

# HEALTH PROMOTING SCHOOLS NEWSLETTER

JANUARY 2025

## FOOD LITERACY

### Teaching and Learning

#### Resource

Check out the [Passport to Healthy Living \(BC Dairy\) - grades 4-7](#) – A 9 lesson program designed to promote and support food literacy for students in grades 4 to 7. Take the [workshop](#) to learn more and access food literacy resources.

#### Events

##### [The Great B.C. School Cook-Off](#) (K-12)

An exciting cooking contest is heating up this winter for B.C. students. Create a recipe made with local B.C. foods, get featured in a new digital cookbook, and win some great prizes along the way! The Cook-Off runs from **December 12, 2024, to March 1, 2025**.



#### Looking Ahead

February is Eating Disorder Awareness Month - [Embody](#) is hosting a free event open to parents, caregivers, youth, professionals, family, and friends on **Understanding Disordered Eating: How to Support the Youth in Your Life**. Saturday, February 1<sup>st</sup> at 10:30 - [Link to event](#)

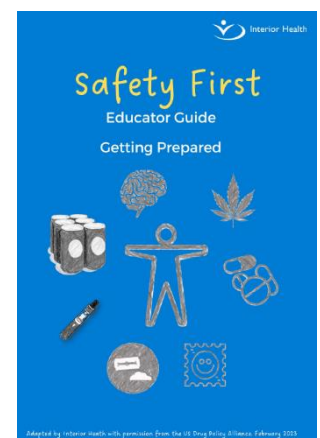
## LEGAL SUBSTANCES AND HARM REDUCTION

### Teaching and Learning

#### Youth Substance Use Education Program 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", says Lesley Coates, Regional Harm Reduction Coordinator with the Youth Program. 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](mailto: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.

## MENTAL HEALTH

### Teaching and Learning



### The Voices of Siblings Webinar Now Available

It is common to get questions on how we can best support siblings in our families and respond to questions that they ask. In this webinar, we discuss the role of children and youth who have a sibling living with mental health challenges and some strategies for parents and caregivers to support them. [Watch Now.](#)

### Understanding Disordered Eating: How to Support Youth



Saturday, February 1, 2025, 10:30-12 pm; Free and Online

Learn from our panel of youth with lived experiences and our moderator, Carmen Kaufmann, an eating disorder specialist. This free event is open to parents, caregivers, youth, professionals, family, and friends. [Get your ticket](#) today.

Through this event you will:

- Understand the factors that influence disordered eating
- Learn how to identify warning signs for disordered eating
- Hear how youth cope with social media, fat shaming, diet culture and more
- Learn how to support and start the conversation about disordered eating and body image

For more information, contact our Embody team directly at [embody@familyservices.bc.ca](mailto:embody@familyservices.bc.ca), or go to [embodybc.com](http://embodybc.com).

## PHYSICAL LITERACY



### Relationships and Environments

#### Active Play Club

The BC Alliance for Healthy Living has a new project underway: the Active Play Club. The goal of this program is to provide a unique opportunity for elementary and middle school children to engage in unstructured play on their school grounds after classes are done for the day. Under light supervision of an adult, children are free to explore, create, and interact, fostering their physical, social, and emotional development.

The program is in its pilot phase and includes an Active Play Grant to assist with the initial setup and ongoing operations of the club for the pilot period.



The Active Play Club program partners with school districts and PACs across British Columbia to establish and supervise the Clubs. After all, school playgrounds are the ideal space for children to play. To find out more about joining our pilot program and apply for a grant check the [Join the Active Play Club](#) and the [Contact Us](#) pages.

Learn more about the [Active Play Club](#) and other resources on [the program website](#).

## 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](mailto: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](mailto:LegalSubstances@interiorhealth.ca)

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