

HEALTH PROMOTING SCHOOLS NEWSLETTER

JUNE 2024

ADOLESCENT HEALTH SURVEY 2023

Community Partnerships

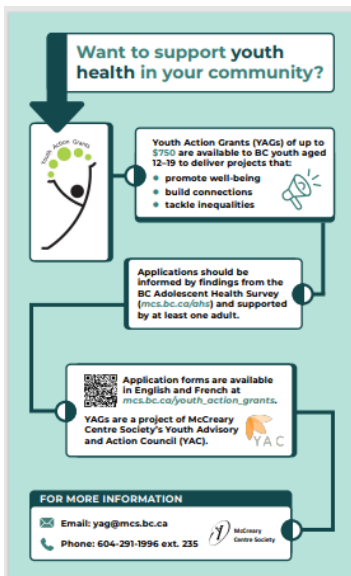
McCreary Centre Society - Youth Action Grants

McCreary Centre Society offers [Youth Action Grants](#) (YAG) to provide BC youth (ages 12–19) from school districts that participated in the most recent BC Adolescent Health Survey, the opportunity to deliver a project to improve youth health in their school or community. YAGs fund projects which are:

- Youth-led
- Focused on one or more of the key findings from the BC AHS.
- Benefitting youth in your school or community.
- Supported by at least one adult (such as a teacher, counsellor, youth worker, adult mentor, etc.)

See the provincial results of the [2023 BC Adolescent Health Survey](#).

If you have any questions about a project idea, the application process, or would like help preparing a grant application, email yag@mcs.bc.ca or call 604-291-1996.



Want to support youth health in your community?

Youth Action Grants (YAGs) of up to \$750 are available to BC youth aged 12-19 to deliver projects that:

- promote well-being
- build connections
- tackle inequalities


Applications should be informed by findings from the BC Adolescent Health Survey (mcs.bc.ca/ahs) and supported by at least one adult.

Application forms are available in English and French at mcs.bc.ca/youth_action_grants.

YAGs are a project of McCreary Centre Society's Youth Advisory and Action Council (YAC).

FOR MORE INFORMATION

Email: yag@mcs.bc.ca
Phone: 604-291-1996 ext. 235



FOOD ALLERGY

Teaching and Learning

All about Food Allergy Program - Curriculum links

Students require a wide range of skills and knowledge to complement their growth as global citizens. The All about food allergy program is an excellent resource that helps

students develop these core competencies so they can thrive when interacting with others and contributing to society throughout their lifetime. While across Canada, the language that refers to the core competencies in regional curriculums may differ, the overarching set of attitudes, skills, knowledge and values that they identify are the same. For more information on the Food Allergy Canada curriculum links for grades 4-6 see:

[All About Food Allergy](#).



FOOD LITERACY

Teaching and Learning

Are you looking ahead to start planning for the upcoming school year? Check out these resources to get you started:

Classroom Resources

[Teaching Canada's Food Guide](#) and [Teach Food First](#) - educators toolkits for exploring Canada's Food Guide in the classroom.

[Hands on Food](#) - a collection of lesson plans for teachers to use experiential learning with food to teach across the curriculum.

School Food and Meal Program Resources

[Nutritious School Food](#) - guidance for creating nutritious meals

[Build a School Food Program](#) - resource from the BC Ministry of Education and Child Care

Community Partnerships

School Food Initiatives

[Breakfast Program](#) - apply for support- Breakfast Club of Canada

[Farm to School BC](#) - grant program and food literacy resources

[BC Agriculture in the Classroom](#):

- [Fresh To You Fundraiser](#)
- [BC School Fruit and Vegetable Nutrition Program + Milk](#)
- [Harvest Bin Project](#)
- [Spuds in Tubs](#)

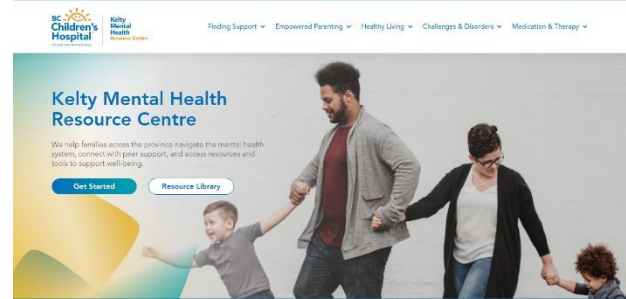


MENTAL HEALTH

Teaching and Learning

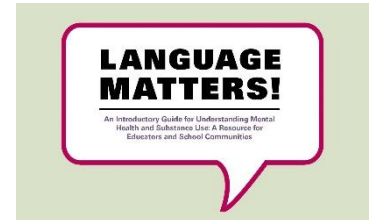
Introducing The Refreshed Kelty Mental Health Website!

The [Kelty Mental Health website](#) has been updated with some new features that include a new design to improve experience and accessibility, guides in the resource library to help you get started on some of their most popular topics, and an updated Ask Kelty Mental Health tool for common questions about supports and services in B.C.



New Resource for School Communities: Introductory Guide for Understanding Mental Health and Substance Use

This new resource is now available for educators, administrators, school support staff, and school community partners. The guide has been developed to help facilitate conversations, build common understandings, and support practice by defining and discussing key mental health and substance use terms and topics. See more details here: [Language Matters - An introductory Guide for Understanding Mental Health and Substance Use: A Resource for Educators and School Communities](#)



To listen to the recorded session on this resource see: [Webinar Recording: Introducing the Language Matters Resource for School Communities | Kelty Mental Health](#)

Child & Youth Mental Health & Substance Use – 2024 | Collaborative Education Series Bulletin

Interior Health and our partner agencies are pleased to offer a series of Child and Youth Mental Health & Substance Use Collaborative Education sessions designed to enhance the clinical skills and confidence of those supporting children and youth with mental health and/or substance use needs.

These free and virtual education sessions connect care providers and subject-matter experts across the continuum of care, providing you with an opportunity to gain new skills, knowledge, and confidence in caring for children and youth with mental health and/or substance use needs.

Join us for our final session on Consent. Click the [Link](#) to register. Manager approval may be required.

When	Topic	Register	Presented By
June 4 10:00-11:00 PST	Consent	Link	James Cotter, Partner – Litigation Nixon Wenger Lawyers

Interactive learning

If you have a case example you would like to share related to the session or would like to submit questions for the presenter and panel, kindly send them to Gorette at the email below.

* Open to IHA staff, physicians, peers and community partners involved in child and youth mental and substance use care.

Questions? Case to share?
For more information, please contact:
Gorette.Pereira-Imm@interiorhealth.ca
Knowledge Coordinator, Mental Health Services

SEXUAL ORIENTATION AND GENDER IDENTITY

Teaching and Learning

Out in Schools

Out In Schools is BC's award-winning 2SLGBTQIA+ education program. They use film and facilitated group discussion to engage youth in building safer, more inclusive communities.

For more information on what Out in Schools has to offer see [Out In Schools - Out On Screen](#) and their [May Newsletter](#).



SLEEP

Teaching and Learning

Sleep

Sleep is important for our mental and physical health. Good sleep patterns can affect how you feel and how you perform during the day. Check out [Sleep: The Basics - Foundry BC](#) to learn more about why sleep is important and if your child is not sleeping well see [How to Get a Better Sleep - Foundry BC](#).



In this [podcast](#), guests – parent Andrea Bell and child Psychiatrist Dr. Smita Naidoo – discuss the relationship between sleep and mental and physical health, how technology affects sleep and how to tackle this in your family, and helpful sleep strategies for your child or youth.



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: 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

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