



HEALTH PROMOTING SCHOOLS NEWSLETTER

FEBRUARY 2019

PARENT INFORMATION

Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5](#), [SD 6](#), [SD 8](#), [SD 20](#), [SD 22](#), [SD 23](#), [SD 27](#), [SD 73](#), [SD 83](#)

Teaching Toolkits

The Interior Health Website now has a section with resources for teachers on a variety of health related topics. For more information see: [Teaching Toolkits](#).

MENTAL WELLNESS

Fund Raising Event for Eating Disorders Services kicks off in Kamloops

A "Scale Smash" Event, based on the ALS Icebox Challenge of a few years ago, will kick off on January, 27 and coincide with Eating Disorders Awareness Week on February 1-7, 2019.

The local organizer, Marlene Hibbs, has partnered with Royal Inland Hospital Foundation to support fundraising locally and the Healthy Essentials Clinic in Lakes Country to support regional services.

For more information see the article, on [The Days of Action Scale Smash Challenge](#).

NUTRITION



Canada's Food Guide

Canada's Food Guide has received a dramatic overhaul! Check out the new Food Guide food-guide.canada.ca. Download an educational [poster](#).

SUBSTANCE USE PREVENTION

Cannabis Use and Teens Resources

These evidence-based resources were developed by Dr. Stan Kutcher in partnership with Dr. Selene Etches (IWK Health Centre), Dr. Phil Tibbo (Nova Scotia Health Authority/Dalhousie University) and Dr. Rob Milin (University of Ottawa). There are four different posters geared towards students, teachers, caregivers and school-based student care providers.



[10 Questions About Cannabis Use And Your Teen: One-pager for Parents / Caregivers](#)

[10 Questions About Cannabis Use And Teens: Poster for Students](#)

Additional information is available at teenmentalhealth.org/cannabis.

TOBACCO REDUCTION

Global News Story – Vaping and Youth concern in Canada

The US FDA has called it an epidemic. Canada is not far behind.

Take a look at this [Global News Story](#).

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