



HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER SEPTEMBER 2020

Teaching and Learning

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 22](#), [SD 27](#), [SD 53](#), [SD 73](#), [SD 83](#)

Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics.

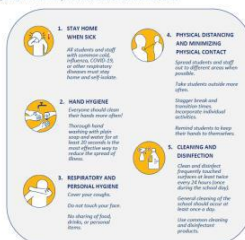
COVID-19 RESOURCES

Teaching and Learning

New resources have been created and are now posted on the [IH Public Website](#)

The [COVID-19 Information- Teaching Toolkit](#) contains information and resources to support teaching and learning about the 5 main principles of school-based control measures for containing the COVID-19 Virus.

Appendix A: Summary of School-Based Control Measures



An accompanying [COVID-19 PPT -School-based Control Measures](#) is also available for school staff.

DASH RESOURCES



Teaching and Learning

Resources are available on the [Healthy at Home](#) page for educators and parents. Resources can be sorted by grade level and topic area.

To find out more about DASH's Healthy School Communities Certification initiative and how you can get your schools involved for the 2020/2021 school year, please contact ksmeltzer@dashbc.ca

Stay up to date with current news, events and initiatives by signing up for the DASH BC [Newsletter](#).

GOVERNMENT GRANTS AVAILABLE TO FAMILIES

Community Partnerships

[Future Bright](#) is a free program funded by Employment & Social Development Canada that provides assistance to middle and low income families to access grants for their children's post-secondary education. Although operated out of Elizabeth Fry Society of Greater Vancouver, this program is available to families across Canada, and anyone in IH can sign-up online or by phone. Many families are not aware of the \$3,200 in free grants available to them by the Federal and Provincial Governments. Future Bright is launching an awareness campaign to promote this program with families and organizations to get the word out. Families can sign-up for free at: my.smartfuture.org

The Future bright facilitators are available to give presentations to groups and organizations, and provide posters and handouts. They can be reached at futurebright@elizabethfry.com or 1-604-520-1166.

When a family registers, they will be connected with a Future bright registration Facilitator and they will:

- Get unbiased information about the different government grants available for a child's education and how to access them.
- Assist families in opening a no-cost and \$0 fee RESP account.
- Support in acquiring missing documentations like SIN, BCID or Birth Certificates. We also cover the cost of obtaining these documents.
- Support in breaking down any barriers preventing families from accessing the grants.
- Get reminders about important dates, incentives or opportunities that may benefit the parents and their children.

INJURY PREVENTION

Teaching and Learning

Speed Danger Focus of Teen Driver Safety Week



This year's **National Teen Driver Safety Week** is focusing on showing the negative consequences of speeding on our roads, a particularly relevant topic given the resurgence of stunt and speed driving in 2020 as roadways were less-busy due to COVID-19-related reductions in traffic. Because of COVID-19 public health restrictions on large public gatherings, we're taking our campaign virtual this year, rather than encouraging school assemblies and Positive Ticketing activities. We're still providing social media guides, key messages and other resources for partners to promote and use. Help us spread the messages!

[Read more about National Teen Driver Safety Week's key messages and activities.](#)

MENTAL WELLNESS

Teaching and Learning

Stigma-Free COVID-19 Youth Wellness Toolkit

The [Toolkit](#) includes information, videos and downloadable resources for youth (grades 4-12), parents and educators to promote mental wellness.



Community Partnerships

Enhanced Mental Health Programs Support a Safe Return to School

As families, teachers and staff prepare for a school year that looks very different, help is available if worries begin to feel unmanageable. Free and low-cost counselling services are available online, by video and phone through programs such as BounceBack, Living Life to the Full, Here2Talk, Foundry's virtual services and more, for anyone who needs someone to talk to. For more information see these resources:

[Free and low-cost mental health supports during COVID-19](#)

[Here2Talk](#) connects students with mental health support when they need it

[Foundry Virtual](#) – Get Support Online

[Find a Child and Youth Mental Health walk-in intake clinic nearby](#)

Erase services and resources for students, parents and teachers: www.erase.gov.bc.ca

NUTRITION

Our School Policies

Meal Programs and Food Based Learning

Schools can continue to include food preparation as part of learning and provide food services, including for sale and meal programs. For schools seeking guidance please see the Food Service section of the [Provincial Covid-19 Healthy and Safety Guidelines for K-12 Settings](#). Look to pages 13-14 and 29-30 for information related to food, culinary programs and food services.

Community Partnerships

Grant Opportunities

President's Choice School Nutrition Grant

Does your school run a daily meal program? Are you looking for additional funding to offer higher quality, more sustainable programming? Apply for a President's Choice **School Nutrition Grant**. Applications are due September 30, 2020. Eligible schools must have an existing, universally available school meal program.

[Find out more.](#)



Fresh to You Fundraiser

The BC Agriculture in the Classroom's Fresh to You Fundraiser is a unique opportunity for schools to fundraise by selling bundles of locally grown fruits and vegetables. This year, to help families that are finding it difficult to get fresh produce due to COVID-19, BC Agriculture in the Classroom will be supplying schools with a complimentary bundle of produce for every bundle sold through the fundraiser. Schools will be able to give the complimentary bundles to families that need them. Sign-up before September 21, 2020. [Find out more.](#)

TOBACCO AND VAPOR PRODUCTS

Teaching and Learning

Covid-19: Vaping and Youth Survey

To gain a better understanding of youth vaping during the COVID-19 pandemic, youth aged 12-19 have an opportunity to complete an online survey. The survey asks about their experiences with vaping (including if they have never vaped). Young people's involvement is voluntary and anonymous. Once they complete their survey, they can choose to enter a draw to win one of six \$50 e-gift cards (of their choice). The survey takes around 5–10 minutes to complete and is available until the end of September 2020. A link to the survey can be found here: form.simplesurvey.com/f/1/YouthVaping2

Keep Parents in the Loop on Vaping and Smoking

The Tobacco and Vapour Prevention and Control team encourages schools to add a section in their parent newsletters on vaping and smoking. Our ready-to-go inserts can be found here: www.interiorhealth.ca/sites/Partners/SchoolDistricts/Pages/HealthPromotionResources.aspx

Community Partnerships

Tobacco and Vapour Prevention and Control:

Do you need to reach Interior Health Tobacco and Vapour Prevention and Control?
Contact us at tobacco@interiorhealth.ca or 1-855-744-6328 prompt #5

For previous newsletters: [Health Promoting Schools Newsletters](#)
Or contact: valerie.pitman@interiorhealth.ca