

# Northern Health Supports for Schools

Northern Health Population and Public Health Regional staff are pleased to offer the following health promotion initiatives, programs, and resources to support schools in the 2022/2023 school year:

**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 including:

- Communicable disease
- Dental health
- Harm reduction
- Injury prevention
- Immunizations
- Nutrition
- Mental wellness
- Physical activity
- Sexual health

For more information and resources, visit NH's [School and youth health](#) webpage.

You may also email: [HealthySchools@northernhealth.ca](mailto:HealthySchools@northernhealth.ca).



**Regional Population Health Dietitian, School-Age Nutrition Lead**, provides 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. grade-specific curriculum, educator training)
- School food programs (e.g. meal and snack programs; salad bars; local food to school activities)
- School food environment (e.g. realistic steps for applying BC School Food Guidelines, food allergy management and prevention)
- School policies (e.g., including weight in anti-bullying policy, avoiding the use of food as a reward)
- Granting opportunities, and more

For more information and resources, visit NH's [Healthy Eating at School](#) webpage.

You may also email: [PopHthNutrition@NorthernHealth.ca](mailto:PopHthNutrition@NorthernHealth.ca)

## Regional health promotion activities, information and resources:

- **Dental health** – For schools looking to enhance dental health:
  - Dental resource kits are available for loan to primary teachers to provide dental health and tooth brushing lessons. Watch for an updated flyer with the kit location in your school district.
  - For more information on dental health, visit the [Dental health](#) webpage.
- **Environmental health teams** – provide guidance regarding food safety, water, sanitation, and air quality. This team also complete 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.
- **Immunizations** – For resources to help educate and promote immunizations:
  - [Kids Boost Immunity](#) (KBI) 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 Grade 6 Teachers – the [prepare your students for immunization day](#) poster 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.
- **Mental wellness** – For schools looking to enhance the mental wellness of students and staff. Some resources to consider, including virtual options, are found on the [School and youth health](#) webpage under the Mental Health and Emotional Wellness tab.
- **Physical activity** – For schools looking to decrease sedentary behaviour in the learning environment and enhance students’ physical literacy. Please see the [Physical activity](#) webpage for resources to consider.
- **Sexual health** – For schools looking to promote sexual health, some resources to consider are on the [School and youth health](#) webpage under the Sexual Health tab.

- **Substance use** – For supports related to alcohol, cannabis, commercial tobacco, vapour, and other substances, some resources to consider are:
  - [Addictions, alcohol and other substances](#)
  - [Alcohol - Foundry \(foundrybc.ca\)](#)
  - [Alcohol: Drinking and your health](#)
  - [BC Smoking cessation Program](#)
  - [QuitNow](#)
  - [Talk Tobacco](#)
  - [Cannabis information](#)
  
- Subscribe to “[Northern Health Healthy Communities E-Breif](#)” to get monthly updates throughout the school year for granting opportunities, health promotion initiatives, training opportunities, and resources. To subscribe, send a blank email with “subscribe” in the subject line to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca).