

# HEALTH PROMOTING SCHOOLS NEWSLETTER

FEBRUARY 2025

## INJURY PREVENTION

### Teaching and Learning

#### Button Battery Survey & Website

The BC Injury Research Prevention Unit is conducting a short [survey](#) to determine what British Columbians know about button batteries.

Additional information on button battery safety can be found on [BCIRPU](#) and at Parachute Canada [Around the house – Parachute](#)

Please share the survey link and additional information as appropriate with staff and parents.



**What Do You Know About Button Battery Safety?**

We want to know what you know about safety best practices around button batteries, also known as coin or watch batteries or other names.

Answer a short survey about these batteries and enter in a draw to **win a \$100 gift card!**

Take the survey today at <https://bit.ly/bbsurveybc> OR scan the QR code:

If you have questions, please contact:  
BC Injury Research and Prevention Unit,  
bcinjury@bcchr.ca

BC Children's Hospital  
BC INJURY RESEARCH AND PREVENTION UNIT

## LEGAL SUBSTANCES AND HARM REDUCTION

### Teaching and Learning

#### How does substance use impact youth? See what students had to say!

On the third week of January, as Canada marked [National Non-Smoking Week](#), the Legal Substances Team celebrated the creativity and voices of young people in a big way! The winners of this year's **Beyond the Buzz: Youth Voices on Tobacco, Cannabis, Vaping & Alcohol** poster contest were announced, showcasing powerful messages about how tobacco, cannabis, vaping products and alcohol affect youth, their families, and their communities.

Launched annually in October, the contest this year invited students in grades 6 to 12 to express their perspectives through original artwork. A panel of teen judges from the IH YOUTHWISE Advisory Council selected eight standout pieces from dozens of inspiring entries.

The winning artists will be receiving a \$150 gift card and will see their posters displayed in schools, health care facilities, and community centers across the Interior region, as well as shared across social media. Congratulations to our 2024 contest winners—their creativity is helping to spark important conversations about substance use!

See the winning posters and learn more about the contest at <https://www.interiorhealth.ca/information-for/youth/beyond-the-buzz-contest>



## Teaching and Learning

### Short Education and Discussion Sessions for Busy Educators

The **Interior Health Youth Harm Reduction Team** invites you to join us to talk about drugs. Because Educators are busy people, we've made these virtual sessions flexible! Each session starts with a short 30 to 40 minute presentation, followed by 20-30 mins of time for questions, discussion and sharing your thoughts about challenges and opportunities in your schools. You can stay as long as you want - leave after the presentation or hang out for the discussion. All Middle and Secondary Educators are welcome, the sessions are particularly valuable for School Administrators, Counsellors and Teachers who are responsible for health education. Please register at the links below.

#### SESSION 1 - Facts and Myths about Harm Reduction and Youth

Let's talk about what a harm reduction approach is and what it can look like for youth in the school setting. We will unpack some common myths and misunderstandings together and discuss opportunities and challenges for schools.

**DATE: Thursday, February 20/25 TIME: 10 a.m. - 11 a.m. (PST)**  
**REGISTER: ([LINK](#))**

#### SESSION 2 - Substance Use Education in the Classroom

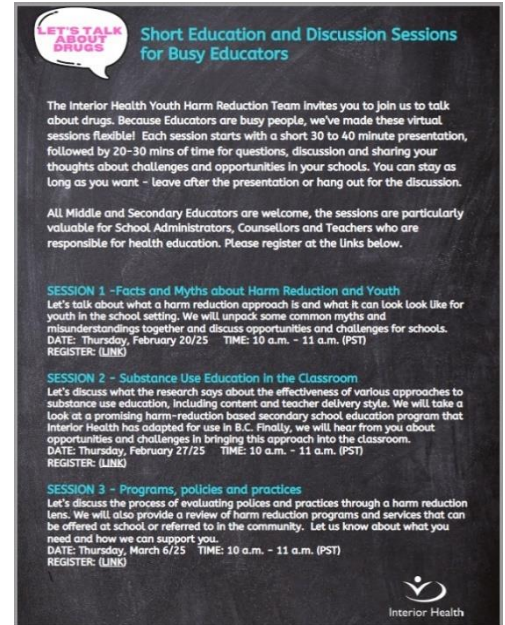
Let's discuss what the research says about the effectiveness of various approaches to substance use education, including content and teacher delivery style. We will take a look at a promising harm-reduction based secondary school education program that Interior Health has adapted for use in B.C. Finally, we will hear from you about opportunities and challenges in bringing this approach into the classroom.

**DATE: Thursday, February 27/25 TIME: 10 a.m. - 11 a.m. (PST) REGISTER: ([LINK](#))**

#### SESSION 3 - Programs, policies and practices

Let's discuss the process of evaluating policies and practices through a harm reduction lens. We will also provide a review of harm reduction programs and services that can be offered at school or referred to in the community. Let us know about what you need and how we can support you.

**DATE: Thursday, March 6/25 TIME: 10 a.m. - 11 a.m. (PST) REGISTER: ([LINK](#))**



## MENTAL HEALTH

### Relationships and Environments

#### Pink Shirt Day- February 26, 2025

Pink Shirt Day Canada is an initiative of the WITS Programs Foundation (WPF), a Canadian charitable organisation whose mission is to create safe environments for children and youth. WPF engages school students with their programs in English and French.

WITS programs are proven to reduce peer victimization (bullying), and have been started in elementary schools across Canada and now in the US and Europe. Close to a million children have learned to use their WITS to prevent victimization.

For more information see: [Pink Shirt Day Canada](#)



## Teaching and Learning

### Education Opportunity for Parents

FamilySmart Connect & Learn

[ONLINE EVENT: ADHD – The Real Deal](#)

Date: February 6

Time: 6:30 pm - 8:00 pm PST

### Education Opportunities for Educators

Cook Children's Health Care System

[Media Use and Access for Youth: Navigating the good, bad, and the ugly](#)

Date: Friday, February 7, 2025

Time: 7:00am - 10:30 am PST

Learning Network & Knowledge Hub Webinar Series

[Building a protective community for all children and adolescents: Best practices in sexual violence prevention and intervention](#)

Date: Feb 25, 2025

Time: 10:00 am PST



Learning Network  
& Knowledge Hub | Centre de connaissances  
Webinar Series | Série de Webinaires

## RESOURCES

### Teaching and Learning

#### Interior Health Website

The [School Health](#) section of the Interior Health Public Website will take you to the following sections where you can find more information: [Information for School Staff](#), [Promoting Health of Children & Youth in School](#), and [Medical Conditions at School](#).

#### Healthy Schools BC Website

The [Healthy Schools BC Website](#) is a great resource for teachers. Look for the “Classroom and School Resources” and “Teach Food First”.



#### 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 23](#), [SD 53](#), [SD 73](#), [SD 83](#)

### Community Partnerships

#### Harm Reduction Resources

For resources visit the [Interior Health Website](#).

To connect with a Harm Reduction Coordinator email: [YHRC@interiorhealth.ca](mailto:YHRC@interiorhealth.ca)

#### Legal Substances Program

For resources on tobacco, vaping or cannabis use, visit the Interior Health [Tobacco & Vaping Information for Schools webpage](#) or the [Cannabis Information for Youth webpage](#).

To connect with a Legal Substances Reduction Coordinator, email: [LegalSubstances@interiorhealth.ca](mailto:LegalSubstances@interiorhealth.ca)

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