

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

SEPTEMBER 2026

Food Literacy

Visit Interior Health's [Nutrition & Food Security](#) webpage for resources on nutrition, school food programs, teaching about food, body image and more.

- [Lunches to go | HealthLink BC](#)
- [The Great B.C. School Food Cookbook](#)



Dental Health

Dental information for families can be found on the [Interior Health website](#). The following resources have activities, games and coloring sheets to help kids understand the importance of brushing their teeth, how to prevent cavities and have good dental health:

- [Dental and Oral Health Toolkit](#)
- [Canadian Dental Association](#)
- [DHC brushing chart 2019](#)
- [Educational Resources](#)



INJURY PREVENTION

[The Concussion Awareness Training Tool \(CATT\)](#) is a series of free online educational modules and resources that provide training in recognizing, treating and managing concussions for school professionals as well as parents, players, and coaches. Good concussion management is pivotal to minimizing the risk of brain damage and may reduce long-term health consequences. The [Concussion Awareness Training Tool for Parents & Caregivers](#) provides information needed to respond and manage concussions in the school setting.

MENTAL HEALTH

There are several webinars held through [Kelty Mental Health](#) that review back to school routine resources that can assist in kids' mental health.

Additionally, sleeping well assists kids with both their physical and mental health. Review the following resources on sleeping well:

- [Sleeping Well | Kelty Mental Health](#)
- [healthy-schools-toolkit-sleep.pdf](#)

There are numerous resources that can help support your child's mental health as they go back to school:

- [Interior Health Mental Health Services for Children & Youth](#)
- [Interior Health Mental Health and Substance Use Website](#)

- [Foundry Virtual BC](#)
- [KeltyMentalHealth.ca](#)
- [FamilySmart.ca](#)



Immunization

Many students in BC received their routine vaccines at school as per the [Immunization schedules for children in BC](#). Some students experience anxiety and fear around needles and vaccines. Parents can assist to support students using programs such as the CARD (Comfort, Ask, Relax, Distract). The [CARD System for Vaccination](#) has toolkits and resources that can assist parents in improving the vaccination experience for students at school.

Physical Literacy

The [Spotlight on Physical Activity For Children and Youth: 2026 Progress Report](#) reviews overall physical activity, active play, active transportation, organized sport, sedentary behaviours and sleep. The report highlights that Canada's children and youth are not as physically active as they once were and are not meeting screen time recommendations. Please view the full report for grades and key findings.



The following resources can assist in encouraging Canada's children and youth in being more active at school and at home:

- [Learning in Motion – Physical Activity & Physical Literacy Resources](#)
- [Physical Activity and Physical Literacy Social Media Toolkit | BC Alliance for Healthy Living](#)
- [Healthy Screen Use | Centre for Healthy Screen Use](#)
- [Sedentary behaviour and screen time | Northern Health](#)

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Electric kick scooters (e-scooters) are becoming increasingly popular, but it's important to know the rules before riding. In BC, riders must be **at least 16 years old** to operate an e-scooter on public roads. In addition, e-scooters are only permitted on public roads in communities participating in the [Electric kick scooter pilot project - Province of British](#)

[Columbia](#). Riding an e-scooter on public roads if you are under 16, or in a community that is not part of the pilot program, is illegal.

For riders aged 16 **and** older living in a pilot community, always wear a helmet, never carry passengers, and be sure to review and follow your local bylaws before riding.

Healthy Communities

Walking and cycling are an important way for children and youth to add physical activity to their daily routine. Being safe in our transportation around our communities is essential as kids go back to school. Review the following resources on active living in our communities while being safe:

- [Learning in Motion – Physical Activity & Physical Literacy Resources](#)
- [Physical Activity and Physical Literacy Social Media Toolkit | BC Alliance for Healthy Living](#)
- [How to create your own back-to-school bike rodeo – Active For Life](#)
- [AT Infographic for Children Youth](#)
- [TravelSmart for Kids Strategy | TransLink](#)



Thank you!