

Northern Health Supports for Schools

Regional Northern Health staff provide health promotion initiatives, programs and resources to support schools in the 2021/2022 school year:

The Regional Nursing Lead, Healthy Schools, follows a comprehensive school health approach to support schools, school districts and school partners across the north with health promotion initiatives.

This role acts as a liaison between schools and Northern Health by coordinating the supports, resources, and programs that are available on various health topics. For information related to mental health, substance use, sexual health, physical activity, dental health, injury prevention and immunizations contact the Regional Nursing Lead for Healthy Schools at: healthyschools@northernhealth.ca

For more information visit the Northern Health, School and Youth Health website: www.northernhealth.ca/health-topics/school-youth-health.

The Regional Population Health Dietitian, Lead - School-Age Nutrition, is available to provide guidance and support to schools, school districts, and school partners across the north related to food and nutrition curriculum, school food programs (e.g. meal and snack programs, local food to school), grants, policy, and the school food environment. Some resources to consider:

- List of recommended, grade-specific food literacy and body image lessons and teaching resources (bit.ly/food-literacy-body-image) that align with BC's curriculum. Stay tuned this fall for a new BC toolkit that supports educators with lesson plans and resources for translating the Canada's Food Guide in the classroom.
- Resource Guide for Allergy Aware Schools (bit.ly/resourceguide-allergy-aware-schools) and the Peanut and Nut Aware Lunches & Snacks handout (bit.ly/peanut-nut-aware-lunches-snacks)
- Salad bar equipment kits (bit.ly/saladbar-equipment-kits) are available for loan from Northern Health at no cost
- Several displays are available for use by schools including: What's for Lunch?: Tips for packing a healthy lunch (bit.ly/whats-for-lunch) and Canada's Food Guide & You (bit.ly/canadas-food-guide)

For more information and resources visit the Northern Health Healthy Eating at School website: www.northernhealth.ca/health-topics/healthy-eating-school

For additional support or to request a salad bar kit or poster contact the Population Health Nutrition team at PopHthNutrition@northernhealth.ca

Regional health promotion supports, information and resources:

- **Dental Health** – Schools looking to enhance dental health can contact our program for:
 - Guidance and support to establish daily brushing programs
 - Consultation on how to support a child in dental need
 - Resources to increase childrens access to dental treatment
 - Dental kits that are available for loan to primary teachers to provide dental health and tooth brushing lessons
 - Further dental advice and professional resources by contacting the Northern Health - Dental Health Program:
www.northernhealth.ca/services/programs/dental-health-program
- **Immunizations** - For resources to help educate and promote immunizations:
 - Kids Boost Immunity (KBI) kidsboostimmunity.com 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.
 - For Teachers – the prepare your students for immunization day poster ([how-to-handle-your-shots-like-a-champ-flyer.pdf \(kidsboostimmunity.com\)](#)) is available to promote KBI.
- **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:
 - www.northernhealth.ca/health-information/injury-prevention
- **Mental Wellness** – For schools looking to enhance the mental wellness of students and staff. Some resources to consider are found here:
 - bit.ly/school-mental-wellness
 - Child and Youth Mental Health and Substance Use Resource Guide for Families: [child-youth-mental-health-resource-guide-families.pdf \(northernhealth.ca\)](#)

- Resources for Families & Support Teams of Children and Youth with Neurodevelopmental Diagnoses (e.g. Autism, FASD) during COVID-19 (bit.ly/resources-neurodevelopmental-diagnoses)
- **Physical Activity** – For schools looking to decrease sedentary behaviour in the learning environment and enhance students’ physical literacy. Some resources to consider are:
 - bit.ly/school-physical-activity
- **Sexual Health** – For schools looking to promote sexual health, some resources to consider are:
 - bit.ly/school-sexual-health
- **Substance Use** – For supports related to alcohol, cannabis, tobacco, vapour, and other substances, some resources to consider are:
 - QuitNow (quitnow.ca) offers free information, support, and counseling from trained professionals by phone, text, or email.
 - BC Smoking Cessation Program (www.healthlinkbc.ca/health-feature/bc-smoking-cessation-program) offers everyone in BC 12 weeks of free nicotine replacement therapy (gum, patch, inhaler and lozenges) per calendar year through their local pharmacy.
 - Here to Help: Cannabis tips for cutting back (bit.ly/cannabis-tips-cutting-back)
 - Health Link BC - Alcohol & Drug Information Referral Service (bit.ly/alcohol-drug-referral-services)
 - School Health Substance-Use Resources (bit.ly/school-substance-use)

To get monthly updates throughout the school year on up and coming granting opportunities, health promotion initiatives, training opportunities and resources watch for Northern Health’s “**Healthier Northern Communities eBrief.**” To subscribe, send a blank email with “subscribe” in the subject line to healthycommunities@northernhealth.ca.