

K to 12 Schools

Northern Health Supports



Updated August, 2024

This resource provides information from regional Northern Health (NH) staff on health promotion initiatives, programs, and resources to support schools in the 2024/2025 school year.



northern health
the northern way of caring

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 in partnership with the Regional Nursing Lead, Child and Youth and Public Health Practice Resource Nurses 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:

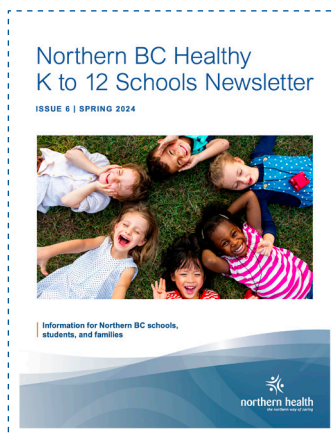
- Child and youth health
- Communicable Disease
- Dental health
- Environmental health
- Food and nutrition
- Harm reduction
- Injury prevention
- Immunizations
- Mental wellness
- Physical activity
- Sexual health
- Substance use prevention



For more information and resources visit NH's School and youth health webpage: <https://bit.ly/SchoolandYouthHealth>.

You may also contact the Healthy Schools Regional Nursing Lead at: HealthySchools@northernhealth.ca.

Northern BC healthy K to 12 schools newsletter



This newsletter is published twice during the school year and can be found on the NH School and youth health webpage: <https://bit.ly/healthyschoolsMHOs> in the Communication to Schools from Medical Health Officers section.

See the Spring 2024 issue as example.



Dental health

For schools looking to enhance dental health:



For more information on dental health, visit the Dental health webpage:
<https://bit.ly/NH-Dental-Health>.

Environmental health

Environmental Health Officers can provide guidance regarding food safety, water, sanitation, and air quality. This team also completes 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.



Visit the NH Environmental health webpage:
<https://bit.ly/NHenvironmental-health>.

Food and nutrition

A Population Health dietitian can provide 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., curriculum and educator training).
- School food programs (e.g., meal and snack programs, salad bars (<https://bit.ly/saladbar-equipment-kits>), local food to school activities).
- School food environments and BC's new School Food toolkit iSchool policies (e.g., weight-based bullying, allergy-aware schools, discouraging the use of food as a reward).
- Granting opportunities, and more.

For more information and resources,



To learn more: visit NH's Healthy Eating at School webpage:
<https://bit.ly/HealthyEating-at-School>.

You may also email: PopHthNutrition@NorthernHealth.ca

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 ability to be safe. Resources are available on a wide range of topics including pedestrian safety, falls, and concussion prevention that provide curriculum and project content.



For more information, visit the Northern Health, Injury prevention webpage: <https://bit.ly/NH-Injury-Prevention>.

Immunizations

For resources to help educate and promote immunizations:



Kids Boost Immunity (KBI): <https://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.



CARD resources for children youth with needle phobia: <https://bit.ly/CARD-system>, BC Centre for Disease Control (BCCDC).

The CARD System provides strategies that can be used to help cope before and during vaccination and needle procedures. The system consists of resources such as videos, handouts and activities that will help to prepare for a vaccination or needle procedure.

Mental wellness

Mental health is the way that you think, feel and act. Good mental health means that you can solve problems, see a situation for what it really is, and follow your own goals. Anyone can take care of their mental health, even if they have a mental illness.

For schools looking to enhance mental wellness for students some resources to consider, including virtual options, are found on the NH School and youth health webpage: <https://bit.ly/NHschoolsmentalhealth> under the Mental health and emotional wellness grouping.

Check out the newly released Language Matters guide: <https://bit.ly/language matters guide>. This resource provides valuable information for educators to facilitate conversations and support mental health and substance use awareness in schools.



[Download the Language Matters guide](#) with the QR code and share with your colleagues and school community partners.



erase | EXPECT RESPECT & A SAFE EDUCATION

IMAGINE Community Grants

IMAGINE Community Grants exist to support projects that address community-led health and wellness initiatives while improving the well-being of all Northern BC residents. Projects should aim to focus on one or more of the following health and wellness priorities:

- Mental wellness
- Community diversity
- Harm reduction
- Climate and health action
- Food security
- Active living
- Community safety



For more information, visit our IMAGINE Community Grants webpage: <https://bit.ly/NHIMAGINE>.

Physical activity



For schools looking to increase physical activity in the learning environment and enhance students' physical literacy.

Please see the Physical activity webpage: <https://bit.ly/NH-Physical-Activity> for resources to consider.

Sexual and reproductive Health



For schools looking for information on sexual health, some resources to consider are on the NH School and youth health webpage: <https://bit.ly/NHsexualhealth> 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: <https://bit.ly/addictions-alcohol-othersubstances>
 - Alcohol - Foundry (foundrybc.ca): <https://bit.ly/foundrybc-alcohol-use>
 - Alcohol - Drinking and your health: <https://bit.ly/drinking-and-your-health>
 - Naloxone - Toward the Heart: <https://towardtheheart.com/naloxone>
 - BC Lung Vaping Toolkit: <https://bit.ly/bc-lung-vaping-toolkit>
 - Respecting Tobacco: <https://bit.ly/respecting-tobacco>
 - Erase/Substance Use: <https://bit.ly/ERASE-substance-use>
 - Cannabis information, talk about cannabis: <https://bit.ly/talk-about-cannabis>
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Northern Health Healthy Communities E-Brief

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E-Briefs and updates: <https://bit.ly/e-briefs-and-updates>.



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