

HEALTH PROMOTING SCHOOLS NEWSLETTER – Interior Health

Interior Health's New Website

Interior Health has launched a new public website! The redesigned website still lives at: www.interiorhealth.ca, but has a whole new look and feel. To find the School Health page click on the Your Health tab, then choose School Health.

On this page you'll find great information on [Good Nutrition](#), [Prevention of Tobacco Use](#), [Health Promotion](#), [Immunizations](#), [Medical Conditions at School](#) and much, much more!

NUTRITION: Teaching and Learning

The Great Big Crunch! On **Thurs, March 8** many schools across the country will participate in a day of apple education in the classroom with a synchronized "Great Big" classroom apple Crunch ending the day! FoodShare's annual Great Big Crunch invites students and teachers to learn about healthy eating and local and global food systems while following the journey from the apple seed to the harvest, to the market and to the core. Schools from coast-to-coast are invited to join FoodShare in celebrating the fifth annual Great Big Crunch. Last year saw an amazing 112,352 crunchers! The Great Big Crunch is scheduled for **Thursday, March 8th** at 2:30pm EST (which is **11:30 am PST in BC**), but you can crunch any time.

For more information and to register your event with FoodShare check out: (<http://www.foodshare.net/school-crunch.htm>). You can also join their Great Big Crunch group on [FoodShare's Facebook](#) and share your stories and photos that way!

SUBSTANCE USE PREVENTION: Teaching and Learning

Smoke Free Champions: Champions are among us! Do you know someone who has gone beyond their regular everyday work to help others quit smoking, encourage smoke free spaces or prevent people from starting to smoke? Nominate them for a Smoke Free Champions for Change Award.

Nominations are now open and will close on April 13th. Six champions will be announced and awarded \$50.00 gift certificates on World No Tobacco Day, May 31st 2012. Those who nominated the selected champions will also be eligible for a prize. Nomination forms are available on the Interior Health website – just look for the smoke free champion's link or use the search engine at www.interiorhealth.ca

For more information contact Trish Hill, Senior Tobacco Reduction Coordinator ([250-505-7232](tel:250-505-7232)).

Kiss Tobacco Goodbye 2012: The first days of the New Year are upon us and today is the day you have been thinking about being tobacco free in 2012. This Living Well article can be viewed at: [Golden Star](#)

SmokeFree Teen: The National Cancer Institute has a new set of cessation resources called SmokeFree teens. This website offers evidence-based smoking cessation

information and interactive tools designed especially for teens. Information can be found at: [Smokefree](#).

The Winnable Battle: CPHA has been involved in tobacco control since 1959. That year, CPHA passed a pioneering resolution urging health agencies to support anti-tobacco educational campaigns to prevent tobacco addiction among youth. On December 7, the CPHA Board approved a new position statement on tobacco and smoking. [The Winnable Battle: Ending Tobacco Use in Canada](#) is a forceful call to action for all who care about public health to commit to the steady reduction and ultimate eradication of tobacco use. It proposes the goal of a tobacco-free Canada by the year 2035 and calls on all levels of government, communities, public health practitioners and citizens to work aggressively to achieve the specific intermediate targets of:

A 50% reduction in the number of smokers by the year 2020 (equivalent to approximately three million smokers); and A further 50% reduction in the number of youth smokers aged 12-19 years by the year 2020 (equivalent to approximately 180,000 smokers). The goal and intermediate targets are achievable. Click on the link above for the paper or go to: [Canadian Public Health Association](#)

Quit Stories: The following British Columbians agreed to share their personal stories to help others quit smoking. Watch their videos to see how they have successfully quit smoking. We hope their real-life experiences will inspire you to quit or remain tobacco-free. To view the video's go to: [Quitnow](#) Video Stories.

SUBSTANCE USE PREVENTION: Social Environment

Parent Resources from [iMinds](#) (Centre for Addictions Research BC)

Helping Parents: Parenting Tip Sheet: 10 steps parents can take to help their children navigate life successfully, including avoiding harm from alcohol and other drugs (attached).

[The Road Ahead: A Guidebook for Parents of Young Teens](#) ... a handbook to help parents of young teens make their trip through the teen years a positive experience for both. [Chinese\(Simplified\)](#) [Chinese\(Traditional\)](#) [Farsi](#) [Punjabi](#) [Vietnamese](#)

[How should parents respond to their teen's alcohol or other drug use?](#) ... what your teen needs most is you ... the best thing you can do for your child is to respond responsibly ...

[Why do teens use alcohol, tobacco or other drugs?](#) ... some teens turn to alcohol, tobacco or other drugs for environmental, intellectual, physical, emotional or social reasons ...

MENTAL HEALTH PROMOTION: Social Environment

Middle Childhood Development Index (MDI) Rather than evaluating how children perform, the MDI gives children a voice, an opportunity to communicate to adults in schools and communities about what their experiences are inside and outside of school. In this regard, the MDI has great potential to provide educators, parents, researchers, and

policy makers with much needed information about the psychological and social worlds of children during middle childhood. Such information can help schools, program planners, and community members find ways to create environments that help children in their community thrive. <http://earlylearning.ubc.ca/mdi/>

MENTAL HEALTH PROMOTION: Teaching and Learning (Social and emotional learning resources)

[Why Teens Need Their Sleep](#) Important information for school policy makers too! How to make school schedules teen friendly? See link for presentation.

[Teach ADHD](#): Provides a variety of resources for teachers and educators to teach and support students with ADHD

Teacher resources for mental health: [Teacher Resources from Kelty Mental Health](#) and [Canadian Teacher Mental Health Resources](#)

The Children's Mental Health Research Quarterly Preventing Problematic Anxiety:

What, me worry?: Experiencing the occasional worry is a normal part of childhood. We discuss what can be done to help ensure that typical fears do not interfere with children's well-being and development.

http://www.childhealthpolicy.sfu.ca/research_quarterly_08/rq-pdf/RQ-1-12-Winter.pdf