

# HEALTH PROMOTING SCHOOLS NEWSLETTER

September 2023

## BACK TO SCHOOL RESOURCES

### Teaching and Learning



HealthLinkBC has created a list of resource that may be helpful for families as they transition back to school routines. For more information see: [Back to School \(healthlinkbc.ca\)](https://healthlinkbc.ca)

### Teaching and Learning

#### Back-to-School: How to Promote Resilience and Set Your Kids Up for Success

And just like that, another school year is upon us! To help you start the school year strong, Dr. Angela Low shares practical tips and strategies that help you strengthen your and your child's emotional resilience. To read or hear more connect on the [Kelty Mental Health Resource Centre Website](https://keltymentalhealth.ca).



For more information and resources see the: [keltymentalhealth.ca](https://keltymentalhealth.ca)

Sign up [here](#) for the Kelty Mental Health newsletter to get the latest on resources, news and events.



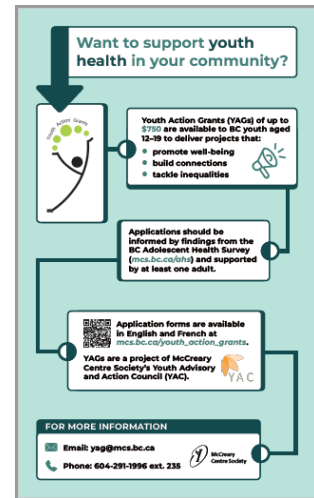
## HEALTH PROMOTION

### Community Partnerships

#### McCreary Centre Society Fall 2023 Newsletter and Youth Action Grants

The McCreary Centre Society [newsletter](#) shares details on what they have been working on, as well as updates from the Youth Research Academy (YRA), Young Indigenous Research Team (YIRT), Youth Advisory and Action Council (YAC), BC Health and Wellness Council (BC YAC), and Youth Health Ambassadors (YHA).

McCreary Centre Society is now accepting applications for the Youth Action Grant. Up to \$750 is available to BC youth aged 12-19. Please find further details about the YAG program as well as recruitment posters in English and French on their website at [Youth Action Grants](#).



**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](https://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](mailto:yag@mcs.bc.ca)  
Phone: 604-291-1996 ext. 235

## INJURY PREVENTION

### Teaching and Learning

#### BC Concussion Awareness Week is Sept 24 to 30, 2023

School professionals, parents/caregivers, youth, coaches and athletes are encouraged to check their knowledge about how to prevent, recognize, respond to and manage them appropriately.

Concussions are a serious brain injury that require immediate medical attention. They are an “invisible injury” that can happen to anyone, anytime, anywhere. Visit [www.cattonline.com](http://www.cattonline.com) for e-learning courses, a Concussion Awareness Week campaign toolkit, and to learn more about BC’s concussion education activities. The online education modules are free and specific to a person’s role.



#### In a 2022 survey of British Columbians,

- Only 11% said they felt very confident that they could recognize a concussion when it occurs.
- Almost two-thirds (62%) were not aware that a person with a potential concussion does not need to be woken up every two hours.
- Only three-quarters of respondents (76%) knew that you can get a concussion even without a hit to the head.
- Three-quarters (75%) of respondents did not know that too much rest can delay concussion recovery.

**Return to School Strategy resource link:** Learn how to recognize a concussion and implement a gradual return to school [Return to School Strategy](#)

- Students suffering from a concussion may find it hard to concentrate in class, get a worse headache, or feel sick.
- It can take up to 7 days for symptoms of a concussion to appear.
- Only 44% and 28% of parents correctly identified agitated behaviours and difficulty sleeping, respectively, as signs or symptoms of a concussion.
- Only 37% of physicians who treated pediatric concussion correctly applied graduated return to play guidelines.

### Check out the module for you!

- CATT for School Professionals: <https://cattonline.com/school-professional>
- CATT for Parents and Caregivers: <https://cattonline.com/parent-caregiver>
- CATT for Athletes: <https://cattonline.com/athlete/>
- CATT for Coaches: <https://cattonline.com/coach>
- CATT for Workers and Workplaces: <https://cattonline.com/workers-workplaces>
- CATT for Youth: <https://cattonline.com/youth>

## MENTAL HEALTH

### Teaching and Learning

#### NEW Empowered Parenting content on the Kelty Website

As a parent or caregiver, you know your child best and already have what you need to promote their development and well-being. In our new [Empowered Parenting](#) section, you can learn more about what empowered parenting may look like for you, whether you're supporting your child's development, discovering compassion, taking care of yourself, or building community.

The aim of empowered parenting is to help build resilience, strengthen relationships with love and connection, and make space for emotions and communication. These skills start in childhood but can support your child throughout their life.



### Community Partnerships

#### Telus Indigenous Communities Fund

The [TELUS Indigenous Communities Fund](#) offers grants up to **\$50,000** for Indigenous-led social, health and community programs. This fund supports a wide range of initiatives including, but not limited to, health, mental health, well-being, access to education and resources, community building and enhancement, language and cultural revitalization, and inter-community sharing of cultural stories. **Application Deadline: October 13, 2023**



### Teaching and Learning

#### Schoolwide Assessment and Growth Plan Toolkit

The [Schoolwide Assessment and Growth Plan Toolkit](#) is one of a number of resources on the [wellbeingbc.ca](http://wellbeingbc.ca) website. The toolkit includes a suite of tools to support school teams in assessing areas of strength and improvement around social-emotional learning and well-being along with links to useful resources to assist in growth planning.



## NUTRITION

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### Teaching and Learning

#### **Food Literacy**

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 to promote food literacy in schools:

[Healthy Eating at School Hands on Food](#)



#### **Teaching Resources:**

Have a look at the [Teach Food First: An Educators Toolkit for Exploring Canada's Food Guide](#) for providing positive food and nutrition education that aligns with the B.C. curriculum



[Farm to School Fall Learning Activities](#) offer BC Curriculum-based activities to do with students outdoors.

### Community Partnerships

#### **School Food Initiatives:**

[BC School Fruit and Vegetable Nutritional Program](#) – Every other week, a fresh fruit and vegetables snack is offered to students of participating schools.

[Fresh to You Fundraiser](#) – Check out the unique fundraising program for K-12 schools in BC. Schools receive bundles of locally grown fresh fruits and vegetables and sell to family and friends as a fundraiser!

#### **Other great food literacy programs for schools include:**

[Spuds in Tubs](#) (BC Agriculture in the Classroom)

[Harvest Bin Project](#) (BC Agriculture in the Classroom)



## OUTDOOR LEARNING RESOURCES

### Teaching and Learning

The [Child & Nature Alliance of Canada](#) has a goal of getting more children outdoors and connected to the lands on which we live. To support this goal, they have created a suite of outdoor learning resources called [Thrive Outside](#), which includes resources for Recreation Workers, Parents/Caregivers, Educators, and Early Childhood Educators. Check it out today, and then get outside!



## PHYSICAL ACTIVITY/LITERACY

### Community Partnerships

#### Everyone Rides- Cycling Education for Grade 4-5 students

The Everyone Rides Grade 4-5 program provides British Columbia elementary students with skills, confidence and the opportunity to learn to ride their bikes to and from school. Cycling education for elementary students helps:

- reach goals related to [Vision Zero](#), climate action, active transportation, and healthy communities
- provide a safer way for students to get daily physical exercise and move within their community during the COVID-19 pandemic
- to raise a generation of sustainable transportation users and safe road users



The Everyone Rides Grade 4-5 program is heading into its 4th year with the goal of reaching 60 public schools and over 6,000 grade 4 and 5 students in Metro Vancouver, the Capital Regional District, Kelowna, Nelson, Rossland, Prince George and surrounding areas in Spring 2023.

Interested in the Everyone Rides Grade 4-5 program...? Contact us at [everyonerides@bikehub.ca](mailto:everyonerides@bikehub.ca) to see what funding and resources are available in your community.

For more information see: [Everyone Rides](#)

## Teaching and Learning

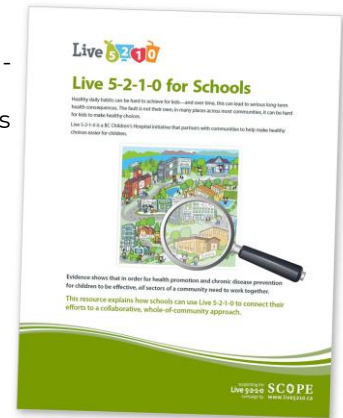
### Live 5-2-1-0 Schools Resource—Updated!

In 2019, we developed the Live 5-2-1-0 Schools Resource to explain how schools can use Live 5-2-1-0 to connect their health promotion efforts to a collaborative, whole of community approach. In it, we highlight the Live 5-2-1-0 initiative's alignment with the Comprehensive School Health model and BC's Curriculum, and provide examples of how schools can use Live 5-2-1-0 as a framework for action.

This spring we updated the Schools Resource to ensure the language used, programs listed, and resources recommended are accurate and current. In this resource we also emphasize that each school is unique resulting in Live 5-2-1-0 looking a little different everywhere it's implemented. It is up to school districts, administrators, and teachers to decide how best to promote and support healthy behaviours in their classrooms and school communities.

Since the original Schools Resource was created, food and nutrition education has changed in BC as well. BC's [Teach Food First](#) model supports a positive and inclusive approach to eating with a focus on food exploration. Depending on the grade level and activities, the 5 and 0 guidelines in the Live 5-2-1-0 message may be best shared directly with parents and caregivers rather than with young children.

We hope this updated resource continues to serve the school sector and helps tie together community efforts to build healthier environments for kids in BC. Download the updated Live 5-2-1-0 Schools Resource today from our [Resource Hub](#).

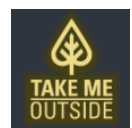


### ISPARC Healthy Living Leader Training and Grant Application

The Indigenous Sport, Physical Activity and Recreation Council (I-SPARC) is excited to announce the 2023 Regional [Healthy Living Leader Training](#) sessions! These sessions are complimentary for those working within Indigenous communities who want to deliver an [Honour Your Health Challenge](#) or [Indigenous RunWalkWheel](#) program. Leader Training Sessions offer two days of workshops, providing participants with the tools and resources to deliver their own Healthy Living program. All participants are eligible to apply for up to \$1000 in grant support of their Indigenous RunWalkWheel or Honour Your Health Challenge program. **Grant Application Registration opens August 18.**

### Outdoor Learning Fall Virtual Workshop Series

[Take Me Outside](#) and [The Outdoor Learning Store](#) are continuing to offer free workshops to assist educators and others interested in enhancing outdoor learning opportunities and outcomes. 60-minute workshops take place twice per month between September 19 and November 14 on Tuesdays at 4pm PST. For additional information see: [Outdoor Learning Fall Virtual Workshop Series](#)



## RESOURCES

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### 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](mailto: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](mailto:tobaccoandvape@interiorhealth.ca).

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