 **HEALTH PROMOTING SCHOOLS**

**NEWSLETTER**

**MARCH 2015**

**ADOLESCENT HEALTH SURVEY** 

**Partnerships and Services**

**Regional Reports** for each of the Health Service Delivery Areas in Interior Health are now available on the McCreary Centre Society Website. To access the reports go to: [**2013 AHS Reports**](http://www.mcs.bc.ca/2013_AHS_Reports)

**ACTION GRANTS FOR YOUTH**

**Partnerships and Services**

**Youth Action Grants (YAG)** are a project of the McCreary Youth Advisory & Action Council (YAC). The YAGs were created to provide BC youth (ages 12-19) from school districts that participated in the 2013 BC Adolescent Health Survey, the opportunity to deliver a project which aims to improve youth health in their school or community. For more information and to apply for **grants up to $500** for youth-led projects see: [**Youth Action Grants**](http://www.mcs.bc.ca/ahs_youth_resources)

**CONCUSSION AWARENESS TRAINING**

**Teaching and Learning**

**The Concussion Awareness Training Tool** provides two free online toolkits:

**The Concussion Clinical Toolkit for Medical Professionals** **and The Concussion Awareness Training Toolkit for Parents, Players, and Coaches.** Both websites provide up-to-date education, tools and resources to help prevent, recognize, treat and manage concussions as well as support decreasing the impact of concussion when they do occur. These resources are updated on a monthly basis and will provide the latest evidence on how to deal with concussions. To begin the course for Parents, Players and Coaches, see: [**http://ppc.cattonline.com/**](http://ppc.cattonline.com/) and click on the **Awareness Toolkit.**

**HEALTHY LIFESTYLE CHOICES**

**Teaching and Learning**

**Okanagan Collage Distance Learning and BC Cancer Agency Prevention Programs** have partnered to offer an online line course appropriate for grades 10 – 12. Students need to register and set up an account. The online course takes about 30 minutes to complete and reviews key lifestyle factors that can reduce the risk of getting cancer. Students can print off a certificate for their portfolio when they complete the course.For more information see: [**Healthy Living & Cancer Prevention: Tips for Success**](http://www.okanagan.bc.ca/Programs/Areas_of_Study/distance-education/Courses___Programs/Certificates___General_Interest/Healthy_Living___Cancer_Prevention___Tips_for_Success.html)

**INTERNET SAFETY RESOURCES**

**Teaching and Learning**

Today’s students face new challenges surrounding technology and maintaining healthy,

digital lifestyles. An increasing number of students have access to the tools necessary to

succeed, but are not being taught how to leverage technology in a safe and responsible

way. The Vancouver Canucks, National Hockey League (NHL) and the National Hockey League

Players Association (NHLPA) are committed to energizing students interest in science,

technology, engineering and math (STEM) and have partnered with **EverFi** to bring the ***Future Goals*** program into classrooms across North America at no cost.

[***Future Goals***](https://www.dropbox.com/s/q5ea26mr9nf2p3v/Future%20Goals%20Overview_Vancouver%20Canucks.pdf?dl=0) is an online course aimed at students in **grades 5-8.** It educates students on the nuts and bolts of how technology works while placing them in virtual environments to tackle issues surrounding digital citizenship. The curriculum aligns with standards set by the International Society for Technology in Education (ISTE). Students apply their knowledge in virtual scenarios where they demonstrate their mastery of digital skills, including the creation of a blog, management of a social networking site and resolution of cyberbullying situations. To find out more information on how to get your classroom involved, complete the form found [**HERE**](http://info.everfi.com/CanucksFutureGoals.html?mkt_tok=3RkMMJWWfF9wsRomrfCcI63Em2iQPJWpsrB0B%2FDC18kX3RUvJr2Wfkz6htBZF5s8TM3DVVNAXqlC%2BkEBQrQ%3D)For more information about the Future Goals program, please visit [**www.futuregoals.nhl.com**](http://www.futuregoals.nhl.com)**.**

**IMMUNIZATION PROMOTION**

**Partnerships and Services**

**Be an Immunization Supporter** 

Join the [**I Boost Immunity**](http://www.iboostimmunity.ca/)campaign and help spread the word and raise awareness about the value of immunization.  There are lots of **articles and stories** that will help you to become an active supporter for immunization in your school & community.  You can also win cool prizes!  Visit [**www.iboostimmunity.ca**](http://www.iboostimmunity.ca) to sign up.

**POSITIVE MENTAL HEALTH**

**Partnerships and Services** [mindcheck.ca](http://mindcheck.ca/)

**Enter the "This is Mental Health" Contest have a chance to win an iPad Air, iPad Mini or iPod**!

Take part in Speak Up’s 2015 [**15 Seconds 4 Change “This is Mental Health” campaign**](http://mindcheck.ca/speakup/get-involved)

Get to know your mental health and help spread the word for others to do the same. Not only will you be surprised at how huge a role **Thoughts Feelings & Behaviors (TF&B)** play in your life and how they change depending on what’s happening, you’ll also be empowered to detect when something may be starting so you can better manage your own mental health. For more information see: [**15 seconds 4 change contest details**](http://mindcheck.ca/speakup/contests)

**Teaching and Learning**

**The Child and Youth Mental Health and Substance Use Collaborative** strives to increase the number of children, youth, and their families receiving timely access to integrated mental health and substance use services and supports. An estimated 13 per cent of youth in BC each year experience a mental health issue —that means up to 83,700 children and youth under the age of 19 may be suffering with symptoms they don't know how to deal with or how to get help. For more information on topics like depression, anxiety, and bipolar disorder see:

[**The Child and Youth Mental Health Columns**](http://sharedcarebc.ca/news-and-events/news/Child%20and%20Youth%20Mental%20Health%20Health%20Columns)

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**NUTRITION**

**Teaching and Learning**

**March is Nutrition Month!**

This year’s theme is dedicated to helping Canadians learn to eat well at work, school or play.

Check out these great[**lunch**](http://www.interiorhealth.ca/YourHealth/ChildrenYouth/Documents/Nutrition-Lunches%20to%20Go.pdf) ideas to Make and Take to school!

**TEACHER WORKSHOPS**

**Partnerships and Services ****

**Healthy Eating Student Leadership** can be booked for a grades 4 to 7 group or a high school leadership team who will then work with students at their feeder schools. Student leaders will learn how to lead activities that promote vegetable and fruit consumption and healthy eating. .

**Teacher Mentorship** brings hands-on professional development into the school. Book an Action Schools! BC Regional Trainer for the day to come to the school and mentor teachers in healthy eating activities and classroom physical activity, in the gymnasium or alternate and outdoor spaces.

**Healthy Eating Teacher Workshops and Grant**

Action Schools! BC Healthy Eating Workshops share ideas for incorporating healthy eating messages into your classroom and school. Participating schools will be eligible for the [**Healthy Eating School Food** Grant](http://www.actionschoolsbc.ca/professional-development/school-food-grant) (up to $300), resources including the [**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 [**Healthy Eating Pages!,**](http://www.actionschoolsbc.ca/key-resources-equipment/supplementary-resources/healthy-eating-pages) as well as [**Action Packs**](http://www.actionschoolsbc.ca/key-resources-equipment/supplementary-resources/healthy-eating-workshop-resources-tools-supplies) filled with additional resources and equipment. Choose from:

* 5-2-1-0: Steps to Healthy Living
* Healthy Eating
* Veggies and Fruit
* Sugary Drinks
* Guidelines Support

For a full description of these and other [**Action Schools! BC workshops**](http://www.actionschoolsbc.ca/professional-development/teacher-workshops) available at no cost to BC K to 7 schools. Contact Action Schools! BC at [**info@actionschoolsbc.ca**](mailto:info@actionschoolsbc.ca) to book.

**TOBACCO REDUCTION**

**Teaching and Learning**

**CTADS**

The Canadian Tobacco, Alcohol and Drugs Survey (CTADS) is a biennial general population survey of tobacco, alcohol and illicit drug use among Canadians aged 15 years and older. It replaces the Canadian Tobacco Use Monitoring Survey (CTUMS) which was conducted from 1999-2012 and the Canadian Alcohol and Drug Use Monitoring Survey (CADUMS) which was conducted from 2008-2012. The CTADS merged the core tobacco content from CTUMS and the core drug and alcohol content from CADUMS resulting in more efficient data collection and providing a tool to monitor and compare the use of multiple products and substances with addictive properties. The CTADS is conducted by Statistics Canada on behalf of Health Canada.

Understanding Canadian trends in tobacco, alcohol and drug use is vital to the effective development, implementation and evaluation of national and provincial strategies, policies and programs. To read more please visits the links below.

**Here is the Health Canada news release:** [**http://news.gc.ca/web/article-en.do?nid=927749**](http://news.gc.ca/web/article-en.do?nid=927749)

**CTADS results are available on Health Canada’s website:** [**http://healthycanadians.gc.ca/science-research-sciences-recherches/data-donnees/ctads-ectad/index-eng.php**](http://healthycanadians.gc.ca/science-research-sciences-recherches/data-donnees/ctads-ectad/index-eng.php)

**Here is a link to the summary:** [**http://healthycanadians.gc.ca/science-research-sciences-recherches/data-donnees/ctads-ectad/summary-sommaire-2013-eng.php**](http://healthycanadians.gc.ca/science-research-sciences-recherches/data-donnees/ctads-ectad/summary-sommaire-2013-eng.php)

**Here is a link to more detailed tables, including provincial breakdowns:** [**http://healthycanadians.gc.ca/science-research-sciences-recherches/data-donnees/ctads-ectad/tables-tableaux-2013-eng.php**](http://healthycanadians.gc.ca/science-research-sciences-recherches/data-donnees/ctads-ectad/tables-tableaux-2013-eng.php)

**Lung Cancer Now Available in Strawberry**

A very clever campaign by the Canadian Cancer Society. To read more about the risks of flavoured tobacco click here: [**http://adsoftheworld.com/media/print/canadian\_cancer\_society\_strawberry**](http://adsoftheworld.com/media/print/canadian_cancer_society_strawberry)

**World No Tobacco Day**

Every year, on 31 May, the World Health Organization and partners mark World No Tobacco Day (WNTD), highlighting the health risks associated with tobacco use and advocate for effective policies to reduce tobacco consumption.

For World No Tobacco Day 2015, we are calling on countries to work together to end the illicit trade of tobacco products.

From many angles, the illicit trade of tobacco products is a major global concern, including health, legal and economic, governance and corruption. To read more please visit: [**http://www.who.int/campaigns/no-tobacco-day/2015/event/en/**](http://www.who.int/campaigns/no-tobacco-day/2015/event/en/)

**Left Swipe Dat Video**

Can music videos influence youth? Can posting a smoking pic take you from a "10" to a "2"? A new music video from **truth®** reminds teens that it can! "Left Swipe Dat" is filled with clever lyrics and comical scenarios that show why smoking selfies on social media and dating sites are being "left swiped". The "Left Swipe Dat" video is now live on the[**"truthorange" channel on YouTube**](http://r20.rs6.net/tn.jsp?f=001FIIbTwoE0BTipikuzv9oiKyr14BRp5CttbSklS95ui5skXbG-FqtS0qgKgzGLxKtQcG14nHtehiYTaNiPyvk48uiKGHH8WRUa0zCiIbsppMbRfk4H4PDJAGTXX_vgv98rpu_EHON1E7o7L4xT-CF95maqVbrMbLmawkTrY389qFTkpwLJO-tLeq3nnepDmmjYNJWYPU9Mgc=&c=6mS8Lp1IRflW5upq88ukD15FlcmEDUfvxSNlCnKIpBBTqRdc7OvdRg==&ch=9nZhGzItPdGx7QL-BFjvfDgIG38RIioqr64-iApRe5T1Faw9A1PxmQ==)**.** A 60-second version will debut as an advertisement on The Grammy Awards on Sunday, Feb. 8 on CBS.

**Dads in Gear**

Dads in gear website: for new and expectant dads who want to be smoke free.

To visit: [**http://dadsingear.ok.ubc.ca/**](http://dadsingear.ok.ubc.ca/)

**Partnerships and Services**

**IH Tobacco Contacts:**

Do you need to reach the Interior Health Tobacco Team?  **Email:** [**tobacco@interiorhealth.ca**](mailto:tobacco@interiorhealth.ca)

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

Or contact:

**Valerie Pitman**

**RN BN BSPsyc**

phone: 250-364-6221

email: [**valerie.pitman@interiorhealth.ca**](mailto:valerie.pitman@interiorhealth.ca)

**Knowledge Coordinator for Healthy Schools**

**IH Promotion and Prevention**

**Trail, B.C.**

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