HEALTH PROMOTING SCHOOLS NEWSLETTER, April 2012
Interior Health

School Newsletter Inserts: Looking for great information for your school newsletters? Check out the ActionSchoolsBC! website for the complete list of monthly health promoting schools newsletters inserts. ActionSchoolsBC Newsletter Inserts

Canadian Association for School Health Mental Health Promotion Webinars
Don't miss the next two webinars/web meetings:

- April 16 at 8:00 am (Ottawa time) **A Capacity-based Blueprint for School Mental Health Promotion** will include participants from several countries discussing Ministry, Agency/School Board, School and Professional Capacities in School Mental Health Promotion

- April 24 at 16:00 (Ottawa time) Dr. Sharon Stephan, Director, Center on School Mental Health, University of Maryland. Laura Brey, Director of Professional Services, National Assembly on School-based Health Care and Linda Anderson, West Virginia Expanded School Mental Health Initiative will discuss **The Critical Factors in Inter-Ministry Policy, Collaboration and Leadership in School Mental Health**

To register for this series of webinars sponsored by the Mental Health Commission of Canada, add your name to this list of participants. For more information, go to this CASH webinars web page.

NUTRITION: Teaching and Learning

School Ground Greening Grants Next Deadline: These grants are for schools wishing to create outdoor classrooms and food gardens to provide students with a healthy place to learn, play, and develop a genuine respect for nature. The next deadline for the Toyota Evergreen Learning Grounds - School Ground Greening Grants is fast approaching. **Deadline: June 1, 2012**
http://www.evergreen.ca/en/funding/grants/telg.sn

A Guide to Growing School Gardens: Just in time for spring, here is a guide from Alberta Agriculture that might be of interest for those interested in starting a school garden. The Guide is based on the use of EarthBox Containers.

http://www1.agric.gov.ab.ca/$Department/deptdocs.nsf/all/agic7623/$FILE/Get_Growing_Manual_Interactive.pdf

Being Me: Promoting Positive Body Image: The new "Being Me: Promoting Positive Body Image" resource has been developed to support existing physical activity and healthy eating frameworks and to complement the Action Schools!

BC's Classroom Healthy Eating Action Resource (CHEAR). It also supports the Ministry of Education's prescribed learning outcomes for elementary and middle schools. Each of the 'Being Me' lessons has been designed to be implemented in approximately 20 minutes and comes with accompanying learning outcomes, implementation ideas and resources. Please contact the Action Schools! BC Support Team at 1-800-565-7727, or info@actionschoolsbc.ca to order a copy for your school. Or download the resource at: http://www.actionschoolsbc.ca/Images/Being%20Me-WEB.pdf   (copies have been ordered for all schools in SD8)

SUBSTANCE USE PREVENTION: Teaching and Learning
Electronic cigarettes (e-cigarettes) are appearing for sale in local stores, gas stations and on the internet. They are marketed as a harmless product that "can be used anywhere" and may help smokers to quit. With the increasing popularity of e-cigarettes, people are starting to ask if they are safe and effective, and whether they can be used in smoke-free areas. Unfortunately, much is still unknown about e-cigarettes. For more information please see the attached Factsheet or contact tobacco@interiorhealth.ca

MENTAL HEALTH PROMOTION: Supportive Social Environment
Social support has been shown to be a consistent **protective factor in distress**. It is known to have a mitigating effect on the experience of stress15 and is linked to lower prevalence of distress and with reduced risk of onset of distress in the Canadian population. Some research shows that as the number of stressors increases, the protective effect of social support on distress also becomes stronger. Social support can be characterized in various ways.

Social support has been shown to be a consistent protective factor for populations with high distress. However, evidence on the role of the structure and functions of social support in *reducing* distress is lacking. This analysis, based on National Population Health Survey data spanning a decade, examines structures and functions of social support as drivers of reductions in psychological distress. More ... Link between Psychological Distress and Social Connection