

# Content for Parent Newsletters

## HEALTH PROMOTING SCHOOLS

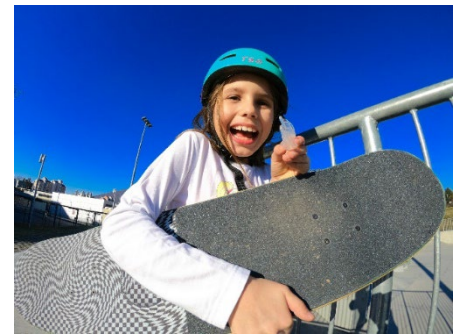
January 2024

### DENTAL

#### Safeguarding Students' Dental Health on the Field and Beyond!

Hey teachers, coaches, and fellow sports enthusiasts! Let's take a moment to talk about something crucial - protecting those "pearly whites". Whether it's hockey, baseball, soccer, or any other sport, injuries to teeth, gums, and jaws are more common than you might think, both in competitive and non-competitive settings.

Mouth guards play an important role in preventing injuries and also safeguard soft tissues. Let's initiate a conversation with our students, players, parents, and coaches about the importance of wearing sports mouth guards during both practice and competition.

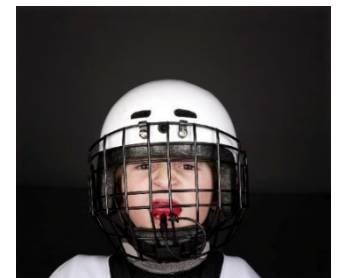


Sharing videos and other resources can promote the use of mouth guards with students before they venture onto the ice, slopes, or sports fields. Follow these links to videos and resources you can share from the Canadian Dental Hygienists Association: [Sports Mouthguards](#), ['Listen to "The Coach" for the Best Advice'](#). The [British Columbia Dental Association](#) provides guidance on oral injuries.

Encourage your sports teams to make wearing mouth guards a habit. Create contests to see which team member can wear their guard properly for the entire duration of practice and games. An exciting prize at the end of the season can be a great incentive. Get inspired with this link to a poster you can add to your locker room or gym: [Mouth Guard Poster](#).

Let's make an investment in protecting our athletes' oral health across all ages and stages of play.

Here's to a season of healthy, happy smiles on and off the field!



## HEALTH SURVEY

### Provincial Survey Invitation- BC Children's Hospital's

BC Children's Hospital's new centre for knowledge is inviting any child or youth 18 years of age or younger and/or their parents or family caregivers to complete this 5 to 10 minute survey. We would like to better support your family by making health information that is easy to find and understand. The purpose of this survey is to collect information to plan a new program for creating and sharing health information that partners with children, youth and family caregivers from the beginning stages.

You may also choose to enter a draw for a **\$100 Indigo gift card**.

*Your personal information is protected by our privacy law in BC. This law is called the Freedom of Information and Protection of Privacy Act (FIPPA). We are collecting your information under section 26 (c) and (e) of FIPPA. If you have any questions about this topic or this survey, please contact Linda Warner, Patient and Family Engagement Advisor, Email: [linda.warner@cw.bc.ca](mailto:linda.warner@cw.bc.ca)*

There are three Ways to Share Provincial Survey:

- 1) **Public Survey URL:** <https://rc.bcchr.ca/redcap/surveys/?s=H9NMKL8DTPLFKCNE>
- 2) **Go to this web address:** <https://rc.bcchr.ca/redcap/surveys/>  
Then enter this code: **EH9NHFPRW**
- 3) **Access with phone camera using QR Code:**



The survey is open until February 29, 2024 and is offered in the following languages:

Français | Tagalog | Deutsch | Español | 한국어 | ਪੰਜਾਬੀ | 普通话 | 东话 | فارسی



**What Matters to You?**

## INJURY PREVENTION

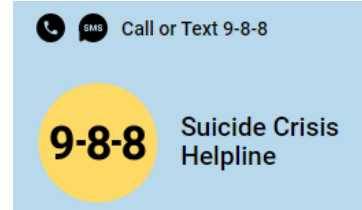
### Community Partnerships

#### 988 suicide crisis helpline launches across Canada

Canada's 988 hotline, which gives people access to suicide prevention services via call or text, is now available in all provinces and territories, 24/7 and free of charge. Its goal is to prevent suicide. Calls and texts will be directed to a network of partners in communities across the country.

To find out more, access the website at: [Get Help | 9-8-8: Suicide Crisis Helpline \(988.ca\)](https://www.gethelp.ca/988)

For more details see this CBC News article: [988 suicide crisis helpline launches across Canada | CBC News](https://www.cbc.com/news/988-suicide-crisis-helpline-launches-across-canada).



## TOBACCO AND VAPOUR REDUCTION

### National Non-Smoking Week

Did you know that, on average, a smoker lives 10 years less than a non-smoker? To help inform Canadians about the risks of smoking, prevent the initiation of use, and inspire users to quit, the Canadian Council for Tobacco Control has dedicated the third week of January as National Non-Smoking Week. This annual campaign also stresses the importance of educating children and youth by protecting them from starting cannabis, commercial tobacco and vapour use. Also, with open and honest conversations encouraged throughout the week, individuals looking to quit or limit their use can plan with friends to improve their health. This year, the notable week falls on **January 21 – 27, 2024** with the Wednesday (January 24) dedicated as Weedless Wednesday, where smokers are encouraged to stop lighting up cannabis, commercial tobacco and vapour products for a 24-hour period. Remember – every attempt to quit counts!

### New! QuitNow Mini Site for Youth Vaping



Informed by QuitNow's engagement work with young people across BC, and feedback provided by the Youth Advisory Council at McCreary Centre Society, this new QuitNow Vaping mini site provides information and interactive activities on the health risks of vaping, the benefits of quitting vaping, and coping with nicotine and cannabis dependency and mental health. There is also a step-by-step guide youth can access in order to quit or reduce vaping. You can access this new webpage for more information here: [Cut Down or Quit Vaping: The steps towards a vape-free life | QuitNow](https://www.quitnow.ca/youth-vaping).

### **BC Lung Vaping Health Education Toolkits for Parents & Teachers**

In partnership with some of our neighboring BC Health Authorities, the BC Lung Foundation has developed youth vaping health education resources intended for use by teachers, healthcare professionals and parents. These toolkits include PowerPoint presentations with integrated interactive activities and concise video content on the known health risks of vaping for both students at the grade 5-7 level, and for the grade 8-10 level. These useful and informative toolkits can be accessed here: [Vaping Health Education Toolkits for Parents & Teachers | BC Lung Foundation](#)

