

Northern BC Healthy K to 12 Schools Newsletter

ISSUE 2 | SUMMER 2022



Information for Northern BC schools,
students, and families



northern health
the northern way of caring

IN THIS ISSUE

FUN ACTIVITIES



05
Safe Kids Week
Use Muscles
not Motors.



05
GoByBike WEEK
Bike for fun
and fitness.



05
**ParticipACTION
Community Better
Challenge**
Track activity and win!

FOR ALL SCHOOLS



03
QR codes
Follow the steps to access
online resources using your
mobile device's camera app.



07
Food literacy
Learn about food, growing food,
and teaching about it too.



04
Services to schools
See at-a-glance the types of
services offered for families with
school-age children and youth.



08
**Child and youth
mental wellness**
Discover Foundry resources,
First Nations Health Authority
mental health and wellness
toolkit, Kelty Mental Health, and
more from Northern Health.



06
Being safe this summer
Check out these resources to
prepare, plan, and teach about
road safety to children and youth.



08
Living with COVID-19
Continue to stay safe by following
health protection practices.



06
Concussion prevention
Read about the signs, symptoms,
and, concussion prevention.



09
**Drug and poison
information**
Find great advice for drug
and poison prevention and
connecting to help.



06
Be Sun Safe
Use these sun safety tips while
enjoying the outdoors.



12
**Important contact
information**

FOR ELEMENTARY SCHOOLS



04 Kindergarten entry immunizations

Watch for kindergarten clinics.



10 Vaping

Learn the facts with these PowerPoints and activities for teachers, parents, and caring adults about vaping.

FOR SECONDARY SCHOOLS



10 Binge drinking

Don't let alcohol take control of you. Understand the risks.



10 Distracted driving

27% of all fatal car crashes are from distracted driving. Understand your responsibilities as a driver.



10 Vaping

Learn the facts with these PowerPoints and activities for teachers, parents, and caring adults about vaping.



11 Safer sex

Know your rights to consent.

USING QR CODES

In this newsletter, we use QR codes for various websites and resources. Here are steps to help you:



- **Step 1:** Open the camera app from your mobile device (either on the home screen, control centre, or lock screen).
- **Step 2:** Hold your device so the QR code opens in the viewfinder and wait until you see a notification pop up with a link.
- **Step 3:** Click on the notification to open the link associated with the QR code.

FOR ALL SCHOOLS

Services To Schools

Healthy schools help to protect the health and safety of our children and youth in the North. For an overview of the current Northern Health (NH) services that are available to schools, visit the [NH School and Youth Health](#) public webpage.



At a glance, the types of services offered for families with school-age children and youth include:

- Communicable disease follow up
- Environmental health
- Immunizations at Kindergarten entry (4-6 years of age), Grade 6, and Grade 9
- Nursing services, health education, and health promotion for:
 - Cannabis, tobacco, and vapour reduction
 - Injury prevention
 - Mental health
 - Nutrition and healthy eating
 - Physical activity
 - Sexual and reproductive health
 - Support for children with potentially life-threatening medical conditions
- Support with substance use including access to harm reduction supplies.
- If you or your family need to connect with a health care provider, connect with the [health unit](#) in your community.



Note: Some services may vary from community to community and school to school.

Kindergarten entry immunizations



Children entering Kindergarten (between 4-6 years) need booster vaccines against vaccine-preventable communicable childhood diseases. At this age, they are offered vaccinations against Tetanus/Diphtheria/Pertussis/Polio (Tdap-IPV), Measles/Mumps/Rubella/Chickenpox (MMRV), and any other childhood vaccinations that may be overdue.

Please contact your local health unit to find out when kindergarten immunization clinics will be held and to book an appointment.



You can [check your child's immunization status](#).



Connect to your [local health unit](#).



FUN ACTIVITIES

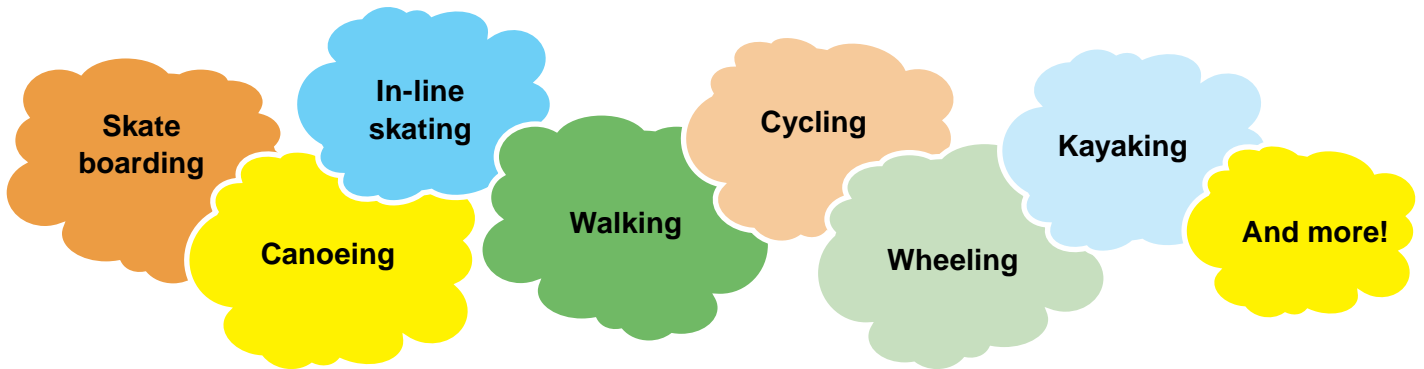


Safe Kids Week



This year's Parachute's [Safe Kids Week](#) (May 30 to June 5, 2022) is focused on promoting safe and active transportation. Parachute's vision is to make roads safer so that every kid can experience better mental, physical, social, and emotional well-being through the use of active transportation.

Use Muscles not Motors to get from "point A to point B". Think :



GoByBike WEEK

Coincidentally, this year's spring [GoByBike Week](#) is also taking place during the week of May 30 to June 5, 2022. GoByBike BC Society celebrates GoByBike Weeks biannually (twice a year) as a way to encourage ALL British Columbians to choose the bike as their method of transportation.



The goals of GoByBike Week are for people to:

- Discover how enjoyable it is to ride a bike
- Continue to ride their bikes more often
- Experience improved mental and physical health



Individuals, organizations, and schools are encouraged to register, participate, and log their rides in order to **win fabulous prizes** and have fun while getting active. What a great opportunity to take our learnings from Safe Kids Week and apply them while participating in GoByBike Week. We want to set our students up for a fun, active, and safe summer holiday.

ParticipACTION Community Better Challenge



Participate as a school or class in this physical activity challenge throughout the month of June. All physical activity minutes logged will support your community in its bid for "**Canada's Most Active Community**", which **comes with a prize of \$100,000** to support local physical activity initiatives and programs. In addition to the national winner, there will also be prizes for the most active community in each province and territory.



BEING SAFE THIS SUMMER

Road Safety



For parents/guardians:

- Teach your child to be a safe pedestrian.
- It's never too early to learn to be street smart.
- All it takes is a little time—time to prepare, plan, and teach your child how to be safe on the road. Get started: [Road safety for your kids](#) (ICBC).



For teachers:

- Check out ICBC's free learning resources to teach BC students road safety skills and awareness [for educators](#) (ICBC).
- Learning plans are available for Preschool to Grade 3, Grade 4 to 6, and Grade 7 to 10.



Concussion prevention



A **concussion** is a brain injury that can't be seen on routine X-rays, CT scans or MRIs. It affects the way a person may think and remember things, and can cause a variety of symptoms. Any blow to the head, face or neck, or a blow to the body that jars your head, could cause a concussion.

Learn more about prevention, signs and symptoms of a [concussion](#), and the Parachute resources available for teachers, parents, and caring adults.



Be Sun Safe

Adapted from Canadian Cancer Society

As the days get warmer, it's exciting to get outside and be more active. Enjoy the outdoors while also protecting your family from harmful UV radiation.

Practice these sun safety tips:

- Seek shade or create your own where it is not available
- Slip on weather appropriate clothing that provides sun protection
- Slap on a wide-brimmed hat to protect ears, neck, and face
- Slop on sunscreen with SPF 30 or higher to protect your skin
- Slide on sunglasses to protect your eyes



[Enjoy the sun safely](#) (Canadian Cancer Society)



[Be a SunSense Certified School](#)

FOOD LITERACY

Here is a list of resources for exploring food literacy for schools and families. For additional support related to promoting healthy eating at your school, connect with a Northern Health Population Health Dietitian at PopHthNutrition@northernhealth.ca or [250-631-4236](tel:250-631-4236).



[Teach food first: An educator's toolkit for exploring Canada's Food Guide with K-8 students](#)

A new toolkit featuring lessons and resources that connect to BC curriculum and First Peoples principles of learning, as well as practical tips for teaching about food and nutrition in the classroom.



[Farm to School BC's school garden mentorship program](#)

Interactive workshops offering practical tips and resources for creating and sustaining a school garden. Topics include crop planning, classroom and outdoor growing, summer maintenance, harvesting, and seed saving. Sessions run until October 2022 and are recorded.



[NH's healthy eating at school web pages](#)

A one-stop-shop for information and resources for schools and educators related to school food programs, food and nutrition curriculum, granting opportunities, managing food allergies, and more.



[Salad bar equipment kits](#)

Interested in trying a salad bar program at your school? Salad bar equipment (including a plastic table top with stainless steel inserts, bowls, and food warmers) is available for loan to Northern schools at no cost. For more information connect with a Northern Health Population Health Dietitian at PopHthNutrition@northernhealth.ca or [250-631-4236](tel:250-631-4236).



LIVING WITH COVID-19



Thank you for helping to protect us all by getting immunized and using other great health protection practices like handwashing, social distancing, and masking to help stop the spread of COVID-19. Continue to protect yourself and others by:

- Getting immunized for COVID-19
- Washing your hands often
- Using masks when recommended and being respectful to those who choose to wear a mask
- Practicing respiratory etiquette by covering your cough
- Respecting personal space



[NH COVID-19 Information public webpage](#)



[BC Self Assessment Tool](#)



CHILD AND YOUTH MENTAL WELLNESS

• FOUNDRY •

Foundry offers young people in BC ages 12-24 and their caregivers easy access to mental health & substance use counselling and peer support, primary care and employment services.

Services can be accessed by walking into a Foundry centre, visiting foundrybc.ca, or downloading the Foundry BC app.

Referrals are not needed, and all services are free and confidential.



Foundry centres in Northern BC:

Prince George
Terrace
Burns Lake – [Coming soon!](#)



Don't have a Foundry centre in your community?

Access Foundry's provincial virtual services from anywhere in BC, 7 days a week. Access **drop-in** and **scheduled appointments** through the **Foundry BC app** on your smartphone or computer device.



Mental Wellness Supports

Are you or your child/youth struggling with feelings, emotions, or mood?
Do you need help, or have questions about mental health and wellness?

Support is available.

[First Nations Health Authority mental health and wellness toolkit for COVID -19](#) provides resources to help cope with the challenges of living in stressful times and becoming more resilient.



[Kelty Mental Health](#) supports mental health wellbeing with families, children, and youth. Feel free to [ask a questions](#), listen to podcasts, check out videos, connect to peers, and learn so much more about mental health wellness and supports.

Reach out to local resources that are outlined in the in the NH [Child and youth mental health and substance use resources for families](#) resource guide.



DRUG AND POISON INFORMATION

A poison is a substance that has toxic effects and may cause injury or make someone sick if exposed to it. Each year, more than 4,000 Canadians lose their lives, and more than 20,000 are hospitalized due to poisoning. Young children's small body size and weight make them more vulnerable to poisoning.



Several new poisoning issues have emerged in recent years, including:

- Cannabis
- E-cigarette and vapour products
- Hand sanitizer
- Bleach and laundry detergent pods

Remember:



- Be aware, cannabis edibles have a stronger, more prolonged effect on the body than other forms of cannabis.
- The most secure way to store a hazardous substance away from curious children and youth is to provide two barriers to accessing it.
- Keep the substance **out of reach** and secure in a **locked container**.



Visit [BC Drug and Poison Information Centre](#) for additional information and prevention tips.
If you are concerned about a possible poisoning or exposure to a toxic substance, call Poison Control immediately at **1-800-567-8911** toll-free in BC.

In case of loss of consciousness or difficulty breathing, call 911.

FOR SECONDARY SCHOOLS



Summer is a great time to reconnect, play sports outside, and have new adventures. Consider volunteering and making a difference in your community. It's a great way to connect, learn new skills, and meet new friends.

As teens have more free time and are enjoying the summer, support your teen to be safer in the choices they are making. Increase your family's knowledge, understanding, and awareness of **binge drinking**, **distracted driving**, and **vaping**.



Binge Drinking

[Binge drinking](#) is common among teens who drink alcohol. The intent is to get drunk quickly. This puts teens at risk of alcohol poisoning (alcohol overdose) and is considered very risky behaviour. Help your child to know how to stay safe.



Remember:

If you suspect someone has alcohol poisoning call 911. Don't leave the person alone.

Distracted Driving

ICBC reports [distracted driving](#) is responsible for 27% of all fatal car crashes.

Remember:

- Remind your teen to focus on the road and their driving. If they have an 'L' or 'N', they're not allowed to use any personal electronic devices, even with a hands-free system.



Vaping

Get the Facts, know the risks of vaping different substances



[Clearing the Cloud \(Grades 5-7\)](#)

This set of slides has been developed to help teachers, counsellors, health care providers, and parents present information about vaping to youths.



[Exploring the Cloud \(Grades 8-10\)](#)

This set of slides has been developed to help teachers, counsellors, health care providers, and parents present information about vaping to youths.

Remember:

- Keep cannabis safe from curious children and youth by using two barriers to keep them from being accidentally poisoned. Keep the substance [high and locked](#).



Safer Sex

Conversations about consent are ongoing. Consent must be freely given, with an age appropriate partner, and you can take it away at any time. It's your right.

Remember:

CONSENT IS NOT:

- Assumed
- Pressured
- Silent
- Incapacitated



[Options for sexual health](#) (Options) is committed to providing you with confidential, nonjudgemental, youth-friendly, pro-choice, and sex-positive services. Check out the [clinic finder](#) for in person visits.



Safer Sex is:

Mentally Safer

Physically Safer

Virtually Safer

Talk to your child about consent early and often



[For parents and caring adults](#)



[Consent](#)



[Age of consent](#)

We hope that you have a safe, fun, and memorable summer and return to school in the fall, feeling refreshed and ready for a new year of learning adventures.



Important contact information

If you need to speak with a health care provider:

- Call your family doctor or nurse practitioner
- Connect with your local health unit
- Check out the NH website for more information

Here are some more options for you and your family:



Contact the [Northern Health Virtual Clinic](#)
at 1-844-645-7811



Call [HealthLink BC](#)
at 8-1-1



Connect with the [First Nations Virtual Doctor of the Day](#)



#healthynorth

northernhealth.ca

HealthySchools@northernhealth.ca

10-420-6131 (04/22)



northern health
the northern way of caring