



## HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER PARENT VERSION JUNE 2021

### Teaching and Learning

#### 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 19](#), [SD 22](#), [SD 27](#), [SD 53](#), [SD 73](#), [SD 83](#)

#### Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics like COVID-19 Information, Dental and Oral Health, Hand Hygiene, Positive Mental Health, and Substance Use.

## DASH UPDATES AND RESOURCES



### New Resources



DASH has been adding a variety of activities and lesson plans to the Healthy at School & Home Resource bank, which can be found [here](#). The new curriculum-connected resources include Little Food Scientists, Self-Compassion, Taking Action Against Bullying, A Classroom Gratitude Experiment, and Teaching Mental Well-Being Through Art.

## COVID-19 QUESTIONS

BCCDC has added a [Parents and Students](#) Parents and Students page to their [K-12 Schools and COVID-19](#) website.



## TOBACCO AND VAPOR PRODUCTS

### Information for Parents

#### Let's Talk!

Summer time is the perfect time to talk about what your children have learned about tobacco and vapour products.

Keep the conversations going over the summer.

Keep tobacco and vapes out of the hands of children.

#### Some tips to talk with your kids:

- ✓ Find time to talk and strike up a conversation
- ✓ Take advantage of learning moments that present themselves
- ✓ Ask your kids open ended questions about their experiences
- ✓ Use conversations to gauge your child's understanding
- ✓ Set a positive example by being tobacco and vapour free



#### To read more see:

Information for families: [https://bc.lung.ca/sites/default/files/Vaping\\_Parent%27sHandout\\_preview\\_May28.pdf](https://bc.lung.ca/sites/default/files/Vaping_Parent%27sHandout_preview_May28.pdf)

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