



Nov 6-17, 2023

WHAT'S HAPPENING AT PEARSON ROAD

Principal's Message:

I hope this message finds you and your families in good health and high spirits as we enter the month of November. I wanted to take a moment to express my gratitude for your ongoing support. Our school community thrives on collaboration, and your involvement in your child's education makes a significant difference. Whether you volunteer your time, attend parent-teacher conferences, or simply engage in meaningful conversations with your child about their school experiences, your partnership is invaluable.

In the upcoming weeks, we have several exciting events planned for our students. These include celebration assemblies, special guest speakers, and various educational opportunities. I encourage you to stay informed by regularly checking our school website and classroom communications (Class Dojo) for the latest updates.

We are thrilled to be able to provide every Pearson Panther with a Winter Coat on **TUESDAY November 14th (date change due to delayed delivery)**. We have purchased some labelling materials that we will utilize to individualize for the students.

With the seasons changing and cool weather here, we are seeing an increase of lice in our school. It is imperative that all families incorporate a regular routine for head checks. Please review the information page attached. If a case of lice has been identified in your child's class you will be notified.

A big thank you to our Parent Advisory Committee (PAC) and DJ Dave for hosting our annual Halloween Dance. Lots of great costumes and loads of fun dancing! Next PAC meeting is Monday, November 20th at 5:30pm in our School Library. All parents are welcome and encouraged to join the committee. The PAC will also be hosting their first Winter Market on Saturday, November 18th from 10am -4pm in the school gymnasium. Access will be at the back of the school by our playground.

Sincerely, Mrs. Nina Ferguson



Monday, Nov 6	Tuesday, Nov 7	Wednesday, Nov 8	Thursday, Nov 9	Friday, Nov 10
	PAC fundraiser Info sent home			Remembrance Day Assembly 10am
Monday, Nov 13	Tuesday, Nov 14	Wednesday, Nov 15	Thursday, Nov 16	Friday, Nov 17
No school - Day in lieu for Remembrance Day	Diwali Celebration & COATS for KIDS at 1pm		*Winter Market this Saturday, Nov. 18th	Harmony Day Celebrations

Important Dates to Remember:

PSE PAC Winter Market	Nov 18th (10am-4pm)
PAC Meeting	Nov 20th
Cultural Assembly: Greg Kennedy	Nov 23rd 8:45am
Silly Socks Day	Nov 24th
Scholastic Book Fair	Dec 4 - 8



Copies of School Newsletter: "What's Happening at Pearson Road" can be found on our school website under the Parents tab> [School News](#)





WHAT'S HAPPENING AT PEARSON ROAD

SCHOOL ABSENCES and COMMUNICATION:

Please make sure you have signed up with SchoolMessenger to report all lates, absences and early departures. You are required to inform the school when your child will be absent from school. This app makes that reporting very easy for you.

SchoolMessenger App

SchoolMessenger



SchoolMessenger is also how the school communicates with you! If there are any issues with you not receiving messaging please contact us as there may be an issue with the email address we have on file for you.



Pearson Road Elementary Hot Lunch Program

Pearson Road Elementary Hot Lunch Program is now open for any parents who wish to order for lunches their student(s).

Parents must create an account on the MunchaLunch website. Ordering and payments are managed through Munchalunch. ALL ORDERS AND PAYMENTS MUST BE DONE ONLINE. We cannot be accept cash or cheque payments at the school. Munchalunch Website

This program is run by the Pearson PAC, all questions should be directed to pse.pac@sd23.bc.ca

SEL CORNER:

KINDNESS

During the month of November at Pearson Road, we're talking about the wonderful and sometimes oversimplified character trait of Kindness. Kindness isn't just a feeling, but a choice that we get to make every day! Kindness is given through our actions, our encouragement, and our attitude.

We will spend time thinking about how to be kind to ourselves, to our environment, to our school, our family and to our community. We will get to experience sharing and receiving compliments and helping create acts of service or gifts for others.

[Read this article](#) to learn how to encourage your children to be kind.

Also, remember that when we as adults practice kindness, we inadvertently teach our children to be kind people.

If you have any questions, please don't hesitate to contact me at Maegan.church@sd23.bc.ca

Sincerely,
Ms. Church (Social Emotional Learning teacher)



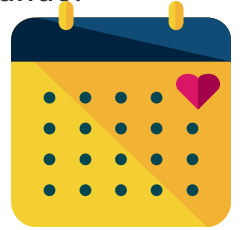


WHAT'S HAPPENING AT PEARSON ROAD

PAC PAGE

Thank you to all families who attended our annual Halloween Dance, and to those who donated. We will be able to support great things for Pearson Panthers with the funds.

Please note the following PAC dates for November & December:



Sat, Nov 18, 10am-4pm Holiday Craft Market in the gym (see poster attached)

Mon, Nov 20, 5:30pm: PAC Meeting in the library

Fri Nov 24: Purdy's Fundraiser order deadline - Ordering information coming on Monday

Fri Nov 24: Dielman's Fundraiser order deadline - Ordering information coming on Monday

Mon Dec 18 - PAC Winter Movie night - 5-7pm school gym (parents must attend)

Mon Dec 18 - PAC Meeting 5:30pm - School Library.

*More information to come on these special events and fundraisers.

PSE PAC

Pse.PacPresident@sd23.bc.ca

[PSE PAC Website Link](#)



PSE PARENT ADVISORY COMMITTEE (PAC) INVITES YOU TO GET INVOLVED!

ONE SHORT MEETING PER MONTH

We support our students with:

- **Field Trips**
- **Fun Days**
- **Student Celebrations**
- **New Playground Equipment**
- **Classroom Enhancements**

Why participate?

- Have input in how we support our kids and their school.
- Our efforts go directly to our kids!
- Without adequate PAC members we will NOT receive the funding available.
- It is less than 1 hour per month
- **EVERYONE** is welcome!

PEARSON ROAD ELEMENTARY

Holiday MARKET

.....
Saturday November 18th 2023
10:00 AM- 4:00 PM
.....

****VENDORS NEEDED****

.....
TABLES RESERVED FOR PSE PARENT
ENTREPRENEURS FIRST!
LET'S BUILD UP OUR COMMUNITY!
.....

\$40.00/TABLE BENEFITING THE PAC
PAC FUNDS RAISED GO DIRECTLY TO OUR
STUDENTS EXTRACURRICULAR ACTIVITIES.
.....

APPLY HERE

[https://docs.google.com/forms/d/e/1FAIpQLSe
pTegpVUdeDhxN4XaDDXpzM11VKQsHeenHatT
dXm-M6ja0Q/viewform?usp=sharing](https://docs.google.com/forms/d/e/1FAIpQLSe
pTegpVUdeDhxN4XaDDXpzM11VKQsHeenHatT
dXm-M6ja0Q/viewform?usp=sharing)

Applications are due by October 20th
.....

First come First Served
Don't delay, book your table today!

QUESTIONS?
CONTACT OUR TREASURER.
JORDINKUTT@HOTMAIL.COM

Head Lice

What are head lice?

Head lice are tiny, greyish brown, wingless insects that live on the scalp, feeding on human blood. They lay eggs that stick to strands of hair very close to the scalp. Once the egg hatches, the empty case left behind is called a nit.

Head lice are hard to see because they are tiny and move around on the head. Eggs are very small, about one-third (1/3) the size of a sesame seed and take 9 to 10 days to hatch. The nits are easier to see and are found further down the hair shaft. Both eggs and nits may look like dandruff, but they cannot be easily removed because they are sticky.

Do head lice cause illness or spread disease?

No, head lice do not cause illness or spread disease. However, they can be irritating because they cause discomfort and spread easily from person to person.

How are head lice spread?

Anyone can get head lice. Having head lice does not mean a person has poor personal hygiene or lives in an unclean environment. Anyone who has hair can get head lice.

Head lice are commonly spread among children and adults who have close head-to-head contact. Head lice cannot jump or fly from 1 person to another. They are most commonly spread through head-to-head contact by crawling from one hair to another. There is a very small chance of head lice spreading indirectly through shared pillowcases, hair accessories, brushes and combs.

How do I prevent the spread of head lice?

The best way to control head lice is through the cooperation of parents, children, daycares, schools and health care providers. Checking the hair of all family members regularly using the wet combing method is the best way to prevent the spread. Encourage children not to share hats, combs, hair accessories or hairbrushes. If your child has long hair, tie it up or put it in a braid.

Having head lice once does not prevent someone from getting them again. Regular checks for head lice can be part of a family's hygiene routine.

What are the symptoms of head lice?

Often people who have head lice will have no symptoms for 4 to 6 weeks with their first case.

Symptoms of head lice may include:

- Crawling or tickling sensation on the scalp
- Itchy scalp due to a sensitive reaction caused by the bites
- Scratch marks or small red bumps like a rash

How can I tell if my child has head lice?

The most accurate way to check for head lice is the wet combing method:

- Wash and rinse the hair. Apply enough conditioner to cover the whole scalp (usually 2 handfuls). The conditioner stops the lice from moving, making them easy to find
- Use a wide tooth comb to get the tangles out. At any time if the comb tugs, add more conditioner
- Begin combing the entire head with a lice comb. Pull the comb through the hair in one stroke from the front to the back of the head. Keep the teeth in contact with the scalp for the entire stroke
- After each stroke, wipe the comb on a paper towel and check for lice

What are safe options for treating head lice?

There are many different products and ways to treat head lice. Some health experts recommend wet combing and others recommend chemical treatments. Only consider treatment if you find live lice. Head lice will not go away without treatment.

Children should receive their first treatment, whether wet combing or chemical, at home the first day that they are found to have head lice. Children should not be sent home or kept home from school or daycare because of head lice. Encourage the child to avoid head-to-head contact with other students until after their first wet combing or chemical treatment.

If one person in the household has head lice, there is a good chance other household members do as well. All members of the household should be checked on the same day and those with lice should be treated.

Wet Combing treatment

This method removes live head lice. Wet combing is less expensive and non-chemical. Combing treatments follow the same steps used to check for lice. Use generous amounts of hair conditioner and a special lice comb, every 4 days for at least 2 weeks. If you find lice on the final combing, add one more combing in 4 days until you find no live lice. Any young lice that hatch from eggs after the first session are removed at the second, third and fourth sessions. This is why it is important to do the full series of sessions.

Wet combing is safe for infants, young children, as well as pregnant and nursing mothers. Contact your public health unit for complete instructions on the wet combing method. To find your local public health unit, visit www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities.

Chemical treatments

Shampoos, creams, rinses and sprays that contain an ingredient that kills lice are available at most pharmacies without a prescription. Some examples are permethrin, pyrethrins, isopropyl myristate and dimethicone.

Some chemical treatments may not be safe for infants, young children, pregnant or nursing mothers or other individuals. Speak to your health care provider or pharmacist to find out which is best for you or your child. Always carefully follow the directions for use on the label and be sure to keep the products out of the reach of young children.

After treatment, check the hair and remove eggs and lice. You can also remove the nits, although you don't have to remove them, as nits are empty eggshells. Most treatments are repeated in 7 to 10 days to make sure that any head lice that have hatched after the first treatment are killed before they have a chance to lay any eggs. It is also important to check the head for any eggs and remove them after the second treatment.

Itching may last for 7 to 10 days, even after successful treatment.

Head lice have started to develop resistance to many of the chemical products. If you think the product is not working after 24 to 48 hours, use the wet combing method to check for lice. If you find lice, use a different treatment method. Head lice cannot develop resistance to non-chemical treatments.

When should I call my health care provider?

Call your health care provider if the treatments are not successful or if you are unsure which kind of treatment is best for you or your child. Chemical treatment of pregnant or nursing mothers and of children less than 4 years of age should be given only under the direction of a health care provider.

What options are not recommended for treating head lice?

Some methods and products should not be used because they are either not safe or do not work. These products include: insect sprays, motor oil, gasoline, alcohol, flea soap, dyes, bleaches, heat applied to the scalp, garlic, tea tree and other essential oils, electric lice combs, and shaving the head.

What should be cleaned?

Healthy head lice rarely leave the scalp and if they do they may only survive for 24 to 55 hours. Head lice are not shared through contact with furniture, pets or carpets. There is no evidence that a major cleaning of the house or car is necessary. Hats, pillowcases, combs and hairbrushes that have had contact with the head of the person with head lice in the previous 48 hours, could be considered for cleaning in hot soapy water. Items that can't be washed can be placed in a plastic bag for 2 weeks or in the freezer for 48 hours. Clean supplies that you used for wet combing in hot soapy water.

OCTOBER 2023

Services to Schools

A healthy school contributes to the safety and health of our children and youth, school staff and the school community. For more information on Interior Health resources and supports for healthy schools see [Interior Health Services to Schools](#).



Message from Dr Fatemeh Sabet, Medical Health Officer, School Lead

It is great to see everyone excited for start of the New School Year. Thanks for your continued efforts in keeping our schools safe and the place to thrive for our young people. Vaccination continues to be our best line of protection against communicable diseases. The coming respiratory season vaccination campaign is a great opportunity for all of us to increase our collective protection and keep our schools and communities safe. It helps us keep the very important social connections that are empowering our learning, growth and mental wellness. It is more important than ever to support our children and youth to maintain their mental wellness through strong connections with their families, school communities and to find safe spaces to develop their thriving social environment.

Please know that Interior Health is here to support you in your efforts to mitigate disease transmission in the school setting. If you have questions regarding a case of communicable disease in your school, contact your public health nurse for assistance at the link listed below. For urgent matters, **or those beyond an individual school level**, we invite superintendents as well as independent and First Nations administration to reach out during regular business hours to their geographical MHO through HealthySchools@interiorhealth.ca. If you have questions outside of regular business hours you can contact the On-Call Medical Health Officer at: 1-866-457-5648.

The following may be helpful COVID-19 resources for schools:

BC Centre for Disease Control

[Public Health Communicable Disease Guidance for K-12 Schools](#)
[K-12 Schools and COVID-19 Website](#)

Ministry of Education

[Communicable Disease Prevention in K-12 Schools](#)
[Provincial Communicable Disease Guidelines for K-12 School Settings](#)
[Safe and Healthy Schools Website](#)

School Contacts

As per the School Act, Section 89, these are the Interior Health School Medical Health Officers (MHOs):

Dr. Carol Fenton: Thompson Cariboo, Princeton	Dr. Stephane Trepanier: Thompson Cariboo
Dr. Jonathan Malo: North Okanagan, Shuswap	Dr. Silvina Mema: Central Okanagan
Dr. Sue Pollock: South Okanagan, Kootenay Boundary	
Dr. Fatemeh Sabet: East Kootenay, parts of Kootenay Boundary	

For specific school-based questions: please contact your local [Public Health Office](#)

For district-level questions: please contact: HealthySchools@interiorhealth.ca

Healthy Start Healthy Schools Team:

Valerie Pitman (Program Specialist)	Valerie.Pitman@interiorhealth.ca
Brenda Marsman (Program Specialist)	Brenda.Marsman@interiorhealth.ca
Rebecca Gibbons (Manager)	Rebecca.Gibbons@interiorhealth.ca

Immunization

Respiratory Diseases Season & Delivery of School Immunization Services

Public health nurses will continue to adhere to the [COVID-19 Public Health Guidance for K-12 School Settings](#) guidelines and will utilize best practice recommendations when planning the delivery of school immunizations and entering the school setting.

Vaccine Status Reporting Regulation

The [Vaccination Status Reporting Regulation](#) is a law under the Public Health Act. This regulation requires that parents or guardians report the vaccination status of their school-age children to their local health authority. Parents and guardians are responsible for gathering and providing missing immunization records to their local health center. Use the [Vaccination Status Indicator](#) to find out whether Public Health has your child's immunization record. Immunization records can be submitted by parents or guardians to immunizationrecord.gov.bc.ca or the local health unit.

Class Lists

For Independent Classes Not Using STIX

Public Health Nurses covering independent schools NOT using STIX (student transfer information exchange) must continue to collect class lists from their school. The school nurse will request these lists two times per year - September and June. These class lists must now include all grades that attend the school (including any homeschooled students) to assist with the Vaccine Status Reporting Regulation. Please note for all other schools, some nurses may still ask for a basic class list to use as a working document in order to help organize classes for immunization. We would appreciate your assistance in informing schools that sharing class lists is an approved process, especially when requesting updated contact information (authority of s. 79 of the School Act), and by virtue of the [Student Records Disclosure Order](#), and as per [section 9 \(3\) of the Independent School Regulation](#)

School Immunizations

Consents

Personalized consents are used for students in both public and independent schools in all areas of Interior Health. To aid with the transfer of current student information from the school data base to the health data base, please ensure student's most current address and phone number are up to date. Personalized consents provide the opportunity for students to be offered school immunizations and any other vaccines they may be eligible for (COVID-19 vaccine will not be offered in schools this year). Paper copies of school immunization consent forms are sent home and supporting documents are emailed to parents and students via schools. Other information regarding school immunization can be found on the [Interior Health website](#).

Mature Minor Consent (MMC)

Students can provide [MMC for immunization](#) as per the legislation under the Infants Act. MMC stipulates that a student who demonstrates an understanding of the benefits and risks of a health service can consent or refuse that service independent of a parent or representative.

Kids Boost Immunity

A [grade 6 lesson plan](#) is available to assist teachers in preparing their students for school immunization clinics. A grade 6 teacher handout is available to help prepare teachers for immunization day and will be provided to grade 6 teachers by Public Health.



MedicAlert Program

The **MedicAlert® Foundation Canada** is a charitable organization and the leading provider of emergency medical information services linked to customized medical bracelets and necklaces. Anyone who needs MedicAlert but is limited due to income can apply for the IDEA program for full or partial subsidy. Application information is provided on their website [here](#) or by calling: **1-800-668-1507**. Unfortunately the No Child Without program has been discontinued.

Diabetes & Glucagon

School Public Health Nurses (PHNs) are available to provide general diabetes presentations to all school staff upon request.

➤ The presentation may be offered in-person, or virtually.

PHNs offer in-person staff training and practice sessions in glucagon administration to 2 to 4 designated staff in schools when parents of students with diabetes request glucagon be administered as part of the medical alert plan.

➤ Glucagon is available as a nasal powder or injection.

➤ The presentation may also be [viewed](#) on our IH YouTube Channel, however it does not replace in-person training provided by the PHN.

Parents are responsible for providing glucagon to their child's school. **Schools are responsible** to select staff for training and alert the school PHN that training is needed. More information can be found on the [Interior Health website](#) and [Diabetes at School](#) website.

Seizures and Epilepsy

PHNs are available to provide general seizure presentations to school staff upon request. The presentation may be offered in-person, or virtually.

Nursing Support Services (NSS)

[NSS staff](#) support children with special health care needs in the school setting. They will provide training and ongoing monitoring to school staff for delegated care needs of individual students requiring assistance with gastrostomy tube meals, Type 1 Diabetes, seizure management, clean intermittent catheterization, and oral suctioning. For more information see the [Interior Health website](#) and [BC Children's Hospital](#) website.

Parents are responsible for their child's care during the school day until training of school staff is completed.

A list of the NSS nurses can be found on the School Staff page [here](#).

Anaphylaxis

Anaphylaxis training is offered to school staff by Public Health Nurses once or twice a year, and upon request. Nurses have demonstrator units of auto-injectors to share with staff during the training session. Another option available to school staff is to complete the 30 minute free on-line [self-learning module](#) from www.allergyaware.ca.

Epinephrine is the only treatment shown to stop an anaphylactic reaction, and the only treatment that should be given in the school setting. All high-risk children should have two auto-injectors available in the school setting.

Allerject, Epi-pen and Emerade auto-injector are now available in Canada.

More information can be found here:

[Anaphylaxis Protection Order](#)

[Anaphylaxis in Schools and Other Settings, 3rd edition](#)

[Ministry of Education – Anaphylaxis](#)

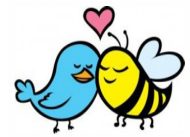
Free Condoms for Secondary Schools

Free condoms are available to all secondary schools and alternate schools in our health authority. These condoms are available to support contraceptive education, sexually transmitted disease prevention, and pregnancy prevention. Information and order forms can be found on the public website: [free condom supply form](#) . Orders can be picked up at the local Health Centre.



Sexual Health Resources

The Ministry of Education [resources](#) can be enhanced with information found on the [Interior Health website](#).



The Interior Health [Sexual Health Teaching Toolkit](#) has links to lesson plans by grade and topic to help facilitate important discussion around consent, the gender spectrum, physical development, communicable diseases and human reproduction.

Schools in BC are required to provide menstrual products to all students who may require them. Helpful information about products that can be considered for your schools can be found at: [Menstrual product information for schools](#).

Evidence-based Substance Use Resources

This June the BC Coroners Service released a report on [Youth Unregulated Drug Toxicity Deaths in British Columbia](#). Tragically, the report shows that youth unregulated drug toxicity deaths (overdoses) have increased since 2016 and are now the **top cause of unnatural death among youth under the age of 19 in BC**. Now is a good time to evaluate your school's approach to substance use.

The Interior Health Youth Harm Reduction Team has a number of resources for schools including:

[Safety First: Real Drug Education for Teens](#) - a curricular aligned learning resource to provide teens with honest and scientifically accurate information on alcohol, tobacco /vaping, cannabis and more.

[Naloxone blue kit program](#) – this program provides free naloxone kits to schools who implement an overdose response plan.

[Youth harm reduction toolkit](#) – one-stop shop to find credible substance use information, resources and tools.

Check out the Youth Harm Reduction Team's [program brochure](#) for more information. Reach out to the team - harmreduction.coordinator@interiorhealth.ca

Head Lice



Information and tips for schools dealing with head lice can be found on the [Interior Health Website](#).

We appreciate your assistance in informing schools that the most up to date resources can be found here online.

Public Health Nurses may be able to provide head lice education sessions to staff and parent groups. Please contact your [school PHN](#) to see when this can be arranged.

Dental, Hearing and Vision

[Kindergarten vision screening](#): this service is on hold. Vision testing information can be found on the Interior Health [website](#).

[Dental Program staff](#) will accept referrals for any student with active pain and/or infection. In-school Kindergarten dental surveys occur every three years. The next one is planned for 2025

Hearing service locations are found on the Interior Health [website](#).

Nutrition & Food Security

Public Health Dietitians are available to support school districts working on initiatives related to meal programs, food security, food literacy, the school food environment, and healthy school policies. Public Health Dietitians work with Health Promoting School Coordinators, where available, to provide resources, information about funding opportunities, review grant applications, and connect districts to local food resources. They can also offer consultation and expertise on district initiatives.

Visit Interior Health's School Nutrition [web page](#) for information on:

- Teaching Food and Nutrition and Popular School Food Initiatives such as:
 - [Teach Food First](#): An Educators Toolkit for Exploring Canada's Food Guide
 - [Hands on Food](#): Lessons plans using food to teach curriculum
 - [Educational Resources](#) (K-12) (BC Agriculture in the Classroom)
 - [BC School Fruit and Vegetable Nutrition Program](#)
 - [Farm to School BC](#)
- Healthy Fundraising For schools
- Meal Programs and Food Guidelines



Disordered eating is common among youth and can go unnoticed for many months and years by parents, families, and school staff. School staff with concerns can find more information in the following document: [Guidelines for Helping a Student with a Suspected Eating Disorder](#). For information on Eating Disorder Treatment Services and resources, visit: the [Interior Health website](#).

Tobacco & Vapour Prevention and Control Resources

Tobacco and Vapour Reduction Coordinators provide support to tobacco and vaping prevention and reduction initiatives. They offer district wide consultation on policy, strategy and legislation compliance; training to school staff to assist students to prevent and/or reduce risks from the use of tobacco and vapour products; and information and resources for schools and educators.

Contact the Tobacco and Vapour Reduction team at tobaccoandvape@interiorhealth.ca. For more information and resources, visit the [Tobacco and Vaping Information for Schools](#) section of our website.

Cessation Support and Information:

[BC Smoking Cessation Program](#)
[Quash App - Lung Health Foundation](#)
[QuitNow - BC Lung Foundation](#)
[Respecting Tobacco - FNHA](#)
[Vaping Toolkit for Schools - IH](#)
[Quitting Tobacco or Vaping - IH](#)
[Tobacco & Vaping Information for Teens - IH](#)



Mental Health Resources

Accessing Services and Resources

Recognizing that student and staff mental health is a priority, the following are some resources that may be helpful:

[Interior Health Mental Health and Substance Use Website](#)

Service access and navigation support: 310-MHSU (**310-6478**)

[Accessing Mental Health and Substance Use Services](#)

[Foundry Virtual BC](#)

[KeltyMentalHealth.ca](#)

[FamilySmart.ca](#)



Indigenous Youth Wellness (PHSA)

Resources to support Aboriginal youth in British Columbia in the areas of culture, identity, education and learning about Indigenous history, and mental health and substance use.

<http://www.indigenouslyouthwellness.ca/resources>

Métis Nation BC – Métis Youth Resources

The Métis Nation BC has a variety of resources to support Métis youth in cultural, employment, wellness, and community.

<https://www.mnbc.ca/youth>

FNHA First Nations Health Benefits Mental Wellness:

First Nations youth in British Columbia have access to a variety of mental wellness supports through the FNHA First Nations Health Benefits Program.

<https://www.fnha.ca/benefits/mental-health>

Educator Resources

[Foundry BC – Resources and Workshops for School Professionals](#)

[Kelty Mental Health - Mental Health Literacy Resources and Curriculum for the Classroom](#)

[Interior Health Website- Positive Mental Health Teaching Toolkit](#)

[Anxiety Canada - Educator Resources](#)

[Jack.org - Provincial and National Resources](#)

[Province of British Columbia- Erase](#)

PreVenture

Interior Health supports PreVenture, a personality focused, strengths based, targeted program delivered in schools. PreVenture workshops are delivered to select students in grade 7 or 8 by trained facilitators. These workshops result in evidence based impacts around reducing substance use, bullying and experiences of psychosocial behaviours. Currently Interior Health offers the program in eight school districts (SDs 6, 19, 22, 27, 58, 67, 73 & 83), and is exploring expansion into independent and First Nations schools. You can find out more information on the [PreVenture website](#) . If you're curious about how your school district can be involved, you can email our team at: healthyschools@interiorhealth.ca

Injury Prevention



[The Concussion Awareness Training Tool \(CATT\)](#) is a series of free online educational modules and resources that provide training in recognizing, treating and managing concussions for school professionals as well as parents, players, and coaches. Good concussion management is pivotal to minimizing the risk of brain damage and may reduce long-term health consequences.

The [CATT E-Learning Module for School Professionals](#) is a course that provides information needed to respond and manage concussions.

[The Canadian Guideline on Concussion in Sport](#) has been developed to ensure that athletes with a suspected concussion receive timely and appropriate care, and proper management to allow them to return to their sport. The guideline is intended for use by athletes, parents, coaches, officials, teachers, trainers, and licensed healthcare professionals.

Healthy from the Start Program

Healthy From The Start (HFS) is a universal prenatal program offered through Interior Health. Teachers and counsellors are encouraged to offer pregnant students with information to allow them to connect with this resource. Information can be found on the [Prenatal Connections](#) section of the IH Website. Additional Information can also be found at: [Pregnancy and Childbirth](#).

Students can self-refer to HFS by calling toll free at 1-855-868-7710 or filling out the secure HFS online form at: [Healthy From The Start eForm](#).

When a pregnant student is referred to HFS, they will speak with a public health nurse, receive valuable information and get connected with programs and resources available in their community. Receiving early prenatal care and connecting with supports and services is especially important with pregnancy in youth.



Healthy Communities

Radon Screening

Radon is a serious indoor air quality issue within the BC interior. Children are vulnerable to radon through chronic exposure potentially increasing the risk of lung cancer later in life. Testing for radon at schools and at home is the only way to know if levels of radon exceed recommended thresholds. Mitigation can be simple. Interior Health recommends that all schools in our region prioritize radon testing and include radon in their routine school maintenance schedules. Parents and guardians are encouraged to inquire about radon test result data from school administration. The best time to do the 3 month test is during the cold months, from October through March. Testing is easy. For more information on Radon Gas and testing see: [The Interior Health Public Website](#). For inquiries about school test kits reach out to HealthySchools@interiorhealth.ca.

Active and Safe Routes to School

Walking and cycling to school is an important way for children and youth to add physical activity to their daily routine. Members of our Healthy Communities team can assist and support School Districts, parents and other community stakeholders with Safe Routes to School planning. For more information please contact Healthy Communities at hbe@interiorhealth.ca.

Aboriginal Resources

Indigenous Youth Wellness (PHSA):

Resources to support Aboriginal youth in British Columbia in the areas of culture, identity, education and learning about Indigenous history, and mental health and substance use.

<http://www.indigenousyouthwellness.ca/resources>

Métis Nation BC – Métis Youth Resources:

The Métis Nation BC has a variety of resources to support Métis youth in cultural, employment, wellness, and community.

<https://www.mnbc.ca/youth>

FNHA First Nations Health Benefits Mental Wellness:

First Nations youth in British Columbia have access to a variety of mental wellness supports through the FNHA First Nations Health Benefits Program.

<https://www.fnha.ca/benefits/mental-health>

Interior Health Aboriginal Partnerships: The IH Aboriginal Partnerships portfolio supports initiatives across the health authority to be more culturally safe, inclusive, and equitable. For more information about the work of the team or to connect:

[Aboriginal Peoples, Families & Communities | Interior Health](#)

Additional Resources:

[School District Aboriginal Education Programs Contacts](#)

[BC Indigenous Education Enhancement Agreements](#)

[BC Tripartite Education Agreement: Supporting First Nation Student Success 2018](#)

[Jordan's Principle in BC Information](#)

[Coronavirus \(COVID-19\) and Indigenous communities](#)



Healthy Schools

The Healthy Schools BC website includes resources, success stories, and funding opportunities to assist with creating a healthy school. More information is available at:

healthyschoolsbc.ca.



Interior Health funding for **Health Promoting Schools Coordinators** continues in 15 of the 16 public school districts and some First Nations schools in the South Okanagan.

The [HPS Coordinators Contact List](#) is updated twice yearly.

The list of [Public Health Office](#) phone numbers by school can be found on the IH Public Website.



www.facebook.com/COFHP for up-to-date info or www.cofh.ca

November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
Call or text to 250-826-6264 for your scheduled Family Hub time. The Hub is open from 9:00am - 4:00pm every day.		Food Support Program, 9:30am-12:30pm Connect & Play Childhood Connections, 1:00pm-4:00pm	Song Story & Rhyme Time, 9:30am-10:30am Drop-in Play Time, 12:00pm-4:00pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-4:00pm
Circle of Security, 9:00am-11:00am Drop-in Play Time, 11:30am-1:00pm Connect & Play Childhood Connections, 1:00pm-4:00pm	Drop-in Play Time, 9:30am-11:30am Song, Games & Stories with Rutland Library, 10:00am-10:30am Connect & Play - Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-4:00pm	Japanese Story Time, 11:00am-1:00pm Connect & Play Childhood Connections, 1:00pm-4:00pm	Song Story & Rhyme Time, 9:30am-10:30am Drop-in Play Time, 12:00pm-4:00pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-4:00pm
Closed for Remembrance Day	Drop-in Play Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-2:00pm & 2:00pm-4:00pm National Child Day Family Event	Food Support Program, 9:30am-12:30pm Connect & Play Childhood Connections, 1:00pm-4:00pm	Song Story & Rhyme Time, 9:30am-10:30am Info Session: Immigrant Services, 10:45am-12:45pm Drop-in Play Time, 1:00pm-4:00pm	Story Walk Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-4:00pm
Story Walk Circle of Security, 9:00am-11:00am Drop-in Play Time, 11:30am-1:00pm Physio with Melina, 9:30am Connect & Play Childhood Connections, 1:00pm-4:00pm	Story Walk Drop-in Play Time, 9:30am-11:30am Song, Games & Stories with Rutland Library, 10:00am-10:30am Connect & Play - Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-4:00pm	Story Walk UBC-O Winter Health Workshop, 9:30am-12:30pm Connect & Play Childhood Connections, 1:00pm-4:00pm	Story Walk Song Story & Rhyme Time, 9:30am-10:30am Drop-in Play Time, 12:00pm-4:00pm	Story Walk Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-4:00pm
Story Walk Circle of Security, 9:00am-11:00am Drop-in Play Time, 11:30am-1:00pm Connect & Play Childhood Connections, 1:00pm-3:00pm	Drop-in Play Time, 9:30am-11:30am Song, Games & Stories with Rutland Library, 10:00am-10:30am Connect & Play - Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-4:00pm	Japanese Story Time, 11:00am-1:00pm Connect & Play Childhood Connections, 1:00pm-4:00pm	Song Story & Rhyme Time, 9:30am-10:30am Drop-in Play Time, 12:00pm-4:00pm	facebook.com/COFHP for up-to-date info or www.cofh.ca



Programs this Month:

Call or text to [250-826-6264](tel:250-826-6264) for your scheduled Family Hub time. The Hub is open from 9:00am-4:00pm every day.

Family Play Time at the Hub, The Bridge Youth and Family Services

Parents/caregivers with children are welcome to drop-in for a family play time in the HUB playroom. For more information call the HUB at [250-826-6264](tel:250-826-6264)
Just Drop-in, Tuesdays starting at 9:30am

Food Support Program - The Bridge Youth and Family Services, Helen's Acres Community Farm, Central Okanagan Community Food Bank

Receive essential food security support while connecting with community partners each week to explore valuable local resources.
Email Laura at laura.banman@thebridgeservices.ca or Tong at tongriang@cofh.ca to book an appointment. (by appointment only).
Every 1st and 3rd Wednesday of the month, 9:30am-12:30pm.

Outato Ohanashino Kai (Japanese Story Time for Infants & Toddlers)

Japanese Storytime provides a space where children can practice and reinforce the Japanese language and culture, also it serves as an immersive space that is 100% Japanese.

Registered Members Only - No Drop-in. Every 2nd and 4th Wednesday of the month, 11:00am-1:00pm.

Physio with Melina

Milena Perini, Pediatric Physiotherapist from Physio for Kids is available once a month to address inquiries on infant motor development, tummy time, engaging activities for babies and toddlers. For children aged 0-4 years. **Once a month call [250-826-6264](tel:250-826-6264) to book - Appointments start at 9:30am.**

Connect & Play - KCR Family Friend Program

Playtime for moms and children is part of the Family Friend Program. Meet other moms in the program and let your children play.
Select Tuesdays, 12:00pm-2:00pm. Email familyfriend@kcr.ca, or visit www.kcr.ca/family-services/family-friend.

Parent talk - The Bridge Youth and Family Services

Support and information group for parents of children 0-6 years old. Opportunity for parents to share and gather information about issues that are impacting their lives and their parenting, create connections, and be a part of a supportive parenting community. Child care is provided. Please bring a snack for your child(ren). **Select Fridays, 9:30am. If you are new to this group and would like to join, call Laura at [250-878-6331](tel:250-878-6331).**

Connect and Play - Childhood Connections

Every Monday & Wednesday join a staff from Childhood Connections CCRR to engage, create and connect. Childhood Connections CCRR staff will be there.
Mondays & Wednesdays, Drop-in, 1:00pm-4:00pm.

Song, Story & Rhyme Time - Childhood Connections

This program will celebrate diversity, embrace communication through songs, rhymes and stories, and promote an environment where every child and family feel valued and included. **Thursdays, Drop-in, 9:30am-10:30am.**

Circle of Security - The Bridge Youth and family services

At times families feel lost or without a clue about what our child might need from us. Circle of security parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Class is Full. No Drop-in. October 16th-December 11th, 9:30am (no class on November 13th).

Winter Health Workshop - UBC-O Nursing Students

Join UBC-O 4th year nursing students for an educational workshop to learn more about caring for yourself and your children during the flu season, and accessing Canadian healthcare services. All are welcome, bring your children for fun activities! There will be drinks, treats, and prizes!

Drop-in, November 22, 2023, 9:00am-12:30pm.

Songs, Rhymes, Games and Stories - Rutland Branch, Okanagan Regional Library

Join the Rutland Public Library for an energetic half hour of songs, rhymes, games, and stories that focus on early literacy and language development.

Drop-in, Tuesdays, 10:00am-10:30 am.

National Child Day Family Event - Central Okanagan Early Years Partnership

Join us in some fun, engaging, preschool age activities and games hosted by community organizations at West Kelowna Multi-sport center.

November 14, 2023

How to Read to Your Kids, Info session - KCR Immigrant Services

Join KCR Immigrant Services and NITEO for Family Literacy Games and Activities. Learn how to read to your children with expression and create a family reading routine, and learn more about the services the Okanagan Family Hub Provides.

November 16th, 2023, 10:45am-12:45pm. Only for newcomer families.

Story Walk - Central Okanagan Early Years Partnership

Books are displayed in parks around the Central Okanagan for park goers to enjoy. The story pages are stacked around the parks in page order for self-guided fun reading tours. Enjoy the stories together as you stroll through the park. To check which parks and books displayed, visit the website.

childhoodconnections.ca/earlyyearspartnership/story-walks