

HEALTH PROMOTING SCHOOLS NEWSLETTER

JANUARY 2026

FOOD LITERACY

Looking for winter food-focused activities for your K-12 class?

Farm to School BC released their [Winter Learning Activities Resource](#). Whether you're teaching indoors or heading outside, there are many curriculum-aligned ways to explore food and seasonal learning throughout the winter. Timing will vary across the province, so some activities may be possible earlier or later depending on your region.



Don't Waste it!

Hands on Food offers a [list of resources](#) to get you and your class started on reducing waste! Help students build awareness around food waste and its environmental impact. Explore the links for lessons on the food system, conducting a classroom waste audit, reducing waste, and more!



Indigenous School Food Story Telling



The [Indigenous School Food Circle](#) is an initiative hosted by the Coalition for Healthy School Food. The Circle shares ways that Indigenous youth, educators, and communities can share their food stories and advocate for culturally relevant/rooted

school food in this excellent resource, [Telling Our Food Stories: Indigenous Storytelling for School Food Advocacy](#).

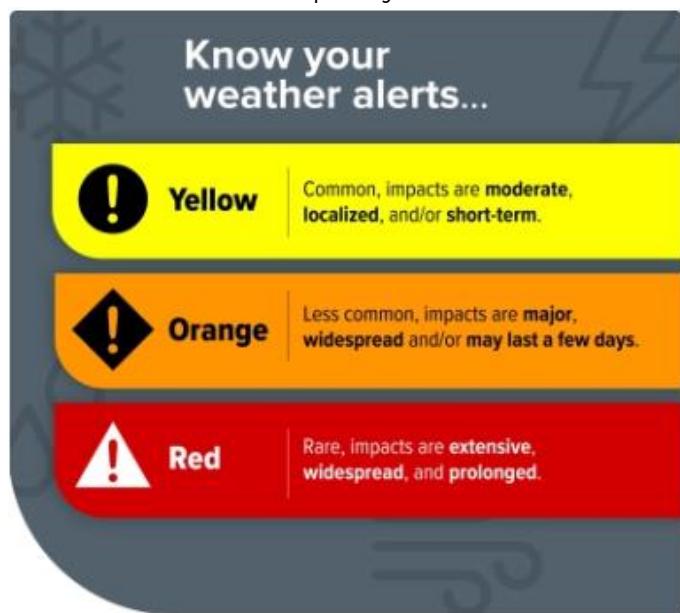
WINTER HEALTH TIPS

Handwashing Tips

When done properly, good hand hygiene is the best way to prevent the transmission of disease. This hand hygiene article offers reminders for proper hand washing and hand sanitizer use, including when it is best to use soap and water and when to use alcohol-based hand sanitizer. Parents and caregivers can also find illustrations to help them teach their child how to properly wash their hands. To learn more, please visit www.aboutkidshealth.ca/handwashing

New Colour-Coded Weather Alerts

Canadians know how quickly the weather can change—and how important it is to be prepared for when it does. That's why Environment and Climate Change Canada (ECCC) has introduced new colour-coded weather alerts. Under this new system all weather alerts—Warnings, Advisories, and Watches—are now colour-coded, moving from yellow, to orange, to red as the potential risk increases. ECCC's forecasters choose the colours based on how confident they are that the weather will happen, and the possible impacts that weather may have. By giving alert colours meaning, Canadians are now able to get at-a-glance information about the potential risk a weather hazard poses to them. For more information on what the colours mean click [here](#)



Yellow Common, impacts are **moderate, localized, and/or short-term**.

Orange Less common, impacts are **major, widespread and/or may last a few days**.

Red Rare, impacts are **extensive, widespread, and prolonged**.

Canada.ca/Weather-Alerts

Canada

PHYSICAL LITERACY

School Physical Literacy Leader - Level 1: Foundations of Physical Literacy

This certification delves into various physical literacy considerations and equips educators with the tools to adapt their teaching methods and learning environments. Explore strategies to facilitate meaningful physical literacy experiences for students. By completing this certification, educators will be well-prepared to create engaging physical literacy programs tailored to the needs of their students. For more information click [here](#): [Certification details](#)



HARM REDUCTION & LEGAL SUBSTANCES

Overdose Response in Schools

BC Centre for Disease Control has released new guidance to help schools prepare for and respond to overdose events on-site. Naloxone must be available at all public **secondary schools by December 31, 2025**, and at all public **middle and elementary schools by September 8, 2026**. The resource covers overdose recognition, naloxone handling, and policy considerations. Essential reading for school administrators and staff: [Download the full guidance](#).

Call for Review: School-Based Substance Use Prevention Standards

The draft standard **School-Based Substance Use Prevention, Education, and Intervention: A Multi-Tiered and Developmental Approach for Kindergarten to Grade 12 Schools (PRV STD-16:2025)** is open for public review in [English](#) and [French](#). Developed by Wellstream, Canadian Centre on Substance Use and Addiction, and the Canadian Association of School System Administrators, this standard offers research-based guidance for K-12 schools on prevention, education, and intervention strategies.

Share your feedback and help shape this important resource. Your expertise and perspectives are essential to ensuring this standard meets the diverse needs of school communities across Canada. **Deadline extended to January 20, 2026.**

SCREEN TIME

Protecting Youth Online

Violent online groups are targeting children and teens through social media and gaming platforms, coercing them into harmful acts and spreading extremist ideologies. Parents and caregivers should watch for warning signs like secretive app use, sudden interest in violent content, or withdrawal. Learn more and get prevention tips: [Read the RCMP report](#).

MDI Webinar

Middle Years Data



If you missed the live webinar: **Children in the Middle Years: New MDI Data, Research and Resources** from UBC's Human Early Learning Partnership, a recording is now available for viewing, along with links to additional resources that were shared throughout the event. Click [here](#) to access.

RESOURCES

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: [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 8](#), [SD 19](#), [SD 23](#), [SD 53](#), [SD 73](#), [SD 83](#)



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](#)

