

HEALTH PROMOTING SCHOOLS NEWSLETTER

March 2023

HARM REDUCTION

Teaching and Learning

The Naloxone Blue Kit Program for Schools is up and running!

The program is an Interior Health initiative to help schools prepare to respond to an opioid drug poisoning (overdose) on site. Schools are provided a free naloxone kit and staff are trained how to respond to an overdose.



Image: Sharon Collin, Director of Instruction – Instruction and Learning & Mr. Trent Dolgopol, Director of Instruction for SD 6

School District 83 paved the way in January with training taking place for 43 members of their administrative team.

School District 6 saw 36 teachers and counsellors complete the training in February in Golden, Invermere and Kimberly.



Image: Rhys Waters, Vice-Principal at Salmon Arm Secondary – Jackson & Bree Hawrylak, Health, Safety & Wellness Coordinator for SD83

Want to learn more?

Check out the program in the [Youth Toolkit](#).

Connect with us: harmreduction.coordinator@interiorhealth.ca

The one hour workshop covers:

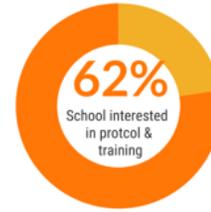
- A foundational knowledge on how to respond to the effects of substances
- Harm reduction
- Anti-Stigma approaches
- Hands- on- naloxone training
- Supports available to develop an overdose response policy
- Group discussion on issues unique to the school environment

If schools don't already have an Overdose Response Policy, the Harm Reduction team have a template that schools can use.

Is your school prepared to respond to an overdose?

Interior Health's Youth Harm Reduction team recently completed an environmental scan of middle and secondary schools in the region to find out what they have in place and what supports they need to help reduce the harms associated with substance use.

The results showed that many schools are **partially** prepared to respond. While many schools (65%) had naloxone onsite, staff training was not always in place and only a handful of these schools had an overdose response policy. The good news is many schools (62%) were interested in developing policies and protocols.



Why do schools need an overdose response policy?

Overdose response policies establish guidelines and procedures for the utilization of naloxone by staff members in response to an opioid overdose emergency. They provide clear direction on training requirements, kit storage and replacing expired supplies, steps to follow in the event of an overdose, aftercare and debrief protocols as well District post-incident reporting requirements. Interior Health's Youth Harm Reduction program has resources to support schools to develop overdose response policies.

- [Sample School Opioid Overdose Response Policy and Procedures](#) – a comprehensive template that can be modified to meet your school's needs.
- [Naloxone Blue Kit Program](#) - Interior Health program that provides free naloxone kits to schools who implement an overdose response plan.

Youth Harm Reduction Coordinators are available to do policy consultations and coordinate training, they can be reached at harmreduction.coordinator@interiorhealth.ca

INJURY PREVENTION

Community Partnerships

The Canadian Cancer Society in partnership with BC Cancer's Sun Safe Coalition is pleased to announce that registration for the SunSense program is now open! With a goal of reducing skin cancer rates in Canada, SunSense supports elementary schools in BC to create a sun safe environment that protects staff and students from harmful ultraviolet radiation.

Schools are provided **free resources** to assist in implementing a variety of 'actions' related to sun safety and earn points for each action that is completed. Based on the points earned, schools will be recognized as a **SunSense Certified** school at either a bronze, silver, gold or participant level. SunSense is available in both French and English. The [Program Guide](#) can provide you with further details.

For more information about this program contact your Public Health Nurse or healthyschools@interiorhealth.ca.

BC Cancer is a proud partner of the SunSense program and can offer registered schools support and relevant resource to help BC school achieve their SunSense goals. This may include guidance on how to establish sun safe policies, how and where to apply for fund to enhance shade or answer any general questions about sun safety. For this support, please contact, Breann Corcoran at bspecht@bccancer.bc.ca



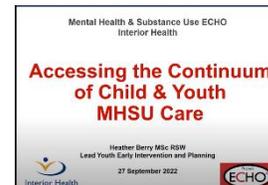
MENTAL HEALTH

Teaching and Learning

The Interior Health Mental Health and Substance Use Network in collaboration with School District 22 and other community partners hosted a series of Child and Youth MHSU education workshops between September and December 2022.

Topics covered during the sessions included:

1. Accessing the Continuum of Child and Youth MHSU Care
2. Relationship Building, Creating Safety, and Preventing Crisis
3. Screening and Assessment Tools
4. De-Escalation Strategies
5. Transitions and Collaboration in Care



The sessions were recorded and are available on the IH YouTube Channel @ Child and Youth MHSU (staff and physician education)

The [CYMHSU Playlist](#) can be accessed via the [IH YouTube Channel](#)

To find the above sessions you can search by the title.

The playlist includes additional recordings from our provincial partners pertinent to Child and Youth Mental Health and Substance Use to provide ease of access by hosting relevant educational webinars in one place.

We welcome your suggestions for additions to the playlist as we continue to grow this collaborative resource; please forward these to Gorette Pereira-Imm Gorette.Pereira-Imm@interiorhealth.ca.



The Cuystwi Program

The Cuystwi (cwoo wheesh twee) program evolved from conversations with First Nations in northern British Columbia about their concerns regarding youth suicide.

The program provides a platform for youth to explore their identities and cultures, as well as the impact of colonization on Indigenous families and communities. Additionally, the program focuses on themes such as healthy relationships, sexual health, tools to deal with racism among others.

The program has an on-line component meant to introduce topics to be facilitated to Indigenous youth by youth workers, health workers, and educators within existing community programming.

For more information see [Indigenous Youth Wellness](#).

NUTRITION

Teaching and Learning

Teaching Resources

March is Nutrition Month! The theme of this year's nutrition month is "Unlock the Potential of Food". Food Literacy is one way to make changes to our food system for a healthier tomorrow.

Have a look at these resources on food literacy for the classroom:

- [Hands on Food](#) is a collection of lesson plans to use food-based learning to teach the BC curriculum including Physical Health and Education, Science, ADST, and more. Lessons are targeted for grades 4-7 but can be adapted for any grade (K-12).
- Agriculture in the Classroom, [Educational Resources](#) – gets students inspired to learn about the food system and growing food by teaching activities related to agriculture.
- Farm to School, [Spring Learning Activities](#) – check out activities to do outside with your K-12 class this spring
- Have a look [here](#) for printing off Nutrition Month posters for the classroom



RADON

Community Partnerships

Interior Health Pilot Project Testing for Radon in Schools

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. Radon is the second leading cause of lung cancer in Canada after smoking. Spending long periods of time in rooms where radon is present can increase the chance of developing lung cancer. The only way to know radon levels is to test for it, and testing is best done in winter months.

Many Interior Health Schools are participating in the radon testing pilot project. More information to come when the 91 day testing period is complete.

For more information and resources about radon in BC 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](#)

If you have questions, please contact the Healthy Schools team at HealthySchools@interiorhealth.ca

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](#)