



HEALTH PROMOTING SCHOOLS NEWSLETTER

PARENT INFORMATION

FEBRUARY 2020

Teaching and Learning

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 20](#), [SD 22](#), [SD 23](#), [SD 27](#), [SD 53](#), [SD 73](#), [SD 83](#)

Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics.

EATING DISORDERS AWARENESS



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Eating Disorders Awareness Week – February 1-7, 2019



Eating Disorders affect people of all genders, sexual orientations, ages, socioeconomic class, abilities, races, and ethnic backgrounds. That is why, from February 1st to 7th every year; Eating Disorder groups across Canada unite to commemorate [Eating Disorder Awareness Week \(EDAW\)](#) with a national week of action focused on educating the public about Eating Disorders.

Prevention Starts At Home Tool Kit

Disordered eating and body image issues often begin at a young age. The earlier we help children foster healthy attitudes with their bodies and their relationship with food, the less likely they will develop disordered eating behaviours. This free printable "[Raising Kids With A Healthy Body Image](#)" resource is available for parents of young children.

The following are resources that may be helpful for counsellors, teachers and parents:

[Jessie's Legacy- Eating Disorders and Prevention and Awareness Resources](#)

[Guidelines for School Staff: Helping a Student with a Suspected Eating Disorder](#)

[Interior Health Eating Disorders Telephone Contacts and Website Resources](#)

For more information about events in BC and social media promotion see: [Provincial Eating Disorders Awareness Campaign](#) (PEDAW)

MENTAL WELLNESS

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CKNW Kid's fund- Pink Shirt Day- February 28

With one in five students affected by bullying, chances are that you or someone you know is being impacted. If you're not sure what to do, reach out to someone who can help. And remember, kindness and compassion can go a long way. Resources for parents, teachers and students can be found [here](#).

NUTRITION

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Live 5-2-1-0 Resources Promoting the '5'—Tip Sheet for Families

The 5 guideline in the Live 5-2-1-0 message can be challenging for some families to follow due to the time it can take to prepare vegetables and fruits, and because of the higher cost often associated with fresh produce.

In response to feedback from our community partners, we've created a new '5' Tip Sheet for Families with suggestions on how to incorporate veggies and fruits into meals and snacks while saving time and money.

The '5' Tip Sheet is available for download from the Families sector of the [Live 5-2-1-0 Resources Map](#). This is the first in a series of Tip Sheets for Families—stay tuned for upcoming Tip Sheets on the other three guidelines!

Here are some suggestions:

Tips to Reach 5-a-Day

- ✓ Choose vegetables and fruits for snacks at home and for school lunches
- ✓ Try beginning dinner with a salad or raw vegetables
- ✓ Make a smoothie using fruits, vegetables, and unsweetened milk (dairy or plant-based)
- ✓ Serve cut up fruits and vegetables in fun and creative ways—make faces, shapes, and designs
- ✓ Add pureed or grated vegetables or fruit in soups, stews, casseroles, and baking
- ✓ Use leftover vegetables in stir-frys, soups, curries or salads
- ✓ Encourage children to pick out one new vegetable or fruit to try when grocery shopping
- ✓ Be a role model for your kids and eat vegetables and fruits yourself

Tips to Save Time

- ✓ Cut and prepare vegetables for multiple meals at once – store the extras in the fridge for later use
- ✓ Make a double batch of your favourite meal and freeze half to enjoy later
- ✓ Keep a bowl of fruit out for kids to grab as an easy snack
- ✓ Use frozen or canned vegetables and fruits to help cut down on preparation time when cooking
- ✓ Skip cooking the vegetables and serve them raw with a low-fat dip



TOBACCO AND VAPOR PRODUCTS

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Conversation Starter – Vape Flavoured Ice Cream?

Dressing up nicotine-based products with candy flavours provides a misconception of a harmless product. This video by the Canadian Lung Association uses the idea of nicotine flavoured ice-cream to reiterate that nicotine is not meant for children. Watch it [here](#).

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

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