


Northern Health Supports for Schools

Population and Public Health Partners for Healthy Schools, Children and Youth

Northern Health Population and Public Health (PPH) Regional staff are pleased to continue to strengthen our partnerships with schools, school staff, students and parents/caregivers and offer the following health promotion initiatives, programs, and resources to support schools in the 2023/2024 school year:

The Regional Lead, Healthy Schools, follows a comprehensive school health approach to support schools and school districts across the north with health and wellness promotion initiatives and resources. This role, in partnership with the **Regional Lead, Child and Youth Health** and the **Public Health Resource team** act together as a liaison between schools and NH by coordinating the supports, resources, and programs that are available on various health topics related to:

<ul style="list-style-type: none">• Child and Youth Health• Communicable Disease• Dental Health• Environmental Health• Harm Reduction• Injury Prevention	<ul style="list-style-type: none">• Immunizations• Mental Wellness• Nutrition• Physical Activity• Sexual Health• Substance Use Prevention
<p>For more information and resources, visit NH's School and youth health webpage.</p> 	

The Northern BC Healthy K to12 Schools Newsletters are published twice during the school year and can be found on the School and Youth Health webpage (above) in the Communication to Schools from Medical Health Officers section. See [Spring 2023 Edition](#) as example.

You may also email: HealthySchools@northernhealth.ca

Regional health topics, promotion activities, information, and resources:

Dental Health – For schools looking to enhance dental health:

- Dental resource kits are available for loan to primary teachers to provide dental health and tooth brushing lessons. Watch for an updated flyer with the kit location in your school district.
- For more information on dental health, visit the [Dental health](#) webpage.

Environmental Health – provide guidance regarding food safety, water, sanitation, and air quality. This team also complete physical

environment inspections of schools every three years. They can advise on a range of topics including communicable disease prevention and emergency preparedness. Contact the Interprofessional Team member assigned to your school for further information.

Injury Prevention – Injury risk is connected to children and youth’s age and stage of development. There are supports for schools to connect to age-appropriate programs and resources that encourage building a child’s capacity to be safe. Resources are available on a wide range of topics that provide curriculum and project content. For more information, visit the Northern Health, [Injury prevention](#) webpage.

Immunizations – For resources to help educate and promote immunizations:

- [Kids Boost Immunity](#) (KBI) is a free online platform for Canadian teachers to engage digital-age students. There are lessons with interactive quizzes that reflect science, health, and social studies curriculum across BC and Canada. Students can earn a vaccine to donate to a child in another part of the world for each quiz they successfully complete.
- [CARD resources for Children youth with Needle Phobia](#) (from BCCDC)

Mental Wellness – For schools looking to enhance the mental wellness of students and staff. Some resources to consider, including virtual options, are found on the [School and youth health](#) webpage under the Mental Health and Emotional Wellness tab.

Nutrition- Regional Population Health Dietitian, School-Age Nutrition Lead, provides evidence-informed guidance and support to schools, school districts, and school partners across the north related to:

- Teaching about food, nutrition, and body image (e.g., grade-specific curriculum, educator training)
- School food programs (e.g., meal and snack programs; salad bars; local food to school activities)
- School food environment (e.g., realistic steps for applying BC School Food Guidelines, food allergy management and prevention)
- School policies (e.g., including weight in anti-bullying policy, avoiding the use of food as a reward)
- Granting opportunities, and more

For more information and resources, visit NH’s [Healthy Eating at School](#) webpage. You may also email: PopHthNutrition@NorthernHealth.ca

Physical Activity – For schools looking to increase physical activity in the learning environment and enhance students’ physical literacy. Please see the [Physical activity](#) webpage for resources to consider.

Sexual Health – For schools looking for information on sexual health, some resources to consider are on the [School and youth health](#) webpage under the Sexual Health tab.

Substance Use Prevention – For supports related to alcohol, cannabis, commercial tobacco, vapour, and other substances, some resources to consider are:

- [Addictions, alcohol and other substances](#)
- [Alcohol - Foundry \(foundrybc.ca\)](#)
- [Alcohol: Drinking and your health](#)
- [BC Smoking cessation Program](#)
- [QuitNow](#)
- [Talk Tobacco](#)
- [Cannabis information](#)

[Northern Health Healthy Communities E-Brief](#) To subscribe, send a blank email with “subscribe” in the subject line to healthycommunities@northernhealth.ca.

Subscribe to “to get monthly updates throughout the school year for granting opportunities, health promotion initiatives, training opportunities, and resources.