

HEALTH PROMOTING SCHOOLS NEWSLETTER

SEPTEMBER 2024

DENTAL HEALTH

Teaching and Learning

Oral Health Tips for the School Year

As the school year begins, it is a great time to encourage students to maintain healthy teeth and gums. Establishing good oral health habits early can benefit them for a lifetime and improve your student's overall health and wellbeing. Below are simple reminders to keep in mind:

- **Encourage Hydration:** Remind students to drink water throughout the day.
- **Limit Snacking:** Advise students to reserve snack for recess and lunch time.
- **Promote Healthy Snack Choices:** Educate students about nutritious snack options.
- **Reinforce Oral Hygiene Habits and Routines:** Emphasize the importance of brushing for 2 minutes, 2 times a day.



Additional Fun Ideas:

- **Toothbrushing Song Challenge:** Invite your class to create a fun and catchy song that they can use for toothbrushing at home. Check out these [7 Toothbrushing Tunes Kids Will Love](#) for inspiration.
- **Personalized Brushing Charts:** Have students design their own personalized toothbrushing chart to track their brushing habits at home. You can even turn it into a friendly competition by seeing who has brushed the most at the end of the month. For a great example and activities, check out this resource from the American Dental Association: [Healthy Habits for Healthy Smiles!](#)

Explore Interactive Teaching Materials:

- [America's Pediatric Dentists Healthy Snack Ideas](#)
- [Canadian Dental Association Teaching Resources](#)
- [American Dental Association Lesson Plans](#)
- [Canadian Food Guide - Toolkit for Educators](#)
- [Canadian Food Guide - Healthy eating at school](#)
- [Interior Health Dental Health Toolkit](#)



Let's start the school year off on the right "Tooth"!

FOOD LITERACY

Teaching and Learning

Classroom Resources

Students benefit from having many opportunities to build their comfort and skills with food at school. Providing positive exposures to growing, preparing and eating food improves food literacy and has lasting impacts on physical and mental health. Have a look at the following resources that promote food literacy in your classroom this fall:

[Hands on Food](#) – food literacy lesson plans for grades 4-7.
Watch the 45 minute webinar on Hands on Food.

[Teach Food First: An Educators Toolkit for Exploring Canada's Food Guide](#) – lesson plans and nutrition messaging that aligns with BC curriculum.

[Farm to School Fall Learning Activities](#) – BC curriculum-based activities.

[The Learning from the Land Toolkit](#) – resources and stories related to indigenous plans and pedagogy (K-12).



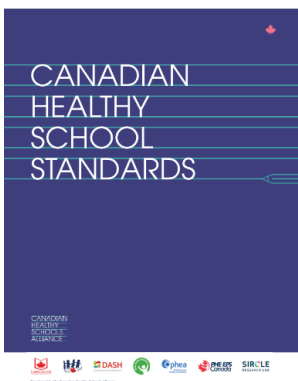
Community Partnerships

Stay tuned for upcoming Grants available through [Farm to School BC](#) this October.

HEALTHY SCHOOLS

Teaching and Learning

Canadian Healthy Schools Standards



The Canadian Healthy Schools Alliance has developed [The Canadian Healthy School Standards](#) that aims to spark conversations and be a tipping point where the school community comes together to elevate wellbeing in schools in a way that:

- reinforces specific accountability and processes for taking a systemic approach to enhancing wellbeing in schools
- builds on existing work
- centres equity, diversity and inclusion
- acts on truth and reconciliation
- supports staff wellbeing

This document was prepared for people who are interested in advocating for, initiating and strengthening Healthy Schools across Canada. You can use this resource as a checklist with which to chart your healthy school journey, or in a non-linear fashion, as you need it.

IMMUNIZATION

Teaching and Learning

BC Centre for Disease Control CARD System for Vaccination-A Resource for School Immunizations

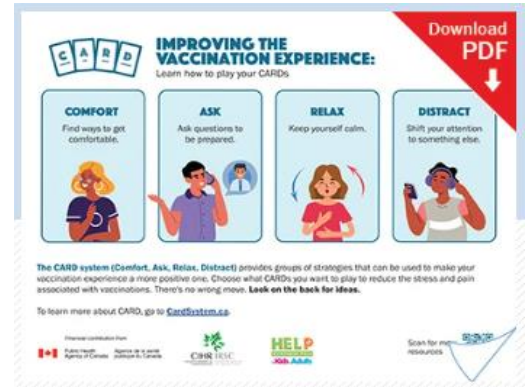
This year immunizations provided in school will be offered along side the CARD System. The CARD System, which stands for comfort, ask, relax and distract, provides strategies students can use before and during the immunization to make the experience more positive. The system includes videos, handouts, and activities students can use to help prepare for immunizations. Information for school staff, parents and students can be found here: [CARD System for Vaccination](#).

Additional Resources:

[CARD System Information for Staff-PDF](#)

["School vaccinations - Improving the vaccination experience at school" Video](#)

[Resources for Parents](#)



Community Partnerships

Kids Boost Immunity

How to Handle Your Vaccines Like a Champ lesson incorporates the CARD System. For more information see: [Health Care Provider Toolkit: How to Handle Your Vaccines Like a Champ lesson | Kids Boost Immunity](#)

Kids Boost Immunity has a free online lesson on [How to Handle Your Shots Like a Champ](#). There is also a [lesson plan](#) for teachers. Allocating class time for this lesson prior to the vaccination day will help to prepare students to use the CARDS System. The best time to do this lesson is when vaccine consent forms go home. For support or additional information on this course, connect with the public health nurse/school nurse.

LEGAL SUBSTANCES

Relationships and Environments

Seeking new YOUTHWISE members!

The Legal Substances Team is seeking new youth members to join the YOUTHWISE Teen Advisory Council. This group helps to shape and guide youth-focused health and wellbeing services and programs offered in the IH region. The group meets virtually once every 6-8 weeks, and provides a safe space where members are able to share their personal experiences around substance use and other health-related issues. All students aged 13-19 are welcome to join!

Students are paid **\$25/hr** for their participation efforts. Interested teachers, parents, or students can connect with the team at LegalSubstances@interiorhealth.ca for more information.





Teaching and Learning

UBC EPAV Project Opportunity

On Sunday, September 29th from 9:30am-4:30pm, UBC is hosting an in-person workshop in the Kelowna Landmark District for any students in grades 9-12. The purpose of the workshop is to learn about youth experiences around vaping, and will include opportunities to create impactful vaping prevention messaging for social media platforms that could be shared with other students Canada-wide!

Youth who participate will be compensated with a **\$200 gift card**, and will be provided with **lunch, snacks**, along with tons of **prizes** and **swag** on the day. For any questions or to register for the workshop, visit www.epavproject.com, or connect with Dr. Laura Struik (Lead Researcher) at laura.struik@ubc.ca.

SLEEP

Teaching and Learning

Promoting Good Sleep Habits

Summertime provides a wonderful opportunity for families to spend quality time together; taking holidays or enjoying the local parks and community events. It can, however, disrupt sleep routines that can make it difficult when it is time to head back to school. For sleep tips see this [Back to School Sleep Routines](#) resource on the IH Public Website along with other resources under the Sleep section on the website here: [Promoting Health of Children & Youth in School](#).

YOUTH ACTION GRANTS

Relationships and Environments

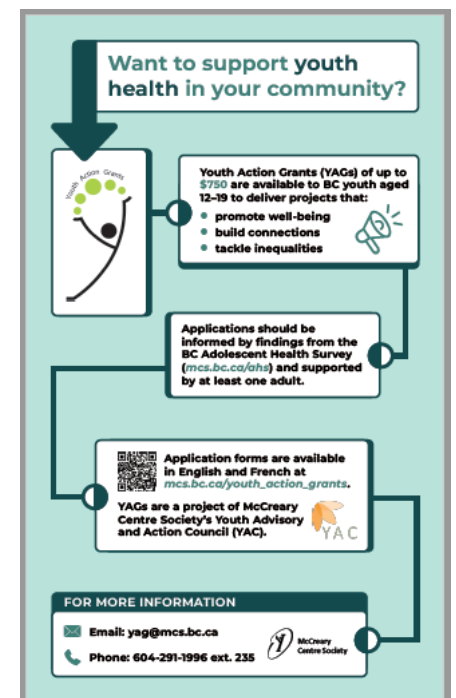
Youth Action Grants

McCreary Centre Society is accepting applications for the Youth Action Grants (YAG). Youth in BC aged 12-19 can apply for up to \$750 to deliver a project to improve youth health in their school or community. The [YAG posters and application forms](#) in English and French can be found their website.

Teaching and Learning

Fall Newsletter

McCreary Centre Society is pleased to release their [Fall 2024 Newsletter](#), which includes details on the release of the 2023 BC AHS regional and special topic reports. It also highlights the Next Steps workshop that engages youth with the 2023 BC AHS results, along with updates from McCreary's youth engagement initiatives, including the Youth Research Academy, Young Indigenous Research Team, Youth Advisory and Action Council, BC Health and Wellness Council, and Youth Health Ambassadors.



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



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

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](#)