

HEALTH PROMOTING SCHOOLS NEWSLETTER

NOVEMBER 2024

FOOD LITERACY

Teaching and Learning

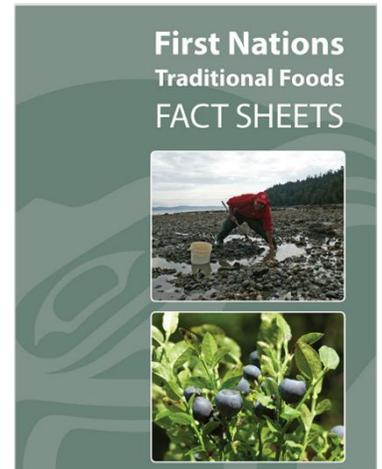
Indigenous Knowledge and Perspectives

Have a look at the following teaching resources to get started on incorporating more traditional food lessons into the classroom:

- [Traditional First Nations foods lessons \(K-8\)](#) - Healthy Schools BC
- [Learning from the land lessons \(K-12\)](#) - Farm to School BC
- [Traditional Foods fact sheets \(grades 8-12\)](#) (PDF) - First Nations Health Authority (FNHA)

[Farm to School Grants](#)

Apply for **up to \$1,000** in funding for your next food literacy project. The Farm to School Grant program is designed to support new and established school initiatives that encourage students to explore, learn, and grow through food. **Open until Nov 22nd.**



GENDER DIVERSITY

weareallies

Teaching and Learning

Supporting Gender Diverse Youth

[We Are Allies](#) is a collection of resources that can support yourself and others in learning and accessing resources

These resources were created by experts from across Canada, including:

- Indigenous knowledge keepers and Elders who shared their teachings with the project
- Trans, Two-Spirit and non-binary people, as well as their families and loved ones, who are speaking from their own experiences
- Researchers from the Vancouver School of Nursing, University of British Columbia, who reviewed published research and created learning resources
- Medical and other care providers with experience providing gender-affirming care to young people

For more information see [We Are Allies - Health and Media Literacy](#)

HEALTHY SCHOOLS

Teaching and Learning

Anti-Oppression in Early Education- Together we Thrive

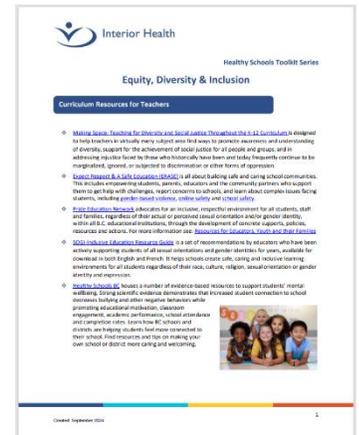
The Hope Inclusion Project Committee seeks to promote an inclusive culture where all in the community can work, play, and learn in a supportive environment. "Together We Thrive" is the first B.C. designed curriculum that offers intersectional social justice education in the early years. Literacy is the foundation of this curriculum. Eight timeless picture books anchor ready-to-teach lesson plans that address the intersectional nature of systemic oppression. Through storytelling, place based learning, and design thinking, teachers and students will grow together in their critical awareness and practice of equity.

For more information on this Kindergarten to grade 4 curriculum resource, [click here](#).



New Teaching Toolkit Resources for Educators

New Teaching Toolkits on the topics of **Equity, Diversity and Inclusion** as well as **Screen Safety and Wellness** have been created and are now available on the IH Public Website. See the updated and newly branded additions on a variety of topics on the [School Staff | Information For | IH](#) page.



LEGAL SUBSTANCES

Teaching and Learning

CONTEST ALERT! Seeking youth artists' views on tobacco, cannabis, vaping and alcohol!



The best way to promote awareness and healthy choices to youth is by involving them in the dialogue and sharing meaningful and honest messages with them. That is why the Legal Substances Team at IH is relaunching the annual ***Beyond the Buzz: Youth Voices on Tobacco, Cannabis, Vaping & Alcohol*** poster contest.

Formerly known as the *Take a Breath: Teen Voices on Tobacco, Vaping and Cannabis* poster contest, this year the contest has taken on a new name that includes an opportunity for youth to express their views on alcohol use. The goal is to learn and share youths' views on how these substances affect them and their friends, family, school and community, and to engage young people and supportive adults in meaningful conversations around substance use.

Students under 19 years of age enrolled in Grades 6 to 12 across the [IH region](#) are invited to share their view on the impacts of tobacco, cannabis, vaping and alcohol

through original artwork inspired by one of the five different themes for a chance to win a gift card of \$150 value.

The contest is **now accepting submissions up until Dec. 15, 2024**. The contest winners will be notified and announced during the week of **Jan. 20, 2025**, which coincides with National Non-Smoking Week!

Find out more about the contest and how to participate at interiorhealth.ca/beyondthebuzz

You can also promote the contest in many ways:

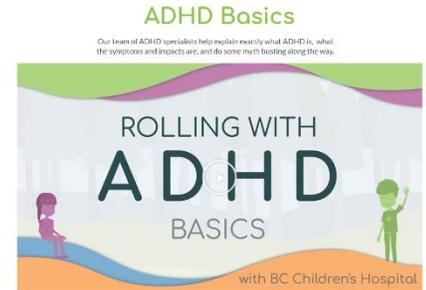
- Share this information with educators and other professionals working with youth
- Display the [contest poster](#) where youth can see it
- Encourage youth in your personal and professional circles to participate

MENTAL HEALTH

Teaching and Learning

ADHD Basics with the BC Children's Hospital

[Rolling with ADHD Basics - Healthy Minds Learning](#) is a video in the parent and educator series.



Find out what ADHD is (and is not) in this short 20-minute video. BC Children's Hospital team of ADHD specialists guide you through the basics and do some myth busting along the way.

YOUTH EMPOWERMENT

Teaching and Learning

Empower YOUth Conference BC Recreation and Parks Association (BCRPA)

Join us on November 23 for [Empower YOUth Conference \(EYC\)](#)!

In-person tickets are SOLD OUT. Virtual tickets are still available.



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

Visit the [EYC website](#) to register and explore this year's program. Online registration closes November 14.

For more information see: [BC Recreation and Parks Association - Conferences - Empower YOUth \(bcropa.bc.ca\)](#)

YOUTH HARM REDUCTION

Teaching and Learning

Safety First Gets a Fresh New Look!

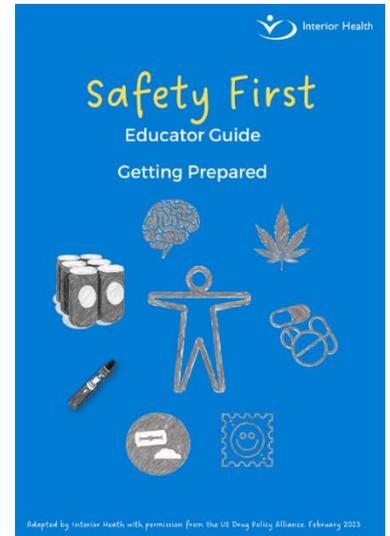
The Youth Harm Reduction Team has completed a refresh of [Safety First](#) – a harm reduction-based substance use education program for BC secondary schools. The 13-lesson curricular-aligned resource was originally developed in US by the Drug Policy Alliance (DPA) and later transferred to the Stanford Medicine’s REACH Lab. The Youth Harm Reduction Team, with permission from the US DPA, revised the program to include BC and Canadian content.

The most recent revisions include a new look and improved Educator Guides. “This round of revisions was based on feedback we received from youth and educators. Youth from the McCreary Center Society reviewed parts of the program and provided some excellent feedback including a request for a more approachable and friendly overall design.”

The Educator Guides were expanded to include practical tips for educators on how to create safe classrooms that allow for open honest discussion. “The research completed on the US version of the program showed that one of the biggest factors in the program’s success was teacher facilitation style; so, it made sense that we incorporate more tips and techniques into the program.”

In addition to information on various substances, the program has lessons on harm reduction, drug policy, cannabis legalization in Canada and more. All lessons include a slide deck, educator guide and handouts!

For more information reach out to the team at yhrc@interiorhealth.ca



Teacher facilitation style matters!

The research done in the U.S. showed that teacher facilitation style was strongly associated with positive outcomes for students. The key word here is “facilitation” – not expertise.

You do not have to be a substance use expert to deliver this program. You are not expected to know everything about drugs. If a question comes up and you don’t know the answer, that is a great opportunity for you to learn along with the class. Never be afraid to say, “I don’t know, why don’t we find out together?”.

This guide contains several tips and suggestions to support you in the delivering the lessons that you will not see in the PowerPoint slide notes. We recommend you read through the Educator’s Guide before delivering lessons.

 Look for the *Creating Safety* symbol throughout the Educator Guide for tips and techniques to build a safe space for discussion. A safe learning space allows students to ask questions and share their opinions without fear of judgment.

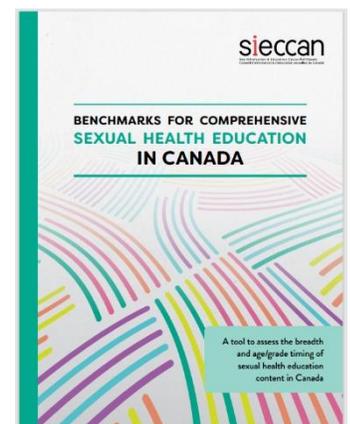
 The lightbulb symbol indicates an *Educator Note*. These notes have ideas for alternate delivery methods, sources of additional information or factors to consider/prepare for when delivering the content.

SEXUAL HEALTH EDUCATION

Teaching and Learning

Benchmarks for Comprehensive Sexual Health Education in Canada.

SIECCAN is pleased to release the Benchmarks for Comprehensive Sexual Health Education in Canada in both [English](#) and [French](#).



The **Benchmarks** are a tool to understand and assess the breadth and age/grade timing of sexual health education content in Canada. The Benchmarks:

- apply the Canadian Guidelines for Sexual Health Education to curriculum and program development.
- adopt a foundational, building block approach to learning that specifies the minimum information and skills that should be addressed to ensure that sexual health education is delivered in a timely, age-appropriate manner.
- include input from surveys of youth, education professionals, parents/guardians from across Canada, research on sexual health education best practices, and the combined expertise of SIECCAN and a diverse and multidisciplinary Advisory Working Group.

The Benchmarks provide educators with a consistent, evidence-based tool to assess the extent to which youth in Canada receive effective sexual health education that meets their needs and contributes positively to their health and well-being. This project is funded by the Public Health Agency of Canada's Community Action Fund.

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](#)