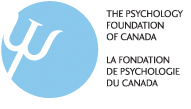
**HEALTH PROMOTING SCHOOLS**

**NEWSLETTER**

**OCTOBER 2014**



**HEALTH PROMOTION**

[](http://psychologyfoundation.org/index.php)[](http://psychologyfoundation.org/index.php/programs/kids-have-stress-too/)

**Teaching and Learning**

**Stress Lessons (K-12)**

The Psychology Foundation of Canada’s school based programs have been developed to help teachers and others who work with school-age children promote positive social-emotional development and effective stress management in classrooms and recreational settings.

Programs and resources are free and can be downloaded from the website.

For more info see: [**http://psychologyfoundation.org/index.php/schools/**](http://psychologyfoundation.org/index.php/schools/)

**ANXIETY BC- Youth** [**website**](http://www.anxietybc.com/simplenews/statistics/click?p=eNoBUlwwrf9zOjc0OlwiX-_-PvkSG2TS6msuRxDvPR88m7qEpNtcIvg_H8Xw7hpvlGfjoFZrt5ZTUrqVuMUkScMEw3AYo_LFnnxt1EX76BBtlO--YZfmSjYoXCI7ZF8osg,,&h=eNortjI2slIyNrVMNjIwNEs0MbFITU5MM09KTrY0MUsxME5JM0wyTFayBlww2G8K4w,,) “**ANXIETY… CAN TOTALLY SUCK!”** is a great resource for teachers, parents and youth. It has information about what anxiety is and provides techniques on how to manage it. Also available is the anxiety management mobile app, [**Mindshift**](http://www.anxietybc.com/simplenews/statistics/click?p=eNoBWlwwpf9zOjgyOlwiX-_-PvkSG2TS6msuRxDvPR88m7qEpNtcIvg_H8Xw7hpvlGfjoFZrt5ZTUrqVuMUkScMEw3AYo_zdnCZklFxc_PUNcYL18mHW6Ao2aAxcIs9r0pt2MlwiO7jlLD4,&h=eNortjI2slJKMTO2MEsyMTBLNDE2NjKzMEhJTU1KMU4zMU1KsjS0SFayBlww01UKjQ,,), that helps individuals learn how to relax, develop more helpful ways of thinking, and identify active steps to take charge of their anxiety…because

**Partnerships and Services**

**BC Community Health Profiles** for 130 incorporated municipalities (all communities that had sufficient data available) are now posted [**on the PHSA Population and Public Health website**](http://www.phsa.ca/HealthProfessionals/Population-Public-Health/community-health-data/community-health-profiles.htm)**.**

*BC Community Health Profiles* provide local level data for use by health authorities, local governments, and other stakeholders.

During the 2011 Ministry of Health consultations for Healthy Families BC Communities, local governments expressed a need for increased access to user-friendly health data at the local level to help inform their priority setting processes. In response to this request, PHSA Population and Public Health developed the *BC Community Health Profiles* in partnership with the Ministry of Health, all regional health authorities, the Union of BC Municipalities, and BC Healthy Communities Society’s PlanH program.

The profiles are intended to support community health planning through collaborative partnerships among health authorities, local governments, and other stakeholders. Using a standard provincial format, the profiles present community health data at a municipal level whenever possible, and are not meant to replace the comprehensive Local Health Area profiles that are developed by regional health authorities.

**INJURY PREVENTION**

**Partnerships and Services** 

**Parachute’s** [**Project Gearshift**](http://www.projectgearshift.ca/) is a national awareness campaign designed to positively change the driving habits of Canadian teenagers.  A key focus is [**National Teen Driver Safety Week**](http://www.projectgearshift.ca/about/national-teen-driver-safety-week-ntdsw) which is taking place from **October 19 - 25, 2014**. The purpose is to raise awareness and seek solutions to unnecessary teen deaths on the road through community and youth engagement. Project Gearshift recognizes the power of introducing important issues in the classroom, and has been working with teachers to develop resources that can bring teen driver safety into a variety of classrooms. See their website for  [**curriculum ideas**](http://www.projectgearshift.ca/tools-for-change/curriculum-resources)  that secondary school educators can use.



**Teaching and Learning**

**The BC Injury Research and Prevention Unit** invites anyone in the field of injury prevention to join our webinar presentations. Speakers from around the world make presentations on relevant topics related to injury prevention, usually cit­ing evidence-based information and new research.

*Webinars run from* ***10 - 11 am Pacific Time.***

For more information see: [**http://www.injuryresearch.bc.ca/bcirpu-webinars/**](http://www.injuryresearch.bc.ca/bcirpu-webinars/)

**October 16**

**Dr. Shelina Babul**

**Concussion education and awareness in BC webinar**

Nov. 20

Dr. Shannon Waters, Dr. Naomi Dove

Intentional and Unintentional Injury Prevention in First Nations Communities

Registration is free and registered participants will be given instructions on how to log-in before each webinar.

To enroll in any or all sessions, please contact:

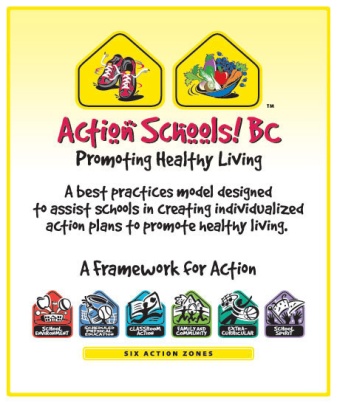
Dian Leung: [**dleung4@cw.bc.ca**](mailto:dleung4@cw.bc.ca)

**Partnerships and Services**

# Engaging youth on alcohol consumption

We know that higher consumption of alcohol correlates to a higher level of youth injury, violence and suicides. In Nova Scotia, the average age for a first drink is 13.4 years, 49% of youth used alcohol in the past month, and 26.6% drank 5+ drinks in one sitting in the past month. In looking at what drives consumption of alcohol among youth it becomes clear that issues of price, access and marketing make it extremely difficult for adults to encourage a healthy attitude towards drinking. To combat this problem, Morris Green from the Nova Scotia Department of Health, and Jennifer Heatley, Executive Director of the Atlantic Collaborative on Injury Prevention (ACIP) are promoting youth engagement strategies with a youth-centric focus on solutions. Looking at changing the paradigm from top-down lecturing to conversation-based learning between youth and adults, they aim to talk about alcohol policy with kids in a non-invasive way, enabling them to be part of the solution.

For more information you can contact either of the presenters [**jennifer.heatley@gov.ns.ca**](mailto:jennifer.heatley@gov.ns.ca) or [**morris.green@gov.ns.ca**](mailto:morris.green@gov.ns.ca) or check out the Joint Consortium for School Heath Youth Engagement Toolkit at: **<http://www.jcsh-cces.ca/ye-book/>**

**NUTRITION** 

**Partnerships and Services**

**Action Schools! BC – Complimentary Resources and Support**

Is your school registered with Action Schools! BC? If yes, check out the 2014/2015[**Top 10 Complimentary Resources and Support**](http://www.actionschoolsbc.ca/sites/default/files/resources/Action%20Schools%21%20BC%20Complimentary%20Resources%20and%20Support%202014-2015.pdf) information available on the [**Action Schools!  BC website**](http://www.actionschoolsbc.ca/)**.**  This resource is updated annually to respond to current trends in the school environment and the needs of the schools, teachers and students.

**BC Ag in the Classroom Foundation – All About Food**

BC Ag in the Classroom Foundation has updated [**All About Food**](http://aitc.ca/bc/news/98/56/Updated-Resource-All-About-Food-Exploring-Canada-s-Food-System/) a (K-12) resource.  A full color pictorial booklet that captures the interesting and sometimes surprising facts about the Canadian  Agri-Food System.

**Looking for more nutrition resources?** Check out the [**Nutrition Curriculum Resource List**](http://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Documents/Nutrition%20Resources%20for%20Teachers.pdf) on the Interior Health [**School Nutrition Website**](http://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Pages/default.aspx)

**PHYSICAL ACTIVITY**

[](http://www.dashbc.ca/)

**Social and Physical Environment**

**October 6-10th is Walk to School Week** and DASH BC is excited to present our 7th annual walk to school event as part of International Walk to School Week (iWalk).

For more details go to: [**Who's Ready to Walk to School?**](http://origin.library.constantcontact.com/download/get/file/1110504859349-866/whos+ready+to+walk.pdf)

**Healthy School Policy**

**Moving Kids Towards Success: School Policies that Support Active, Attentive Students**

Children who are physically active and fit tend to perform better in the classroom, but many schools allow little to no time for students to be active, due to a lack of resources, personnel, or time in the day. Policies that support daily PE and regular activity breaks during the school day can help increase physical activity, elevate physical fitness levels and improve academic performance and classroom behavior among students. To listen to the (1 hour 11 minute) webinar see: [**(recorded webinar)**](http://dialogue4health.org/web-forums/detail/moving-kids-towards-success?utm_source=Newsletter+-+Issue+24%2C+June+2014&utm_campaign=Newsletter+-+Issue+24%2C+June+2014&utm_medium=email)

**TOBACCO REDUCTION**

**Partnerships and Services**

**IH Tobacco Contacts:**

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

**Tobacco Resources for Schools**

Looking for tobacco resources to use in schools? Do you need tobacco reduction information? Please visit the [**Interior Health Partners**](http://www.interiorhealth.ca/sites/Partners/TobaccoResources/Pages/Schools.aspx) tab.

**Aboriginal Communities and School Tobacco Minigrant**

As of April 1, 2013 the Interior Health Tobacco Reduction Mini Grant Program will support Aboriginal communities.

**Grants** of up to $200 are available. The overall goal is to prevent the use of commercial tobacco and help people to quit, while respecting traditional and ceremonial tobacco use.

Aboriginal communities, **schools** and programs are invited to submit an application to the Mini Grant Program by contacting Kym Howay, Tobacco Reduction Coordinator for Aboriginal Communities at 250-549-6349.

**Teaching and Learning**

**More Addictive More Attractive**

Read about how the tobacco industry has made cigarettes more addictive, more attractive to kids.

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| --- | --- |
| http://www.tobaccofreekids.org/content/what_we_do/industry_watch/product_manipulation/cover.jpg | **Full Report**   * [Web-friendly version [(PDF)](http://www.tobaccofreekids.org/content/what_we_do/industry_watch/product_manipulation/2014_06_19_DesignedforAddiction_web.pdf)](http://www.tobaccofreekids.org/content/what_we_do/industry_watch/product_manipulation/2014_06_19_DesignedforAddiction_web.pdf) (1.3 MB) * [Print-quality [(PDF)](http://www.tobaccofreekids.org/content/what_we_do/industry_watch/product_manipulation/2014_06_19_DesignedforAddiction.pdf)](http://www.tobaccofreekids.org/content/what_we_do/industry_watch/product_manipulation/2014_06_19_DesignedforAddiction.pdf) (6.5 MB)   **Executive Summary**   * [Web-friendly version [(PDF)](http://www.tobaccofreekids.org/content/what_we_do/industry_watch/product_manipulation/2014_06_19_DesignedforAddiction_Summary.pdf)](http://www.tobaccofreekids.org/content/what_we_do/industry_watch/product_manipulation/2014_06_19_DesignedforAddiction_Summary.pdf) (580 KB) |

**Smoking and the Movies**

It is estimated that 92,000 current smokers in Ontario aged 12-17 were recruited to smoking because of watching smoking in movies. Twenty-nine thousands of these smokers are projected to die prematurely as a result of tobacco imagery in movies. Ontario is very far behind the United States in restricting movies that depict tobacco use to adult viewers. Click here to view the [**reports.**](http://otru.org/exposure-onscreen-tobacco-movies-among-ontario-youth-2004-2013/?utm_source=OTRU+Emailer&utm_campaign=eeabdd59ae-March2014_Emailer&utm_medium=email&utm_term=0_d3d28a83b7-eeabdd59ae-74373341)

**Respecting Traditional Tobacco**

Leonard Ward, Elder of Stellat'en First Nation, Fraser Lake, BC states: "Traditional tob​acco has been used by many Aboriginal people in ceremonies, rituals and prayer for thousands of years. Using tobacco in non-traditional ways like smoking cigarettes or chewing tobacco or snuff is abuse of its traditional purpose". Click [**here**](http://www.fnha.ca/wellness/wellness-and-the-first-nations-health-authority/wellness-streams/respecting-tobacco) to learn more about traditional tobacco.

**Tobacco Activity Book**

Interior Health has compiled a booklet of activities to accompany our Tobacco Lending Library materials.

The Activity Booklet includes activities that help students learn about tobacco prevention activities. The activities are classroom friendly and easily adapted. To learn more about our lending library please visit:

<http://www.interiorhealth.ca/sites/Partners/TobaccoResources/Pages/Schools.aspx> or to ask for an electronic copy, please request the activity booklet from: [tobacco@interiorhealth.ca](mailto:tobacco@interiorhealth.ca)

**Smoking Cessation Research**

They may be plugged into social media, but digital tools ***alone*** don't appear to be the most effective way to help young adult smokers butt out, according to new Canadian research. To see more, please visit: [**http://www.cbc.ca/news/health/story/2013/09/05/smoking-young-people.html**](http://www.cbc.ca/news/health/story/2013/09/05/smoking-young-people.html)

**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”***