



# HEALTH PROMOTING SCHOOLS NEWSLETTER

## FEBRUARY 2017

### MENTAL WELLNESS RESOURCES

#### Community Partnerships

A new handout: [Mental Wellness Resources for Children, Youth and Families](#) has been added to the [Interior Health Public Website](#).

The information may be useful for teachers, counsellors, parents and families.

### NUTRITION

#### Teaching and Learning



#### New Action Schools! BC Website

Just a reminder to check out the new Action Schools! BC [website](#)! The website has been updated with online workshop registration, streamlined Action Planning Guide and materials that reflect the new BC curriculum.

## Community Partnerships

### Food Literacy Mentor Position

Action Schools! BC is looking to hire casual part-time Food Literacy Mentors to support food literacy capacity and action aligned with the Action Schools! BC healthy living goals. The Food Literacy Mentors will be working with Regional Development Coordinators and schools to provide two tailored supportive sessions on enhanced food literacy teaching and learning strategies in alignment with the new Physical and Health Education Curriculum.

For more information check out the Action Schools! BC [job posting](#).

# PHYSICAL ACTIVITY

## Community Partnerships

### Action Schools! BC Workshops NOW Available

#### *Receive a workshop booking incentive*

The updated Action Schools! BC Physical Activity and Health Eating workshops are now available. Contact the Action Schools! BC provincial team or visit the [Action Schools! BC website](#) to schedule the new workshops.

The first 80 schools to book a workshop will be entered in a draw to receive:

- One of 20 **equipment grants of up to \$200**
- One of 10 **full day TOC release times** for planning with colleagues around physical activity and healthy eating.

The updated workshops reflect changes to BC's education system, integrate comprehensive school health, First Nation's Principles of Learning and mental well-being. The goal of the Action Schools! BC program is to support students learning to be healthy.

### Canada Games Activity Challenge

#### *Sign up today!*

Celebrate Canada's 150th and build daily activity habits for Canadian kids!! Join thousands of elementary schools across Canada for the

[Canada Games Activity Challenge](#). For more information [Click here](#).

## **Physical Activity Line Joins HealthLink BC**

***Dial 8-1-1 for services***

As part of the Ministry of Health's ongoing commitment to support the wellness and healthy lifestyles of British Columbians, the Physical Activity Line has joined the [HealthLink BC](#) team to expand access to health, nutrition and physical activity services by phone and online.

As of November 24th, you will be able to reach the team of qualified exercise professionals by simply dialing 8-1-1. Telephone services will continue to be available Monday to Friday from 9am to 5pm, and will now also be available in over 130 languages.

For more information see: [Healthlink BC - Physical Activity](#)

# **TOBACCO REDUCTION**

## **Teaching and Learning**

### **Making Quitting Your Resolution**

The New Year is upon us and perhaps you are one of the many who have been thinking about becoming tobacco free in 2017. What an amazing gift to give to yourself, your family and friends! To learn more please visit:

<http://www.vernonmorningstar.com/lifestyles/410312635.html>

### **Quitnow Live Chat and Video Coaching**

Get real time personalized coaching to help with your quit. To learn more please visit:

<https://www.quitnow.ca/support/quit-coaches>

### **Smoking in the Movies**

Numerous studies have shown that smoking in movies makes teens more likely to try smoking. In fact, a review study suggested that as much as 37 per cent of youth smoking initiation is due to smoking in movies. To learn more please visit: <http://smokefreemovies.ca/>

### **Waterpipe Use in Canada**

A waterpipe, also known as a hookah, narghile, argchile, ghalyan, ghelyoon, goza, and hubble-bubble, is a device used to smoke tobacco and non-tobacco, herbal products known as shisha. To learn more please visit:

[https://content.cancerview.ca/download/cv/prevention\\_and\\_screening/tobacco\\_cessati\\_on/documents/waterpipe\\_use\\_in\\_canada\\_backgrounder\\_enpdf?attachment=0](https://content.cancerview.ca/download/cv/prevention_and_screening/tobacco_cessati_on/documents/waterpipe_use_in_canada_backgrounder_enpdf?attachment=0)

## **Flavoured Tobacco**

Flavoured tobacco products attract youth. The tobacco industry is aware that flavours are particularly attractive to youth. To learn more please visit:

[https://content.cancerview.ca/download/cv/prevention\\_and\\_screening/tobacco\\_cessation/documents/flavouredtobaccobackgrounderpdf?attachment=0](https://content.cancerview.ca/download/cv/prevention_and_screening/tobacco_cessation/documents/flavouredtobaccobackgrounderpdf?attachment=0)

## **Raising the Age to 21**

Is it time to raise B.C.'s legal smoking age to 21? To learn about what the Health Minister is recommending please visit: <http://globalnews.ca/news/3189541/b-c-s-health-minister-suggests-raising-legal-smoking-age-to-21/>

## **Community Partnerships**

### **IH Tobacco Contacts:**

Do you need to reach the Interior Health Tobacco Team? **Email:** [tobacco@interiorhealth.ca](mailto:tobacco@interiorhealth.ca)

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

Or contact:

*Valerie Pitman* phone: 250-364-6221  
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