

HEALTH PROMOTING SCHOOLS NEWSLETTER

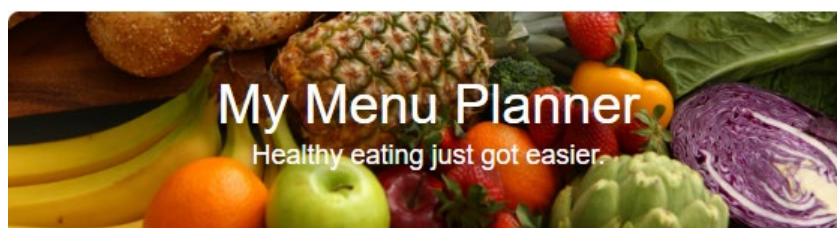
Content for Parent Newsletters

March 2023

NUTRITION

Meal Planning

Are you in search of a new meal planning tool? Take a peak through the Dietitians of Canada [Cookspiration](#) meal planner tool to get you started.



RADON

Interior Health Pilot Project Testing for Radon in Schools

Radon is a radioactive gas that is formed naturally in the ground. It has no colour, odour, or taste and can accumulate indoors, particularly in basements and ground floors. Radon is the second leading cause of lung cancer in Canada after smoking. Spending long periods of time in rooms where radon is present can increase the chance of developing lung cancer. The only way to know radon levels is to test for it, and testing is best done in winter months.

Many Interior Health Schools are participating in the radon testing pilot project. More information to come when the 91 day testing period is complete.

For more information and resources about radon in BC visit:

- Interior Health's Radon Information Page - [Radon Overview and Resources](#)
- BC Centre for Disease Control - [Radon Overview and BC Mapping Information](#)
- [BC Lung Foundation](#)

If you have questions, please contact the Healthy Schools team at HealthySchools@interiorhealth.ca

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