

# HEALTH PROMOTING SCHOOLS

September 2024

## DENTAL HEALTH

### Oral Health Tips for the School Year

As the school year begins, it is a great time to encourage students to maintain healthy teeth and gums. Establishing good oral health habits early can benefit them for a lifetime and improve your student's overall health and wellbeing. Below are simple reminders to keep in mind:

- **Encourage Hydration:** Remind students to drink water throughout the day.
- **Limit Snacking:** Advise students to reserve snack for recess and lunch time.
- **Promote Healthy Snack Choices:** Educate students about nutritious snack options.
- **Reinforce Oral Hygiene Habits and Routines:** Emphasize the importance of brushing for 2 minutes, 2 times a day.



## IMMUNIZATION

### BC Centre for Disease Control CARD System for Vaccination-A Resource for School Immunizations

This year immunizations provided in school will be offered along side the CARD System. The CARD System, which stands for comfort, ask, relax and distract, provides strategies students can use before and during the immunization to make the experience more positive. The system includes videos, handouts, and activities students can use to help prepare for immunizations. Information for school staff, parents and students can be found here: [CARD System for Vaccination](#).

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**CARD** IMPROVING THE VACCINATION EXPERIENCE:  
Learn how to play your CARDS

- COMFORT**  
Find ways to get comfortable.
- ASK**  
Ask questions to be prepared.
- RELAX**  
Keep yourself calm.
- DISTRACT**  
Shift your attention to something else.

The CARD system (Comfort, Ask, Relax, Distract) provides groups of strategies that can be used to make your vaccination experience a more positive one. Choose what CARDS you want to play to reduce the stress and pain associated with vaccinations. There's no wrong move. **Look on the back for ideas.**

To learn more about CARD, go to [CardSystem.ca](#)

Financial contribution from:  
Canada Health Services of Canada, Ministry of Health Services of British Columbia, CHRC HCC, HELP, and other partners.

Speak for yourself. **Speak for me.**

## LEGAL SUBSTANCES

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### Seeking new YOUTHWISE members!

The Legal Substances Team is seeking new youth members to join the YOUTHWISE Teen Advisory Council. This group helps to shape and guide youth-focused health and wellbeing services and programs offered in the IH region. The group meets virtually once every 6-8 weeks, and provides a safe space where members are able to share their personal experiences around substance use and other health-related issues. All students aged 13-19 are welcome to join!



Students are paid **\$25/hr** for their participation efforts. Interested teachers, parents, or students can connect with the team at [LegalSubstances@interiorhealth.ca](mailto:LegalSubstances@interiorhealth.ca) for more information.

### UBC EPAV Project Opportunity



On Sunday, September 29<sup>th</sup> from 9:30am-4:30pm, UBC is hosting an in-person workshop in the Kelowna Landmark District for any students in grades 9-12. The purpose of the workshop is to learn about youth experiences around vaping, and will include opportunities to create impactful vaping prevention messaging for social media platforms that could be shared with other students Canada-wide!

Youth who participate will be compensated with a **\$200 gift card**, and will be provided with **lunch, snacks**, along with tons of **prizes** and **swag** on the day. For any questions or to register for the workshop, visit [www.epavproject.com](http://www.epavproject.com), or connect with Dr. Laura Struik (Lead Researcher) at [laura.struik@ubc.ca](mailto:laura.struik@ubc.ca).

## SLEEP

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### Promoting Good Sleep Habits

Summertime provides a wonderful opportunity for families to spend quality time together; taking holidays or enjoying the local parks and community events. It can, however, disrupt sleep routines that can make it difficult when it is time to head back to school. For sleep tips see this [Back to School Sleep Routines](#) resource on the IH Public Website along with other resources under the Sleep section on the website here: [Promoting Health of Children & Youth in School](#).