

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

October 2023

INJURY PREVENTION



Nominate your crossing guard starting Sept. 25

Our national contest honouring the best crossing guards in Canada opens for nominations from Sept. 25 to Nov. 17, thanks to support from **Desjardins Insurance**.

Three exceptional school crossing guards will be chosen as winners, recognizing their extraordinary contributions to their communities. The winning crossing guards receive \$500 and the contest winner's schools also receive \$500.

Anyone - whether a parent, community member, teacher student or school staff member - can nominate their crossing guard. Just fill in the information required on the online nomination form. Entries can also include up to four attachments, such as photos or a scan of a child's drawing, to further illustrate the guard's impact on the community.

[Read more about Canada's Favourite Crossing Guard contest](#)

MENTAL HEALTH

[The BC Children's Hospital Healthy Living](#) landing page allows easy access to [Live 5-2-1-0](#), [Back-to-School Wellness Toolkit](#) and other health topics for children.



[FamilySmart](#) offers parent peer support, monthly events, resources and workshops to support the mental health of children, youth and families. They also offer a variety of videos for families and caregivers on mental health and/or substance use topics. This latest video [Working Together: Families and Schools](#) focus on the relationship between schools and families in supporting child wellbeing and success.



PHYSICAL ACTIVITY/LITERACY

Bike Walk Roll Week October 16 - 20, 2023

With funding from Infrastructure Canada's National Active Transportation Fund, [Green Communities Canada](#) (GCC) is conducting the first-ever National School Travel Data Collection pilot, being tested in [British Columbia](#) and [Ontario](#).

This pilot aims to collect important school travel data through two research methods:

- **Hands-Up Surveys (October 16-20):** Elementary and middle schools are encouraged to participate by conducting hands-up surveys using [BikeWalkRoll.org](#), a quick and easy-to-use surveying tool.
- **Household Travel Surveys (October 1-31):** Parents and caregivers are encouraged to complete a short [survey](#) to share information about their child's travel mode, as well as barriers and motivators for active school journeys.

As a key actor in student transportation, we are asking for your support in **spreading the word** with your networks. You can do so by:

- Visiting [SchoolTravel.ca](#) for more information and promotional materials;
- Forwarding this email to colleagues;
- Amplifying our social media messages (follow GCC on [Facebook](#), [Twitter \(X\)](#), [Instagram](#), and [LinkedIn](#)); and/or
- Creating social media posts

If you have any questions or concerns, please get in touch by email at:

data@greencommunitiescanada.org

RADON AWARENESS

Interior Health Pilot Project Testing for Radon in Schools

Radon is a radioactive gas that is formed naturally in the ground. It has no colour, odour, or taste and can accumulate indoors, particularly in basements and ground floors. Radon is the second leading cause of lung cancer in Canada after smoking. Spending long periods of time in rooms where radon is present can increase the chance of developing lung cancer. The only way to know radon levels is to test for it, and testing is best done in the winter months.

Take Action on Radon (TAOR) is working with 30 COMMUNITIES across Canada providing at least 100 free radon test kits per community and increasing radon awareness. Check out the list [here](#) to find out which communities have been confirmed and where they are at in the progress of launching their programs for the TAOR 100-Kit Challenge

For more information and resources about radon in BC and to order a long-term test kit visit:

- [Interior Health's Radon Information Page](#) - Radon Overview and Resources
- [BC Centre for Disease Control](#) - Radon Overview and BC Mapping Information
- [BC Lung Foundation](#) - Long-Term Test Kit Information and Radon Projects in BC