

HEALTH PROMOTING SCHOOLS NEWSLETTER

OCTOBER 2024

ADOLESCENT HEALTH SURVEY- REPORTS 2023



Teaching and Learning

Regional Reports are now available

McCreary Centre Society has now released all 16 regional reports from the 2023 BC Adolescent Health Survey (along with a PowerPoint of the results for each region). These are now available at: [BC AHS Reports](#).

Additional reports available:

- o [Northern Health Report](#) -a report of the survey results for the Northern Health Authority.
- o [Gender Diverse Report](#) -highlighting challenges and supports for gender diverse youth health in BC, created in partnership with SARAVYC (Stigma and Resilience Among Vulnerable youth Care).

FOOD LITERACY

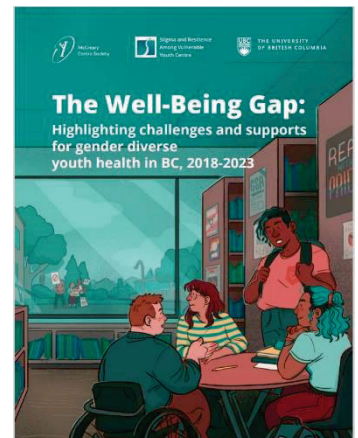
Teaching and Learning

School Food Environment

The food environment includes foods that are offered at school, as well students' eating experiences.

Students do best when they have positive role models, and when foods offered both in and outside classrooms are in line with healthy eating messages. Have a look at the following resources for schools and educators to support a healthy school food environment.

- [Nurturing healthy eaters in the classroom](#) (PDF) - Vancouver Coastal Health
- [Create a supportive environment - Canada's Food Guide](#)
- [Fresh To You Fundraiser](#) (BC Agriculture in the Classroom)
- [Food Fundraiser Ideas for School](#) (Healthlink BC)
- [Talking Tips for School Food Providers](#) (Interior Health)



HEALTHY SCHOOLS

Teaching and Learning

Teaching Toolkits

The Healthy Schools team has been updating some of the Teaching Toolkits with resources for teachers on a variety of health related topics like Dental and Oral Health, Hand Hygiene, Mental Wellness, and Substance Use.

Take a look at the [Hand Hygiene](#) Teaching Toolkit under the [Health Promoting Schools](#) section of the [School Staff page](#) on the Interior Health Public Website. This one has been refreshed just in time for [Global Handwashing day](#) on October 15, 2024.



YOUTH EMPOWERMENT

Relationships and Environments

Upcoming conference for people working with youth- In Person and Virtual

[BC Recreation and Parks Association - Conferences - Empower YOUth \(bcrpa.bc.ca\)](#)

What is Empower YOUth? Empower YOUth is BCRPA's biennial conference designed for anyone working directly with youth and youth programming.

Every other year, over 120 professionals in the youth sector attend this conference to connect with their peers and colleagues and learn about promising practices, leading-edge programs, new tools, resources and approaches to youth programming, and critical services that can support their daily work.

New format for 2024! This year's single-track program allows all attendees to learn and interact in a central setting together. No need to choose your sessions – this year's conference will offer a unified and consistent experience for all, whether you are attending virtually or in-person.

Who Attends Empower YOUth? Attendees at Empower YOUth include youth workers, recreational program staff, outreach workers, youth counsellors, social service workers, teachers, activists, supervisors and more.



MENTAL HEALTH

Teaching and Learning

ADHD Education Day (virtual) [Hosted By The Provincial ADHD Clinic](#)

Friday, October 18, 2024 – 9:00 am to 3:00 pm
via Zoom Videoconferencing

To attend Virtually, register via Zoom:

https://phsa.zoom.us/webinar/register/WN_TTUM8b_IQPyNwMpiJ42Hqg

You must register to attend virtually. Registration is FREE.



Please Contact Joerg Taylor-Philippin at adhdc@cw.bc.ca
or 604-875-2345 (ext. 2081) if you have any questions.

PHYSICAL LITERACY

Teaching and Learning

Learning Resources and Education Opportunities

[Physical Activity and Physical Literacy Resources for All Ages](#)

Partners from each Health Authority in BC developed a set of resources to support people of all ages to learn about the connection between physical activity, physical literacy, and health, and to find ways to add more activity into their daily lives. Check them out on [HealthLink BC](#), and feel free to share widely! [Children and youth \(5-17 years\)](#)

[Outdoor Learning Fall Virtual Workshop Series](#)

[Take Me Outside](#) and [The Outdoor Learning Store](#) are continuing to offer free workshops to assist educators and others interested in enhancing outdoor learning opportunities and outcomes. 60-minute workshops take place twice per month between September 17 and October 29 on Tuesdays at 4pm PST.

[Land-Based Fitness with Alana Cook \(webinar\)](#) **October 22, 2024 at 10am**

Land-based fitness is a blueprint for using Land-based exercise and holistic teachings to connect to traditional activities, improve health, and explore the world around us. This workshop is for everyone who would like to learn more ways to enjoy functional (and fun!) movement. Wear comfortable clothing as we will be moving our bodies with this webinar! Even if you can't attend, register to receive the recording so you can follow along later!

[RISE Individual Grants](#)

RISE Grants support ALL Children and Youth in and out of Care (under the age of 27) who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity. Up to \$1000 per calendar year can be put towards program cost, equipment and travel.
Application Deadline: Ongoing

RESOURCES

Teaching and Learning

Interior Health Website

The [School Health](#) section of the Interior Health Public Website will take you to the following sections where you can find more information: [Information for School Staff](#), [Promoting Health of Children & Youth in School](#), and [Medical Conditions at School](#).

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 23](#), [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: YHRC@interiorhealth.ca

Legal Substances Program

For resources on tobacco, vaping or cannabis use, visit the Interior Health [Tobacco & Vaping Information for Schools webpage](#) or the [Cannabis Information for Youth webpage](#).

To connect with a Legal Substances Reduction Coordinator, email: LegalSubstances@interiorhealth.ca

For previous newsletters: [Health Promoting Schools Newsletters](#)