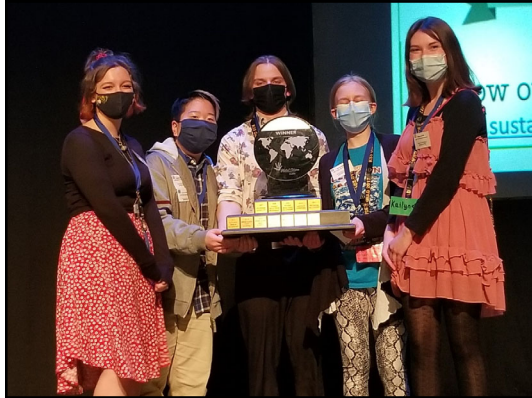




Whoo's News



March 4, 2022



Congratulations!

KSS Sustainable Development Challenge

On Wednesday, February 23rd, five students from KSS participated in the Sustainable Development Challenge. This event invites students from across the Central Okanagan to pitch their ideas for addressing the UNs Sustainable Development Goals. Gracie T, Heather I, Gavin D, Julia S, and Kailyn L presented their idea to a panel of community judges and live audience at the Rotary Centre For the Arts. **Their project, Thrifty Thursdays, was awarded top prize and the team received \$2000 dollars to support the innovative project.** Thrifty Thursdays is a pop-up thrift shop located at KSS that aims to encourage students to be responsible consumers. The hard work of these young changemakers deserves to be celebrated! Congratulations to all teams who participated! Thank you to Ms. Margetts for supporting our students.

Course Selection

UPDATED

The course selection due date was extended to give students last weekend to complete them. Course selection should now be complete **on-line in the student portal**

Please **DO NOT** bring them to the office.

Meeting the deadline for course selection will give your student the best opportunity to get the courses they request.

Please have your student contact their [alpha Vice-Principal](#) or Counsellor if they have not completed it!!

Please refer to the 2022/23 Course Selection banner on the KSS [Website](#) for the Course Selection Presentations.

THANK
YOU

Not Returning to KSS for September 2022?

Please contact us and let us know that you will not be returning as soon as possible.

250-870-5105 or

KelownaSecondary.School@sd23.bc.ca



Congratulations to the following Owls football players who will be continuing their education and playing football at the university/college level!

Joey Howorko - University of Regina

Jack Nyrose - University of Toronto

Everett Schmuland - University of Calgary

Evan Fitchett - University of Regina



GO OWLS!!!

Congratulations to the KSS Junior Girls who are competing at the Provincials this week.

They won their first game vs Abbotsford Traditional 45-29. **GO OWLS!!**

There is still time to enjoy **FREE WRESTLING LESSONS**

Who: Grade 7-10 students from School District #23

Where: Central School Gym, 1825 Richter Street

When: February 28 and March 2, 3, 7, 9, 10, 14, 16 & 18

From 4:30pm to 6:15pm Doors open at 4:00pm



For more information: cowawrestling.com or call 250-212-4969



Congratulations KSS / KLO Wrestlers!

Keaton Burgess a grade 8 student at KLO Middle School and Bryson Burgess a grade 12 student at Kelowna Secondary both wrestled there way to the podium at the recent BC School Wrestling Championships. The Championships were held at the Pacific Coliseum in Vancouver from February 24 - 26, 2022.

Wrestling his first match ever Keaton opened the tournament with a 14 - 4 loss against Leon Tsuboi of Queen Margaret School. He was then pinned by Karanjot Ghillon of Tamanawis Secondary School. Keaton then went on to defeat his next two opponents. He first pinned Patden Ismay of GidGalang Kuyas Naay Secondary School and then defeated Justin Rip of Collingwood School by a score of 14 - 4. Those two wins won Keaton the Bronze Medal in the 38kg weight division.

While competing in the 57 kg weight division Bryson opened the tournament with a quick pin at 15 seconds of the first period over Cole Neilson of Spectrum Community School. Bryson also pinned his next opponent Clarence Brion of Gladstone Secondary School at 1:18 of the first period. Bryson lost his third match while being pinned by Evan McLeod of Alberni District Secondary School. In his fourth match of the tournament Bryson pinned Riley Jhuty of Matthew McNair Secondary School at 1:25 of the first period. In his final match Bryson lost by a score of 10 - 0 against Mostafa Addo of Princess Margaret Secondary School. Those results left Bryson in 4th place out of the twenty wrestlers in a very competitive weight division.

Congratulations to all of the athletes who competed.

Grad Clothing--Final Sale!

The final round of grad clothing is open for the entire month of March here: <https://kssgrad22mar.itemorder.com/shop/sale/>. This sale is featuring t-shirts for spring and summer. Items will arrive at the end of April.

Sale #2 items are due to arrive at KSS the week before spring break. Please stay tuned for an update.



École Kelowna Secondary





Coaching Opportunities at KSS



Head coach for **Track and Field** Spring 2022. Must hold a valid level 1 coaching certificate.

Head coach for the **Sr Girls Rugby** Team Spring 2022. Must hold a valid level 1 coaching certificate.

K-12 Rapid Test Kits

K-12 Rapid Test kits, approved by Health Canada, have been provided to schools for distribution to families. In a recent bulletin [from Health Canada](#), the British Columbia Centre for Disease Control has updated information about the safety and proper use of the test kits. As a result of the recent Canada Health Public Advisory stating that the rapid antigen tests kits and solutions are to be kept out of the reach of children, elementary and middle schools will be coordinating for parent/guardian pick-up of the test kits. KSS has distributed their Rapid Tests Kits to students during their block 1-2 class on January 24th. If students did not receive their Rapid Test Kits they can now pick them up from the KSS office during office hours 8:30 am – 4:00 pm.



Awards and Scholarships at Okanagan College

The deadline for High School Entrance Awards is:

Friday, March 11

[OC Awards and Bursaries](#)



KSS Spring Coaches 2022



Ultimate	Ashlee Davison	ashlee.davison@sd23.bc.ca
Jr Boys Rugby 7's	Leana Marton	leana.marton@sd23.bc.ca
3A Boys Rugby 7's	Dave Marfleet	david.marfleet@sd23.bc.ca
Badminton	Caleb Wilkinson	caleb.wilkinson@sd23.bc.ca
Golf	Tony Sodaro	tony.sodaro@sd23.bc.ca
3A Girls Soccer	Arnar Bernhardtsson	arnar.bernhardtsson@sd23.bc.ca
Mountain Biking	Jeff Begg	jeffery.begg@sd23.bc.ca
Track and Field	Joella Koblichke	joella.koblichke@sd23.bc.ca



Attention 2022 KSS Grads

The KSS Parent Advisory Committee will be awarding two bursaries and two scholarships to KSS grads who will be pursuing post-secondary education in the fall of 2022. Each award will be for \$1000.

The applications can be found using this [link](#) or on the KSS website under "Students - Bursaries and Scholarships".

Deadline for applications is April 8th



Grad 2022 Update

As a result of the continuing Covid-19 restrictions, we have decided to move our previously scheduled in-person graduation ceremony from the original date to smaller graduation ceremonies to take place the **weekend of June 4-5, 2022**. Graduates will have the option to sign up with their friends or people with whom they would like to celebrate, and they may bring a limited number of family members and loved ones to attend the ceremony.

Sign-up will occur in April and will be advertised in the Whoo's News, on the KSS website, and on the grad Google Classroom. As we did in 2020 and 2021, we have hired a professional film production company to record the graduates' stage crossings, and the production will be released on YouTube for all extended family members and loved ones to view on Friday, June 24, 2022.

Regarding year-end formal celebrations: we have assembled a small team of parent volunteers who have begun planning a selection of year-end celebrations. More information will be forthcoming, including opportunities for more parents and guardians to participate and volunteer. Please stay tuned for information in upcoming Whoo's News newsletters.

DAILY HEALTH CHECK

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	If yes to 1 or more of these symptoms: Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	If yes to 1 symptom: Stay home until you feel better.
Loss of appetite	
Headache	If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea or vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption . Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival , as part of federal requirements .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	If yes: Follow the instructions provided by Public Health.

You can also check your symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Visit the [BC Centre for Disease Control website](#) for more information on COVID-19.



BCCSA
BC Construction Safety Alliance

SiteREADYBC
ONLINE CONSTRUCTION SAFETY ORIENTATION

SITEREADYBC PROGRAM

This is a brand-new introductory construction safety training course created by the BC Construction Safety Alliance (BCCSA). The program will focus on BC safety regulations but is being built so it can be adapted for use across Canada.

This online training program replaces the popular Construction Safety Training System (CSTS-09) we previously offered, which close to 75,000 BC construction workers have completed. For many BC employers, a SiteReadyBC certificate will become mandatory for all new employees upon first entering a construction site.

Successful students will receive certificates to both the SiteReadyBC program and WHMIS-2015.

PART 1

- 1 Legislation
- 2 Rights & Responsibilities
- 3 Hazard Management
- 4 Workplace Conduct
- 5 Inspections, Accident Reporting, Investigations

PART 3

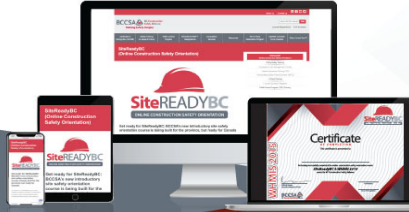
- 11 Manual Lifting
- 12 Tools, Machinery, Equipment
- 13 Mobile Equipment
- 14 Electrical Safety
- 15 Ladders & Scaffolds

PART 2

- 6 Emergency Preparedness
- 7 Workplace General Conditions
- 8 Personal Protective Equipment
- 9 Noise
- 10 WHMIS

PART 4

- 16 Demolition
- 17 Working at Heights
- 18 Excavation & Trenching
- 19 Cranes, Hoists, Rigging
- 20 Confined Spaces



Making Safety Simpler
www.bccsa.ca



This Summer Do Something Different

July 2 to August 13, 2022

Join the YMCA Summer Work Student Exchange (SWSE) Program

Will you be 16 or 17 this summer?

Sign up for SWSE and for six weeks you can:

- Travel to Quebec and get a chance to expand and practice your French skills
- Meet youth on exchange and make friends
- Get paid work experience during your exchange
- Stay with a local host
- Enjoy fun group activities exploring your surroundings
- Build on your skills for the future!

Qualified staff will support you through the entire experience. The program will cover the cost of travel between provinces and program activities. There is a modest fee to participate.

Become a host family. When you share your home with a youth participant, you are providing a cross-cultural experience, making a meaningful contribution in participants' lives and helping to forge new connections.

Any adult can apply to host a youth on exchange from another part of the country for six weeks.

Your support will include:

- Meals and a comfortable place to stay
- Inclusion in family structure and activities
- Guidance to the youth in new surroundings

Youth will work full-time and attend group activities during weekends, so they'll be busy! Program coordinators will be there to support you. If you need financial assistance to qualify as a host or have any other questions please contact us.

Employ a youth participant. As a non-profit organization, you can provide employment for a youth this summer at minimal cost to you.

The SWSE program will subsidize your new employee's salary at the minimum wage in your province, up to 35 hours/week.

You will provide:

- Six weeks of professional exposure
- Opportunities for skill development
- Supportive supervision

You can play an invaluable role in young people's career growth! Apply online to get started.

Apply Now!



Follow us
f t i
[@ymcaxchanges](https://www.ymcaxchanges.com)



Career Exploration Conversations

A CAREER DEVELOPMENT WEBINAR FOR PARENTS AND GUARDIANS TO SUPPORT YOUTH

Wondering how to start a career conversation with a young person in your family?
Looking for tools to help your youth discover the career of their dreams?
WorkBC.ca can help!

BRITISH COLUMBIA
VIRTUAL WEBINAR THROUGH ZOOM
7 to 8 p.m.

February 8, 2022 March 1, 2022
February 17, 2022 March 10, 2022

Please select the one event date that works best for you.

JOIN US ON ZOOM!
Click on hyperlink to register.
This event is free. | For questions, contact the [WorkBC team](mailto:WorkBC.team)





WorkBC.ca is facilitating one-hour interactive webinars to help parents and guardians support youth as they explore career options. The virtual events are designed for parents of grade 9-12 students to support career conversations with their youth.

Co-hosted by CES Career Education Society



Central Okanagan Public Schools
Together We Learn

ONLINE APPLICATION for STUDENT ENROLLMENT

2022 - 2023 School Year (for kindergarten, new students, and Programs of Choice for K - 12)
Online applications begin on **Monday, January 31, 2022 at 7:00 am**,
Schools will be open at 7:00 am to provide telephone support to parents that require assistance.
Documentation Submission Deadline: **Friday, March 18, 2022**

HOW TO APPLY

In your web browser type: <https://enrollment.sd23.bc.ca>

No internet access? Please contact your school and they will assist you with the online application.

PLEASE NOTE: The application process is online only, no paper enrollment is available. You are required to have a valid email account.

Applications will be assigned a date-time stamp on a first-come, first-served basis, which will factor into a student's placement priority.

Complete the online application as early as possible, and provide the required documents listed below **directly to the school** by email by **Friday, March 18, 2022**.

1. Student's **Birth Certificate** or other government issued proof of age and citizenship.
2. **Proof of Parent/Guardian B.C. Residency**
 - a. Combination BC Driver's License and Services Card (copy of both sides); or,
 - b. BC Services Card (copy of both sides) **and** one item from the list of supporting documentation that follows; or,
 - c. Proof of application for BC Medical Services Plan and one item from the list of supporting documentation that follows.
3. **Proof of Parent/Guardian Living Address/Supporting Documentation**
 - Ownership of a dwelling or long-term lease or rental of a dwelling;
 - Documentation indicating British Columbia residence (i.e. utility bill);
 - British Columbia registration of an automobile;
 - British Columbia Driver's License (copy of both sides); or,
 - A current income tax return filed as a British Columbia resident.

AFTER Thursday, September 1, 2022

New in-catchment area enrollments: Parents will be notified by a confirmation email when the school has accepted the student's application for enrollment. Board Policy 405R – Student Placement (Regulations), will be used to determine student placement and priority.

New out-of-catchment area enrollments: Parents may not be notified until after the summer enrollment period is over and all in-catchment area students have been placed.

Qualifying age: The School Act requires that a child must be five years of age by December 31, 2022 to qualify for school enrollment in September 2022. No exceptions.

For further information, please visit the School District website www.sd23.bc.ca or call (250) 860-8888.

NEXT STEPS FOR UVIC APPLICANTS

FROM HIGH SCHOOLS IN CANADA 2022

Thanks for applying to Canada's top comprehensive university—the University of Victoria! This is your chance to study at a globally recognized research university, get hands-on experience, and live and learn in our extraordinary environment. Use this checklist to keep track of the next steps to becoming part of the UVic community. If you have any questions, email us at recruitment@uvic.ca. We hope to see you in September!

Create a Netlink ID

Once you've applied, create your Netlink ID at uvic.ca/netlink. This will become your @uvic.ca email address while you're a student. You'll also use your Netlink ID to access the UVic student portal where you'll self-report your grades, apply for scholarships and register for your courses.

Submit supplemental information

Prepare your supplemental information (if required) and submit it by your program's supplemental application deadline. This is usually January 31 or earlier. You can find these requirements and deadline on your program's page at uvic.ca/programs.

Submit proof of English language proficiency

If your first language isn't English, submit proof of English language proficiency by February 28 or the deadline indicated in your application checklist. uvic.ca/enpr

Self-report your grades between February 15 and March 15

Self-report your interim grades or predicted IB scores via the link in the checklist in the UVic application portal. uvic.ca/application
By self-reporting your grades, you will be automatically considered for entrance scholarships based solely on your calculated admission average. You must self-report your grades to be considered for admission or scholarships at UVic.

Apply for on-campus housing between February 7 and May 1

Hoping to live on campus? Apply between February 7 and May 1 at uvic.ca/residence.

Apply for specific-criteria application awards

You can apply for specific-criteria application awards (based on grades and merit) as of February 15. You can apply before you've received an admission offer, but make sure to submit your application before the deadline of April 30. uvic.ca/entrancescholarships

Accept your offer!

We'll send your offer of admission by email. Be sure to read all information carefully and pay the acceptance deposit by the deadline specified in your offer. Doing so will reserve your seat at UVic and enable you to register for classes. uvic.ca/admitted

Apply for a study permit, if required

If you're not a Canadian citizen or permanent resident, apply for your study permit as early as possible to allow for processing time. You can apply for your permit at canada.ca/immigration. You must pay your acceptance deposit before you can receive a study permit letter from UVic. uvic.ca/admitted

Register for courses

Watch your email between late May and early June for registration information including when to log in to find out your registration date and time.

Send final grades to UVic

Send your final official grades plus any other requested documents by the deadline listed in the UVic application portal. uvic.ca/final-grades



DISCOVER YOUR PITCH

Pitch your business. Win money.

An exclusive virtual investor pitch competition for B.C. students in **grades 10-12**.

- April 2022 workshops
- May 2022 pitch practices & provincial finals

Prerequisite: **JA Be Entrepreneurial or Company Program**

Free of Charge

ENROLL NOW

Visit jabc.ca/dyp or contact

Jesslyn.Smith@jabc.org



A parent's/guardian's guide to the cancellation of the French Immersion 12 Assessment for the 2021/22 School year (l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion (LTF12))

Background and what occurred

British Columbia's French Immersion programme allows students to earn dual diplomas, receiving both a British Columbia Certificate of Graduation (Dogwood Diploma) and a Diplôme de fin d'études secondaires en Colombie-Britannique. In order to graduate with both diplomas (often referred to as Dual Dogwoods), French Immersion students must meet specific course requirements, and also write provincial assessments in Literacy 10 and 12 (English), Numeracy 10 (English or French), and l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion (LTF12). The LTF12 assessment has two distinct components: an oral component and a written component. The oral and written components are administered at different times. The French Immersion Literacy 12 assessment (l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion) was scheduled for first administration in January 2022.

Over the past few months, grade 10 and 12 provincial assessments have been impacted significantly by work force capacity issues and the ability to address technical issues within the electronic assessment system. The capacity issues for the Ministry and e-assessment service provider teams have been exacerbated as of late by COVID-19 Omicron variant. Due to these ongoing impacts, the Ministry made the difficult decision to cancel the January administration of all grade 10 and 12 provincial graduation assessments. Approximately 1000 French Immersion students took the oral component of LTF12 in the four days before the January session was cancelled. No students have taken the written component, which was canceled along with all other assessments.

A decision was subsequently made to maintain the April 2022 and June 2022 sessions for all graduation assessments except for l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion (LTF12).

Why is the LTF12 Assessment cancelled for 2021/22?

The decision of when to provide courses taught in French for French Immersion students is scheduled at the school level, and in many cases all courses in French are completed in the first semester of the grade 12 year, or occasionally even in grade 11. As many French Immersion students do not have the opportunity to use French beyond their courses, it is of most benefit to students that they take the LTF12 assessment as soon after completing all their French courses as possible. In addition, if students are not currently taking any courses in French, they do not have access to teacher support in preparing for the LTF12 assessment.

Due to the language loss concern for those who have completed all their French language courses by January (which is approximately 59% of all French Immersion students), the Ministry of Education does not expect this group to write LTF12 in any further sessions offered in the 2021/22 school year. Requiring some students to write the assessments and not others based on when courses are offered would create inequity and therefore, in fairness to all students, the decision has been made to cancel LTF12 for this school year and to provide all Grade 12 French Immersion students in 2021/22 with an exemption for this assessment.

The Ministry recognizes the hard work French Immersion students put into their course of study and that the cancellation of the LTF12 assessment for this school year is not ideal. As well, those students who completed the oral component prior to the January cancellation may feel that their efforts are not valued. However, after discussion with various groups, including Principals and Vice Principals and French Immersion teachers, it was

decided that providing an exemption for all students was the best solution, providing the greatest fairness to students.

All students who successfully complete their graduation requirements (other than LTF12) will receive Dual Dogwoods.

With the decision to cancel l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion (LTF12) for the 2021/22 school year, all students who successfully complete their graduation requirements (both course work and graduation assessments other than LTF12) this school year will be granted the Dual Dogwoods.

What Assessments do French Immersion Students require in 2021/22?

Along with their course requirements, French Immersion students must complete the following graduation assessments:

- Literacy 10 (English)
- Numeracy 10 (English) or l'Évaluation de numératie de la 10^e année (French)
- Literacy 12 (English)

It is important to note that the cancellation of the LTF12 assessment (l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion) is for the 2021/22 school year ONLY and that this assessment will be a requirement for Dual Dogwoods for the 2022/23 school year and subsequent school years.

What about Post-Secondary Institutions?

Consultation and discussions with post-secondary institutions confirm that admissions will not be impacted by the cancellation of the LTF12 assessment (l'Évaluation de littératie de la 12^e année – Français langue seconde – immersion) and the exemption provided to graduating French Immersion students for this assessment.



View the link to an updated Dual Credit Programs slide deck to check out for course selection information.

<https://docs.google.com/presentation/d/150Gff2dMI4QSVKbK6rijzdCHrvaKzJAHGP7ve5R4MKY/edit?usp=sharing>



MARCH 2022

DASH BC UPDATES

Relationships and Environment

Active Transport Pilot program

On March 1, tune in to DASH's [Facebook](#) and [Twitter](#) pages for a media release on the pilot project [Kid Commute \(A Walking School Bus\)](#)! Kid Commute was developed by Translink in response to the need for safer school zones, reduced emissions, and healthy children in K-8 communities in Vancouver and North Vancouver. For the 2021-22 school year, DASH has been piloting the program with plans to expand to other regions in 2023. If you would like more information about or to donate to the Kid Commute program, please contact Faye Willick at fwillick@dashbc.ca



DENTAL HEALTH

Community Partnerships

Kids Miss School due to Dental Problems

Each year kids miss valuable school days due to dental problems. Dental problems will interfere with a child's concentration in school and ability to enjoy extra-curricular activities. Research supports that children with good oral hygiene, and regular dental care, [miss less school](#) due to dental problems, and have better adult oral health.

Basic dental coverage is available for children through [The BC Healthy Kids Program](#). Eligibility criteria for the Healthy Kids Program is based on eligibility for Medical Services Plan (MSP) Supplementary Benefits. Children are eligible for up to a maximum of \$2,000 towards basic dental services every two years. This includes:

Exams	Cleanings
X-rays	Fluoride
Fillings	Extractions



How to access services under the BC Healthy Kids Program?

To use services under the BC Healthy Kids Program the parent or student can show the student's BC CareCard or BC Services Card to the dental provider. The dental office will confirm coverage with the program before each appointment. Before any services begin, parents need to check with the provider to see if there will be additional charges over what the BC Healthy Kids program will cover. Further information about Healthy Kids Program can be found on the [Ministry's website](#).

NUTRITION

Teaching and Learning

Teaching Resources

March is Nutrition Month! The theme of this year's nutrition month is "Ingredients for a Healthier Tomorrow". Food Literacy is one of the ingredients needed to change our food system for a healthier tomorrow. Have a look at these resources on food literacy for the classroom:

[Little Green Thumbs](#) - Get students inspired about the food system by teaching activities related to growing food and learning about agriculture. (K-8).

[Spring Learning Activities](#) - Are you looking for some spring activities to do with your K-12 class this spring? Whether or not you have a growing pace, there are plenty of BC curriculum-based activities to do with your students.

[School Garden Webinar Series](#) - Farm to School BC is offering a free mentorship program for K-12 educators in BC who are in the initial stages of creating a school garden or are revitalizing an existing school garden.



Have a look [here](#) for printing off nutrition month posters for the classroom.

For Parents

Are you in search for some new recipe ideas for snacks or dinner meals? Take a peak through the Dietitians of Canada [recipe book](#) for some inspiration. Also, have a look at this resource: [Tips on Reducing Food Waste at Home](#).

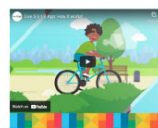
HEALTHY LIVING

Teaching and Learning

Live 5-2-1-0 App has Launched Version 2

The Live 5-2-1-0 App was designed and created to motivate children to adopt healthy behaviours around healthy eating, screen time and physical activity through simple goal setting and fun weekly challenges.

Watch this [short video](#) to learn more!



The app is tailored to better meet the needs of families and healthcare providers, with new features and customizability so that healthy goal setting is easier and more fun! This version includes a new category where children can work on habits outside of the Live 5-2-1-0 message like sleep, mindfulness, and self-compassion. It also features a special dashboard for healthcare providers, offering a quick glimpse of a patient's progress to support conversations with families at follow up appointments. Download the app for free from [Google Play](#) and the [App Store](#).

For more information about how schools can support healthy behaviors see [Live5210 - Schools](#) and the [Checklist of Ideas for Sharing & Supporting LIVE 5-2-1-0 in Schools](#).

Additional tools like posters, flyers, and a how-to guide are also available for download from the [Live 5-2-1-0 Resource Hub](#).

TOBACCO AND VAPOUR PRODUCTS

Teaching and Learning

It's not straws or plastic bottles. The most common form of plastic pollution is cigarettes.

Cigarette butts are the most abundant form of plastic waste in the world, accounting for over 766 million kilograms of toxic waste yearly. Cigarette filters break into smaller plastic substances leaching out some of the 7000 chemicals contained in a single cigarette which are especially harmful to water ecosystems. [The problem is so big](#) that it caught the attention of the United Nations Environment Programme (UNEP) and the World Health Organization (WHO), who [formed a partnership](#) to address the issue.

This [short video](#) by the WHO Framework Convention on Tobacco Control (WHO FCTC) Secretariat explains how cigarette butts are harming our ecosystems.



More on this:

Learn how the tobacco and vapour products industry is contributing to climate change: [Truth Initiative - Tobacco and the Environment](#)

Check out this interactive global assessment of marine litter and plastic pollution: [UNEP - From Pollution to Solution](#)

Watch other videos from on the topic: [WHO FCTC YouTube Channel](#)

RESOURCES

Teaching and Learning

Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics like COVID-19 Information, Dental and Oral Health, Hand Hygiene, Positive Mental Health, and Substance Use.

[Healthy Schools BC Website](#) is a great resource for teachers.

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



Community Partnerships

Tobacco and Vapour Prevention and Control:

Do you need to reach Interior Health Tobacco and Vapour Prevention and Control? Contact us at tobacco@interiorhealth.ca or 1-855-744-6328 prompt #5

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

'intheknow' Information and Support

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

ADHD – The Real Deal

Join us in watching a video presentation by Dr. Duncan, who will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

Dates (BC Time):

March 10, 2022 at 6:30pm
March 16, 2022 at 5:00pm
March 24, 2022 at 12:00pm
March 28, 2022 at 6:30pm
March 29, 2022 at 5:00pm

Cost: Free of Charge

Registration Required: www.familysmart.ca/events

familysmart.ca

Tips for Parents in Supporting Their Students in Stressful Circumstances

This tip sheet is intended to help you as you support your child with the evolving situation in the Ukraine.

It is important to note that children will have a wide range of responses to the current situation. Some may not appear to be affected at all while others may be highly impacted.

Start by Listening:

- It is important to start by asking how children are doing and then listen carefully to what they say.
- We can't assume we know what they are thinking and feeling. What they are actually thinking and feeling might surprise us.
- Ask open ended questions to encourage children to elaborate. *ie.* How are you feeling? What are your thoughts?
- Watch for signs of fear and anxiety that children may not be able to put into words. *ie.* changes in normal behaviour or functioning.

Validate and Normalize:

- Let them know you heard their concerns. *ie.* 'Sounds like you are feeling worried.' 'I hear you when you say you are scared.'
- Let them know that what they are feeling is ok and normal under the circumstances. *ie.* 'It makes sense that you would be worried right now. Lots of people would react that way in this situation.' 'You are having a normal reaction to a very abnormal event.'

Encourage Empathy and Compassion:

- Remind children that there may be others who are very impacted by this situation. *ie.* students who come from the Ukraine, Russia, or neighbouring countries.
- Encourage children to be especially kind and gentle with others who may not be feeling their best.

Address Fear:

- Remind them that they are safe in Canada. Let them know that the adults in their lives will continue to do their job of keeping them safe.
- Remind them that even though the current situation is very worrisome, that war always comes to an end and this one will too.
- Remind them that there is good reason to hope that this situation will end soon and that the Ukraine will be able to rebuild and regain their normal life.

Provide Factual Information:

- Give children the basic facts that are developmentally appropriate.
- Ask them what they already know so you can correct any misinformation they may have heard.
- Keep the information simple. It is not helpful to dwell on the situation or details. This will increase fear and anxiety.



Let Them Know What is Being Done to Help:

- Immigration Canada is urgently processing applications for people of the Ukraine to immigrate to Canada.
- Immigration Canada is extending permits for Ukrainian people to stay in Canada who are already here.
- The government of Canada and many Canadian organizations are sending humanitarian aid to the people of Ukraine.
- Encourage students to find a practical way to help or donate.

Limit Information Exposure:

- Encourage students to limit the amount of time they spend on social media. Using social media will only increase fear and misinformation.
- Encourage them to limit the amount of information they take in even from reputable media sources.
- Encourage them to limit the amount of time they spend discussing the situation with peers. This can create unnecessary drama and stress.

Maintain Normal Routine:

- Structure and normalcy during stressful times and unusual circumstances is very important for students.
- Acknowledge the situation and then get on with the normal activities of the day.

Model Calm:

- It is important that the adults model a sense of calm and security. We can acknowledge that we are affected by the situation too, but we must do so in a measured and controlled manner.
- Our children will take their cues from us. If we are calm and hopeful, it will be easier for them to be too.

Access Support When Needed:

If you have any students who are in a high state of distress and have trouble functioning in their regular activities at school, please consider accessing the following supports:

- School counsellor
- ELL Teacher (for our Intl, Landed Immigrant, and Permanent Residents)
- Community counselling supports

Resources:

<https://kellymentalhealth.ca/>
<https://www.anxietycanada.com/>
<https://cmha.ca/>

