 **HEALTH PROMOTING SCHOOLS**

 **NEWSLETTER**

**APRIL 2015**

**HEALTHY LIVING FOR FAMILIES**

**Teaching and Learning**

The [**Healthy Living for Families**](http://www.healthyschoolsbc.ca/program/635/healthy-living-for-families) booklet is designed to help families make healthy choices, with ideas on everything from healthy eating on the run, to supporting kids to have a positive outlook, to being active together. It is available in 6 languages: English, French, Chinese, Filipino, Persian, and Punjabi.

The [**Healthy Living for Teens**](http://www.healthyschoolsbc.ca/program/636/healthy-living-for-teens)booklet was created for youth, with youth. Tips in the booklet will help teens to feel their best and make the most of their potential! It is available in English and French.

**INJURY PREVENTION**

**Partnerships and Services**  

[**Wear Your Lifejacket to School Day**](http://www.readysetwearit.com/wp-content/uploads/2015/03/RSWI-Kids-School-Ad-2015.pdf)  is coming up on May **15**.

For more information see:

[**http://www.readysetwearit.com/**](http://www.readysetwearit.com/)

 

**Teaching and Learning**

**Safe Kids Week** will be held **May 4-10, 2015**. This year’s theme will be **Cycling** **and Road Safety**.

The week will draw attention to the urgent need to better protect children and generate action on the measures needed to do so. An online toolkit will be available for free on April 6 and will include:

* A backgrounder and evidence-based key messages
* An event and social media guide
* Additional resources including tip sheets, helmet fitting bookmarks, and posters

For more information, go to [**Parachute Canada**](http://www.parachutecanada.org/programs/topic/C68)**.**

Also coming up is **Bike to Work Week.** This event is held **May 25-31st** in Canada.

For more information see: [**http://www.biketowork.ca/**](http://www.biketowork.ca/)

**MENTAL HEALTH**

 

**Teaching and Learning**

**Kelty Mental Health Resource Centre** has information and videos on [**Eating Disorders**](http://www.keltyeatingdisorders.ca/general-info)for teachers, nurses, and families. An eating disorder is a mental illness. People with disordered eating have very unhealthy thoughts and behaviours towards food, weight, and body shape. Eating disorders are a very serious and damaging type of illness. They carry the highest risk of death of all mental disorders. Luckily, eating disorders can be treated. Treatment is most effective when started early.  That is why it is so important to seek help from a professional as soon as possible.

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**PHYSICAL ACTIVITY**

**Partnerships and Services**

**Get Outside and Celebrate “Move for Health” Day with Action Schools! BC** 

**Top 10 Ideas for Move for Health Day – May 10th**

Celebrate Move for Health Day with Action Schools! BC! Click[**here**](http://actionschoolsbc.ca/sites/default/files/resources/AS%21%20BC%20Move%20For%20Health%20Day%20-%20Top%2010%20Daily%20Physical%20Activities_0.pdf) for the Top 10 Physical Activity Ideas for Move for Health Day which provides ideas for schools on how to prepare for and engage in physical activity on May 10th.

**Activate your Playground!**

* Now is the perfect time of year to book your school’s complimentary Action Schools! BC Outdoor Intercultural Games [**Student Leadership Training**](http://actionschoolsbc.ca/student-leadership)**.**
* Take your students outside with YOUR School’s Playground Circuit, downloadable[**here**](http://www.actionschoolsbc.ca/schools-action/playground-circuits)**.**
* Book a [**Teacher Workshop**](http://www.actionschoolsbc.ca/professional-development/teacher-workshops) **or** [**Teacher Mentorship**](http://www.actionschoolsbc.ca/professional-development/class-mentorships) on Orienteering, Outdoor Intercultural Games or Outdoor Circuits.
* Refer to the [**Physical Activity Action Resource**](http://www.actionschoolsbc.ca/sites/default/files/uploads/AS%21%20BC%20Physical%20Activity%20Action%20Resource%20-%20K%20to%207_0.pdf) for outdoor activities that teachers can integrate throughout the day (like skipping, hopscotch, 4 square, Chinese jump rope) as well as tips for including students with disabilities in playground activities.
* Refer to the[**PE Planner**](http://www.actionschoolsbc.ca/key-resources-equipment/supplementary-resources/physical-education-yearly-planner-k-7) to support outdoor physical education time.

**Teaching and Learning**

**Family Newsletters**

The Action Schools! BC [**April**](http://www.actionschoolsbc.ca/sites/default/files/uploads/Healthy%20Together%20in%20April.pdf)and[**May**](http://www.actionschoolsbc.ca/sites/default/files/uploads/Healthy%20Together%20in%20May.pdf) Healthy Together Newsletters include after dinner physical activity ideas, benefits and ideas for growing food at home, and delicious, easy-to-make recipes. Healthy Together Newsletters (see the complete set [**here**](http://actionschoolsbc.ca/enews-newsletters)) are designed to be integrated into schools’ family newsletters or posted on bulletin boards.

**Learning and Playing in Nature**

The Healthy Eating Pages! and DPA Pages! enhance and expand on the activities in the Action Schools! BC [**Healthy Eating Action Resource**](http://www.actionschoolsbc.ca/sites/default/files/uploads/AS%21%20BC%20Healthy%20Eating%20Action%20Resource%20-%20Grades%20K%20to%207_0.pdf) and [**Physical Activity Action Resource**](http://www.actionschoolsbc.ca/sites/default/files/uploads/AS%21%20BC%20Physical%20Activity%20Action%20Resource%20-%20Grades%20K%20to%207_0.pdf). Several of them encourage learning and playing outside, including:

* [**Active in Nature**](http://actionschoolsbc.ca/sites/default/files/resources/Active%20in%20Nature.pdf)
* [**Adventure Playground Structure Activities**](http://actionschoolsbc.ca/sites/default/files/resources/Adventure%20Playground%20Structure%20Activities.pdf)
* [**Healthy Eating – Aboriginal Wellness Perspectives**](http://www.actionschoolsbc.ca/sites/default/files/resources/AS%21%20BC%20Healthy%20Eating%20-%20Aboriginal%20Wellness%20Perspectives_0.pdf)
* [**Outdoor Circuit Ideas**](http://www.actionschoolsbc.ca/sites/default/files/resources/Outdoor%20Circuits.pdf)
* [**Yoga Connections – Aboriginal Wellness Perspectives**](http://actionschoolsbc.ca/sites/default/files/resources/Yoga%20Connections%20-%20Aboriginal%20Wellness%20Perspectives.pdf)

 See the full list of Healthy Eating Pages! [**here**](http://www.actionschoolsbc.ca/key-resources-equipment/supplementary-resources/healthy-eating-pages) and DPA Pages! [**here**](http://www.actionschoolsbc.ca/key-resources-equipment/supplementary-resources/daily-physical-activity-pages).

**Additional Outdoor Healthy Living Resources**

**Looking for resources on school gardens, field trips, farm to school resources, BC Agriculture, and other outdoor activities that promote healthy living? Search the index of the** [**Action Pages!**](http://actionschoolsbc.ca/resources/ActionPages/) **for a list of best practice resources available to support healthy and active schools communities.**

**TOBACCO REDUCTION**

 **Teaching and Learning**

**New Electronic Cigarette Legislation in Canada**

British Columbia has introduced amendments to the Tobacco Control Act to regulate e-cigarettes, legislation that will help stop the growing use of e-cigarettes by young people in B.C.

“More and more young people are using e-cigarettes,” said Health Minister Terry Lake. “This legislation will limit the exposure to children of the possible dangers of e-cigarette vapour and the potential that e-cigarettes have to normalize smoking behaviour.”

To read more visit:

[**http://www.newsroom.gov.bc.ca/2015/03/legislation-enhanced-to-regulate-e-cigarettes.html**](http://www.newsroom.gov.bc.ca/2015/03/legislation-enhanced-to-regulate-e-cigarettes.html)

**E-cigarette Report from California**

An interesting report out of California makes some good points about electronic cigarettes:

* Exposure to nicotine during adolescence can harm brain development.
* E-cigarettes do not emit a harmless water vapor, but an aerosol that has been found to contain at least 10 chemicals that are on California’s Proposition 65 list of chemicals known to cause cancer, birth defects or other reproductive harm.
* E-cigarettes are not FDA-approved cessation aids.
* Between 2011 and 2013, e-cigarette advertising jumped more than 1,200 percent and used marketing tactics to appeal to youth. Those tactics include the use of cartoon characters which is prohibited in traditional cigarette advertising.

To read more please visit:

[**California State Health Officer's Report on E-Cigarettes:**
**A Community Health Threat**](http://go.etr.org/e/48112/tate20Health-e-cig20report-pdf/g5384/38420747)

**Electronic Cigarettes More Popular**

The rates of experimentation are concerning. Among youth aged 15–19, 20% have tried vaping, compared to 11% who smoke tobacco, states the Canadian Tobacco, Alcohol and Drugs Survey.

The vaping rate also hovers around 20% among young adults aged 20–24, which falls closer to the 18% smoking rate for that age group. To read more: [**http://www.cmaj.ca/site/earlyreleases/4march15\_e\_cigarettes\_more\_popular\_than\_tobacco\_among\_youth.xhtml**](http://www.cmaj.ca/site/earlyreleases/4march15_e_cigarettes_more_popular_than_tobacco_among_youth.xhtml)

**Partnerships and Services**

**IH Tobacco Contacts:**

Do you need to reach the Interior Health Tobacco Team?  **Email:** **tobacco@interiorhealth.ca**

**For previous newsletters:** [**Health Promoting Schools Newsletters**](http://www.interiorhealth.ca/sites/Partners/SchoolDistricts/Pages/HealthPromotingSchoolsInitiative.aspx)

Or contact:

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**Knowledge Coordinator for Healthy Schools**

**IH Promotion and Prevention**

**Trail, B.C.**

***“Connecting health promotion staff with school staff to improve student’s health”***