

# Northern BC Healthy K to 12 Schools Newsletter

ISSUE 5 | FALL 2023



Information for Northern BC schools,  
students, and families



**northern health**  
the northern way of caring



# IN THIS ISSUE



**4**  
Using  
QR codes



**8**  
Fall GoByBike  
week



**4**  
Land  
acknowledgment



**9**  
Concussion  
prevention



**4**  
Services  
to schools



**9**  
Celebrate outdoor and  
land-based learning with  
Take Me Outside Day



**5**  
Protecting your  
child's teeth –  
teeth grinding



**10**  
Age-appropriate  
conversations from  
drug free kids



**5**  
New food allergy  
curriculum resource



**10**  
High and  
locked



**6**  
School aged  
immunizations



**10**  
Know  
the risks



**8**  
Pedestrian  
safety



**10**  
Consider the  
consequences of  
vaping self-led module

## Using QR codes

In this newsletter, we use QR codes for various websites and resources. Here are steps to help you:



- **Step 1:** Open the Camera App from your mobile device (either on the home screen, control centre, or lock screen).
- **Step 2:** Hold your device so the QR code opens in the viewfinder and wait until you see a notification pop up with a link.
- **Step 3:** Click on the notification to open the link associated with the QR code.

---

## Land acknowledgment

- Northern Health acknowledges with gratitude and respect the traditional territories of the 55 First Nations upon whose lands we live, work, and learn.
- We also recognize the 11 Métis Chartered Communities, as well as the Inuit and Urban and Away from Home Indigenous peoples on these lands.
- We are thankful for the continued opportunity to work in partnership to optimize the health and well-being of Indigenous peoples whom we serve.

---

## Services to schools



Healthy schools help to protect the health and safety of our children and youth in the North. For an overview of the current Northern Health (NH) services that are available to schools, visit the [NH School and Youth Health](#) webpage.

At a glance, the types of services offered for families with school-age children and youth include:

- Communicable disease follow-up
- Environmental health
- Immunizations at Kindergarten entry (4-6 years of age), Grade 6, and Grade 9



If you or your family need to connect with a health care provider, connect with the [health unit](#) in your community.

**Note:** Some services may vary from community to community and school to school.

### Health education and promotion content to support curriculum are available for:

- Cannabis, tobacco, and vapor reduction
- Injury prevention
- Mental health and wellness
- Nutrition and healthy eating
- Physical activity
- Sexual and reproductive health
- Support for children with potentially life-threatening medical conditions
- Support for substance use, including access to harm reduction supplies

## Protecting your child's teeth – teeth grinding

Teeth-grinding in school-age children is common and doesn't usually need treatment.

Kids might grind their teeth for a few reasons such as:

- Teeth that aren't aligned properly
- Pain, such as from an earache or teething
- Stress, for instance, from worry about a test or a change in routine
- Arguing with parents and siblings can cause enough
- Stress to prompt teeth grinding or jaw clenching
- Medical reasons, like hyperactivity, cerebral palsy, or some types of medicines

Some children clench their jaws quite firmly, and others grind their teeth so hard that it makes a noise. Some children grind their teeth during sleep. Most of the time, teeth-grinding doesn't last and doesn't cause damage to your child's teeth. If it does keep going though, you might want to talk to a dentist. It could lead to your child experiencing headaches, tooth, or jaw pain, or wearing down their teeth. Devices to protect teeth from grinding at night can help. You can get them from your dentist.

### For more information

Click on the link below.

[Dental care for school-agechildren | HealthLink BC.](#)



## New food allergy curriculum resource



Interested in teaching about food allergies in your grade 4-6 classroom? [“All About Food Allergy”](#) is a free, medically reviewed, program offered by Food Allergy Canada. It includes curriculum-linked presentations, learning activities, and educator guides.

### More allergy aware resources:



For parents and caregivers: [Peanut and Nut Aware Lunches and Snack Handout.](#) Consider sharing this resource in your next school newsletter.



For school staff: [Resource Guide for Allergy Aware Schools](#)



## School aged immunizations

Children entering kindergarten, in grades 6 and 9 are eligible to receive immunizations as part of the school-based immunization program. Vaccines protect children against vaccine-preventable communicable diseases. They help the immune system recognize and quickly kill bacteria and viruses that can cause serious illness or death. By getting immunized, you not only protect yourself and your family, but others as well.

---

### Kindergarten entry immunizations

Children entering Kindergarten need booster vaccines for Tetanus/ Diphtheria/Pertussis/Polio (Tdap-IPV), Measles/Mumps/Rubella/Chickenpox (MMRV), and any other childhood vaccinations that may be overdue. For more information see:



[Tetanus, Diphtheria, Pertussis, Polio \(Tdap-IPV\) Vaccine BC Health File](#)



[Measles, Mumps, Rubella and Varicella \(MMRV\) Vaccine BC Health File](#)



### Grade 6 immunizations

Children in grade 6 are eligible for the Human Papillomavirus (HPV) vaccines series. This consists of 2 doses, given 6 months apart. For more information see:



[Grade 6 Immunizations in BC Health File](#)



[Kids Boost Immunity- How to Handle Your Shots Like a Champ- HPV vaccine](#)

## Grade 9 immunizations



Children in grade 9 need booster vaccines for Meningococcal Quadrivalent (Men C-ACYW-135) vaccine and Tetanus/Diphtheria/Pertussis (Tdap). New this year, Human Papillomavirus (HPV) vaccine will be offered to those who have not received it yet or have an incomplete HPV vaccine series. For more information see:



[Grade 9 Immunizations in BC Health File](#)



[Human Papillomavirus Health File](#)

---

## Human Papillomavirus (HPV) catch up immunizations

This year in some communities, students in select grades (in addition to grade 9) may be offered HPV vaccine if they are not up to date. This vaccine is safe and effective at preventing cancers caused by HPV. Eligible children can also receive the HPV vaccine at your [local health](#) unit or [participating pharmacies](#). For more information visit:



[Immunizebc/before19](#)

### Other Resources:

[A better Immunization Experience for your Child 4 Things you need to know about the HPV vaccine](#)

It is important to be up to date on all childhood immunizations. You can check your child's vaccine status using the [Vaccination Status Indicator](#) or by contacting your [local health unit](#).

## Pedestrian safety

As everyone starts heading back to school, our roads will get busier with buses, cyclists, scooters and drivers. Here are some tips and resources to help prepare your children and keep them safe as they walk to school this year:



- Pre-plan and map out your route
- Always use crosswalks and follow pedestrian/road signs
- Make eye contact with drivers; never assume the drivers see you
- Limit distractions: remove headphones and avoid using your phone while crossing roads
- Watch for drivers turning right or left through crosswalks; look right and left before crossing
- Walk with an adult or buddy

### Resource:

ICBC and Parachute have excellent resources for parents and educators to teach road safety skills.



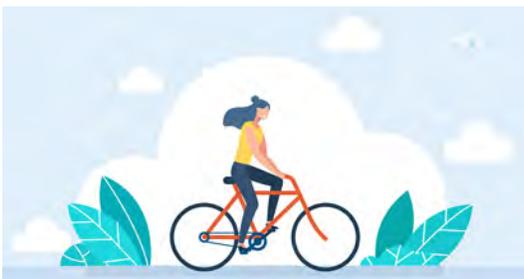
[parachute.ca/en/injury-topic/pedestrian-safety](https://parachute.ca/en/injury-topic/pedestrian-safety)



[Road safety for your kids \(icbc.com\)](https://www.icbc.com/road-safety-for-your-kids)

## Fall GoByBike week

- Mark your calendars! Fall GoByBike week is coming up October 16 - 29, 2023.
- [Register your school team now](#), and start tracking your kilometers biked to see how many kilograms of greenhouse gases you save!
- Participation is free, fun, helps you stay focused and healthy, and it's great for the environment! ... AND you can win great prizes!



### Cycling education resources

- [Guide to ride \(grades 4-6\)](#) Physical and Health Education Canada (PHE)
- [Learn2Ride Online | GoByBike BC](#) (free online course for youth ages 9-12)
- [StreetWise Cycling Online | GoByBike BC](#) (free online course for adults and youth 12+)
- [Cycling safety: Sharing the road with cyclists and safety tips for cyclists](#) - ICBC



## Concussion prevention



As parents and caregivers, teachers and supervisors, it is important to remember that a concussion can occur anywhere. Any blow to the head, face, neck or body that jars the head could cause a concussion. Playgrounds are a great place for children to jump, slide, climb and be active throughout the school year, but falls from equipment can lead to concussion. For older children and youth, many common sports and recreational activities can lead to concussion as well. Visit the resources below to learn more on how to prevent, recognize, and manage a concussion.



### Resource:

The BC Concussion Awareness Training Tool is an excellent resource for parents, youth, and educators. The resource includes, for example, information to support the return to school or sport after a concussion [cattonline.com](http://cattonline.com)

---

## Celebrate outdoor and land-based learning with Take Me Outside Day: October 18, 2023

We automatically move more when outdoors, helping us increase our physical activity. Connecting with nature also significantly benefits our mood and mental wellness. This year, aim to take some of your learning activities outdoors to see the benefits being outside can bring! Take Me Outside Day will be on Wednesday, October 18, 2023, with a full week of fun happenings along with it. Register to participate today!



[takemeoutside.ca/tmoday](http://takemeoutside.ca/tmoday)

## Age-appropriate conversations from drug free kids



It might not seem like it, but they're listening. Start having age-appropriate conversations about substance use with your kids.

[Age-appropriate conversations](#) will help guide you.



## High and locked



### Remember:

Keep cannabis products securely stored from curious children and youth. Keep cannabis [#HighAndLocked – Parachute](#) to prevent accidental poisoning.



## Know the risks



There are many kinds of drugs and reasons why someone may use them. Using any substances comes with risks. Learn more about substances, early signs they may be having a negative impact, and learn how to reduce possible harms.

[foundrybc.ca/resource/drug-substance-use](https://foundrybc.ca/resource/drug-substance-use)



## Consider the consequences of vaping self-led module



This online module aims to provide youth aged 13-18 with information about vaping to help them make informed decisions about their health. The module offers three key topic areas which can be used in classrooms or community settings to educate teens on the harms and risks associated with youth vaping.

[Online self-led module - Health Canada Experiences](#)





## Previous issues

[Issue 1 - Winter 2022](#)



[Issue 2 - Summer 2022](#)



[Issue 3 - Fall 2022](#)



[Issue 4 - Spring 2023](#)



## Important contact information

If you need to speak with a health care provider:

- Call your family doctor or nurse practitioner
- Connect with your local health unit
- Check out the [NH website](#) for more information

Here are some more options for you and your family:



Connect with the  
[First Nations Virtual  
Doctor of the Day](#)



Call  
[HealthLink BC](#)  
at 8-1-1



Contact the [Northern  
Health Virtual Clinic](#) at  
1-844-645-7811



#healthynorth

[northernhealth.ca](#)

[HealthySchools@northernhealth.ca](mailto:HealthySchools@northernhealth.ca)

10-420-6141 (FF07187-IND-09/23)



**northern health**  
the northern way of caring