

# HEALTH PROMOTING SCHOOLS NEWSLETTER

MAY 2025

## FOOD LITERACY

### Teaching Resources

Looking for food literacy ideas linked to food recipes? Have a look at the Feed BC Food Literacy Resources:

- [The Great B.C. School Food Cookbook](#): recipes and stories created by classes across B.C. using B.C. ingredients.
- [All about B.C. food posters](#) and scrolling slideshows to support learning about B.C. food, agriculture, and food systems can be found on the [Feed BC website](#).



### Webinar Series: April 29<sup>th</sup>, May 15<sup>th</sup>, May 27<sup>th</sup>

Looking for ways to incorporate more agriculture and food systems education into your secondary school classroom? Check out the webinar series [Cultivating Curiosity - Innovative Models for Agriculture and Food Systems Literacy in BC Secondary Schools](#). Register [here](#) on the Farm to School website.

## MENTAL HEALTH

### Teaching and Learning

#### Mental Health Week -May 5-11, 2025

#### Resource for Educators

From May 5 to 11, 2025, join us in celebrating Mental Health Week by exploring the concept of masking and talking about the masks we wear, stigma and mental health in ways that are supportive and affirming in the resource for educators: [There's More to me](#).



### Information for Parents and Caregivers

When young people face challenges, it can be hard to know what is going on and how to help. Having a conversation is a great place to start. It lets them know they don't have to deal with challenges on their own. You don't need to have all the answers. Being willing to listen and being open, curious and compassionate are what matter the most. For tips to starting a conversation and other youth mental health resources see: [Talking to Youth About Mental Health | BC Children's Hospital](#)



### Online Event for Parents and caregivers: Finding and Creating Connection With Kids

May 6 @ 6:30 pm - 7:30 pm PD

Connecting with kids can feel challenging, especially when they are struggling with their mental health. Whether we are a parent or a caring adult in a young person's life, what we say and do matters. Simple, caring conversations and shared moments—no matter how small—can have a meaningful impact.

Join us online for a candid conversation with parents who have navigated these challenges firsthand. They'll share their experiences, struggles, and the ways they've found to stay connected—even when it feels impossible. These parents are also Family Peer Support workers, offering guidance to other families facing similar journeys.

To register see: [Finding and Creating Connection With Kids - FamilySmart](#)



### Relationships and Environments

#### National Child & Youth Mental Health Day is May 7th

Whether you're a parent, caregiver, teacher, or community member, there are so many ways to get involved and show children and youth that you care.



MAY 7TH  
National Child  
& Youth Mental  
Health Day

- ♥ Join our free online events
- ♥ Download conversation guides for your classroom or home
- ♥ Share about National Child & Youth Mental Health Day on social media and use the hashtag #may7icare to spread awareness

Explore all the ways to participate at [may7icare.ca](#)

## Partnerships and Services

### Canadian wide youth MHSU early intervention survey open now to young folks

Help improve access to mental health and substance use services for other young people by sharing your past experiences. The Canadian Institute for Health Information (CIHI) is working with federal, provincial and territorial governments to understand the experience of youth age 13 to 24 with mental health and substance use services. Your responses can help shape how these services can be improved.

25 questions-10 minutes to complete-chance to win a \$100 gift card  
For more information see: [Use Your Voice | CIHI](#) Your voice can help others.

#### Your voice can help others

Help improve access to mental health and substance use services for other young people by sharing your past experiences.

[Take the survey](#) [Privacy policy and terms of use](#)



## OUTDOOR CLASSROOM

### Teaching and Learning

#### Free [Outdoor Learning Spring Virtual Workshops](#) in partnership with Take Me Outside

All Virtual Workshops are **60 minutes** and will take place **at 4pm PST / 7pm EST**

For more information and to register see:

**May 20:** [Claws, Paws, & Jaws: Resources for Teaching about Wildlife](#)

**May 27:** [Being Held and Known by the Land: Indigenous Resources](#)

**June 3:** [Indigenous Learning Resources for the Elementary Years](#)



#### **NEW** [Take Me Outside Podcast: Educator Wellbeing: Connecting Teacher Wellness with Outdoor Learning](#)

We have heard about the growing number of educators who are experiencing fatigue and burnout. This conversation explores some of the research and work being done, and dives into the importance of the time we spend outside. It's not just kids who need to be outdoors - adults need it too.

## PHYSICAL LITERACY

### Relationships and Environments

#### Physical Activity in Extreme Weather

The [Heat and Smoke Safety Guide](#), from BC Alliance for Healthy Living is designed for coaches, recreation leaders and staff so they can plan ahead to protect and support their communities during inclement weather in the summer.



Other sources of extreme weather information located on the School Staff IH Public Website include:

- [Wildfire smoke - School and childcare facilities](#)
- [Wildfire Smoke Recommendations for Schools - BCCDC](#)
- [Extreme heat - School and childcare facilities](#)

### **RISE Individual Grants**

[RISE Individual Grants](#) support all Children and Youth in and out of Care (under the age of 27) who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity. Up to \$1000 per calendar year can be put towards program cost, equipment and travel.

**Application Deadline: Ongoing**

## **RESOURCES**

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### **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](#)