needs.
*Check out the recommended resource list at the end of this document.
- 2 **Discuss the content of the session(s) in advance.**
If you are an external presenter always discuss the needs of the class with school personnel. Make sure the classroom teacher is aware of what you will be doing. Inquire about whether the school has policies for education sessions that involve sensitive topics like sexual health and substance use. Some schools may need to obtain consent for students to attend the session(s) or provide the opportunity for opting out of the session.
- 3 **Pay attention to developmental stage/age appropriateness.**
The needs of students in middle school may be very different than the needs of secondary school students. For more information review BC's [Substance Use and Sexual Health Education for Age-Related and Appropriate Information on Substance Use and Sexual Activity](#).
- 4 **Review videos, handouts and brochures before using them.**
There are some pretty great materials out there that contain information about how to reduce the harm. However, they are not appropriate for all audiences and settings. Avoid using resources in schools that use adult language or graphic images as they are likely to be controversial. When in doubt, check with the classroom teacher or administrator.

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RESOURCES

Teaching and Learning

Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics like COVID-19 Information, Dental and Oral Health, Hand Hygiene, Positive Mental Health, and Substance Use.

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: harmreduction.coordinator@interiorhealth.ca

Tobacco and Vapour Prevention and Control

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

To connect with a Tobacco Reduction Coordinator email: tobaccoandvape@interiorhealth.ca.

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