

# HEALTH PROMOTING SCHOOLS NEWSLETTER

Content for Parent Newsletters

November 2022

## DENTAL

### Kindergarten Dental Screenings are Coming to a Classroom Near You!

This school year, children in kindergarten classes will get to take part in a dental health screening. Brought to you by Interior Health's public health dental staff as part of a province-wide screening program. This screening takes place every three years to monitor trends in early childhood dental health and to identify children with dental concerns. A list of all published dental reports can be found at the [Ministry of Health library website](#).

The dental screenings are done to compare trends and evaluate dental programs. Tongue depressors and flashlights will be used to look for obvious dental problems that can interfere with health and learning. Take home information as well as toothbrushes and toothpaste will be provided after the screening. The most recent published Provincial Dental Health survey report and more dental care information is found here: [School Health Care | Infant & Youth Health | IH \(interiorhealth.ca\)](#). The Dental Program team are looking forward to seeing the kindergarten students!



## NATURE CONNECTION

### Greening Canada's School Grounds Grant Program

Tree Canada's Greening Canada's School Grounds program strengthens the relationship between students and nature. Tree Canada will be accepting grant applications between Tuesday, October 11th, 2022 and Monday, December 12th, 2022. For more information and to submit an application see: [Greening Canada's School Grounds – Tree Canada](#)



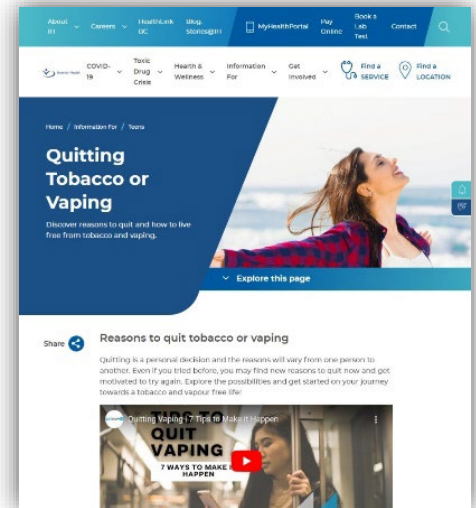
## TOBACCO AND VAPOR PRODUCTS

### New information on how to quit vaping

Teens and adults who want to learn how to reduce or quit tobacco or vaping now have a [dedicated page](#) at IH where they can find information and resources. The page can be found on the [Teen Hub](#) where they will also find the [Tobacco & Vaping Information for Youth](#) page.

#### Ideas on how to use this resource:

- Make the link available on the school/district website and resources for students, parents and staff
- Include it in the teaching about tobacco and vaping



### Tic-toc! The “Take a Breath” poster contest ends on Nov 15!



The youth poster contest **“Take a Breath: Teen Voices on Tobacco and Vaping”** was launched last month to capture youths’ views on how using tobacco and/or vaping affects them and their friends, family, school and community, and to engage young people, schools and families in the conversation.

Students enrolled in Grades 8 to 12 under 19 years of age across the [IH region](#) can submit their artwork inspired by 5 different themes for a chance **to win a gift card of \$150 value**. The contest closes for submissions on **Nov. 15, 2022** and the winners notified and announced on the week of **Jan. 15, 2023**. **Find out more about the contest and how to participate at [www.interiorhealth.ca/takeabreath](http://www.interiorhealth.ca/takeabreath)**