

# HEALTH PROMOTING SCHOOLS NEWSLETTER

November 2022

## DENTAL

### Community Partnerships

#### Kindergarten Dental Screenings are Coming to a Classroom Near You!

This school year, children in your kindergarten classes will get to take part in a dental health screening. Brought to you by Interior Health's public health dental staff as part of a province-wide screening program. This screening takes place every three years to monitor trends in early childhood dental health and to identify children with dental concerns. A list of all published dental reports can be found at the [Ministry of Health library website](#).

The dental screenings are done to compare trends and evaluate dental programs. Tongue depressors and flashlights will be used to look for obvious dental problems that can interfere with health and learning. Take home information as well as toothbrushes and toothpaste will be provided after the screening. The most recent published Provincial Dental Health survey report and more dental care information is found here: [School Health Care | Infant & Youth Health | IH \(interiorhealth.ca\)](#). The Dental Program team are looking forward to seeing your kindergarten students!



## INJURY PREVENTION

### Teaching and Learning

#### Brain Waves Educational Program

Brain Waves is a free, informative, and fun neuroscience educational program for students in grades 4 to 6. The 1-1:15 hour long presentations are delivered virtually (via Zoom) by trained university student volunteers. The presentations focus on basic anatomy and functions of the brain, nervous system, and spinal cord that are built within the school curriculum. Key highlights of the program include proper helmet fitting and emphasizing the importance of protecting themselves and their brains from preventable injuries.



Brain Waves is program overseen by [Parachute](#), Canada's National Injury Prevention Organization and BC Injury Research & Prevention Unit ([BCIRPU](#)) is the provincial delivery partner for Brain Waves and the training site for volunteers here in B.C.

If you are interested in having Brain Waves delivered to your class, please contact Mojgan Karbakhsh, BCIRPU Community Mobilizer ([Mojgan.karbakhsh@bcchr.ca](mailto:Mojgan.karbakhsh@bcchr.ca)) before Nov25, 2022

## NATURE CONNECTION

### Community Partnerships

#### Greening Canada's School Grounds Grant Program

Tree Canada's Greening Canada's School Grounds program strengthens the relationship between students and nature.

Tree Canada will be accepting grant applications between Tuesday, October 11th, 2022 and Monday, December 12th, 2022.

For more information and to submit an application see: [Greening Canada's School Grounds – Tree Canada](#)



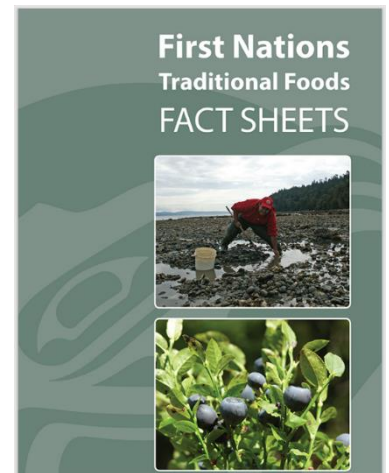
## NUTRITION

### Teaching and Learning

#### Teaching Resources

**Traditional Foods Literacy Resources-** Connect with your school districts indigenous education team to support further application of BC curriculum's First Principles of Learning and First Nations Perspective on Health and Wellness in your classroom. Have a look at the following resources for ideas:

- [The Learning from the Land Toolkit \(K-12\)](#) –resources and programs related to indigenous plans and pedagogy. Farm to School BC
- [Traditional First Nations Foods lessons \(K-8\)](#) - Teach Food First Traditional food lessons. Healthy Schools BC
- [Traditional Foods fact sheets \(8-12\)](#) (PDF) - First Nations Health Authority



# TOBACCO AND VAPOR PRODUCTS

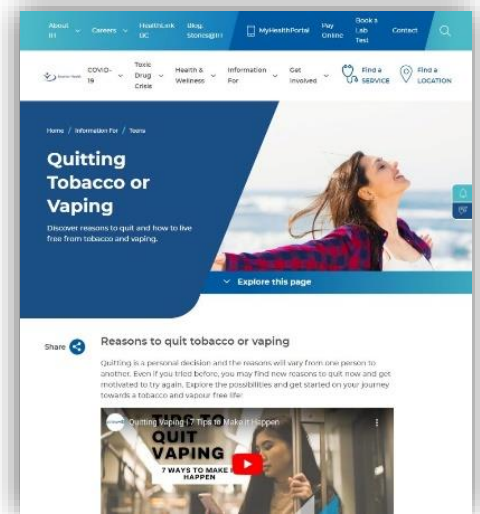
## Teaching and Learning

### New information on how to quit vaping

Teens and adults who want to learn how to reduce or quit tobacco or vaping now have a [dedicated page](#) at IH where they can find information and resources. The page can be found on the [Teen Hub](#) where they will also find the [Tobacco & Vaping Information for Youth](#) page.

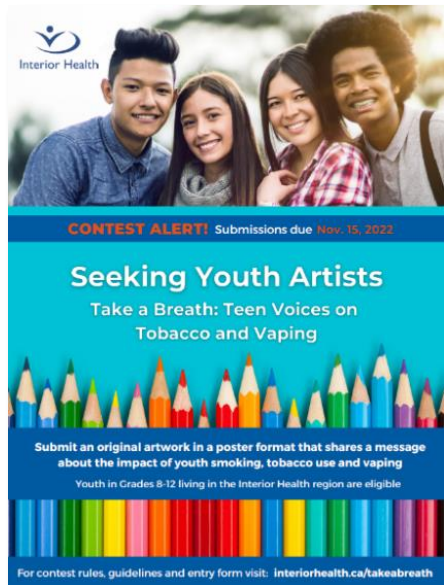
#### Ideas on how to use this resource:

- Make the link available on the school/district website and resources for students, parents and staff
- Include it in the teaching about tobacco and vaping



## Community Partnerships

### Tic-toc! The “Take a Breath” poster contest ends on Nov 15!



The youth poster contest “**Take a Breath: Teen Voices on Tobacco and Vaping**” was launched last month to capture youths’ views on how using tobacco and/or vaping affects them and their friends, family, school and community, and to engage young people, schools and families in the conversation.

Students enrolled in Grades 8 to 12 under 19 years of age across the [IH region](#) can submit their artwork inspired by 5 different themes for a chance **to win a gift card of \$150 value**. The contest closes for submissions on **Nov. 15, 2022** and the winners notified and announced on the week of **Jan. 15, 2023**. **Find out more about the contest and how to participate at [www.interiorhealth.ca/takeabreath](http://www.interiorhealth.ca/takeabreath)**

## 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](#)