

HEALTH PROMOTING SCHOOLS NEWSLETTER

November 2023

INJURY PREVENTION

Community Partnerships

ICBC has launched their annual pedestrian safety campaign, October - November, 2023.

As weather changes and daylight hours decrease, pedestrians become more vulnerable. Nearly half (43%) of crashes involving pedestrians, happen between October and January. In B.C., approximately 78 per cent of crashes involving pedestrians happen at intersections. Whether it's avoiding distractions or yielding the right-of-way, we all need to do our part to keep pedestrians safe.

Throughout this period, ICBC will be working with community partners to hand out free reflectors to pedestrians and reminding drivers to be extra careful and to watch out for pedestrians, especially at intersections and near transit stops.

For more information about pedestrian safety, visit [ICBC Road Safety](#) and [Road Safety for Educators](#).

Pedestrian Safety



NUTRITION

Teaching and Learning

Teaching Resources:

[Hands on Food](#) – Looking for an engaging way to teach food literacy? Such as where food comes from, how to grow it, different methods of preparation and more. Have a look through this new resource for teaching nutrition, food skills and food systems through experiential learning.

[Fall Ag-Activities Pack](#) – Have a look through this resources from BC Agriculture in the Classroom for ideas on fall activities (grades 2-7).



Reminder:

[Farm to School Grants](#) close on November 15th. Farm to School BC funds a broad range of education projects to help student develop food literacy skills, strengthen the local food system and enhance school and community connectedness. [Hands on Food](#) lessons can be included in Farm to School project ideas.

RADON AWARENESS

Teaching and Learning

November is Nation Radon Action Month

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** to coincide with November National Radon Action Month. 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.

Community Partnerships

Interior Health Pilot Project Testing for Radon in Schools

Radon is the second leading cause of lung cancer in Canada after smoking. Radon is a radioactive gas that is formed naturally in the ground. It has no colour, odour, or taste and can accumulate indoors, particularly in basements and ground floors. The only way to know radon levels is to test for it, and testing is best done in the winter months.

For more information and resources about radon in BC and to order a long-term test kit visit:

- [Interior Health's Radon Information Page](#) - Radon Overview and Resources
- [BC Centre for Disease Control](#) - Radon Overview and BC Mapping Information
- [BC Lung Foundation](#) - Long-Term Test Kit Information and Radon Projects in BC

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 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](#)