



## Tobacco Prevention & Control Program

### Healthy School Resources

A healthy school is a place where students have many opportunities – in the classroom, and in every aspect of their school experience – to foster their healthy physical, mental, social and intellectual development.

Healthy schools – also known as health-promoting schools – work with partners from the health and education sectors, and with those from the broader community, to support students to develop healthy habits that will last a lifetime. Many schools achieve this by adopting a Comprehensive School Health approach. For more information, visit the Healthy Schools BC website:

<http://www.healthyschoolsbc.ca/>

**Contact the Tobacco Prevention & Control Program for more information and/or to borrow any of the resources listed below:**

Victoria 250.360.1450

Nanaimo 250.755.6285

Campbell River 250.755.6285

**HeartSmart Kids™** is a curriculum-based program which provides educators with fun and engaging resources that encourage children and their families to make heart-healthy lifestyle choices. **To enroll in HeartSmart Kids™**, you must first complete the [HeartSmart Kids™ e-learning module](#), an interactive guide that will introduce you to the program and resources. It will take you about 30 minutes to complete this e-learning course. You can complete it at your own pace and return to any section at any point in time. Activities in the course are not scored.



Once you complete the module, **FREE** classroom resources will be sent to you and you will be well on your way to becoming a successful HeartSmart Kids teacher! [Sign up now!](#)

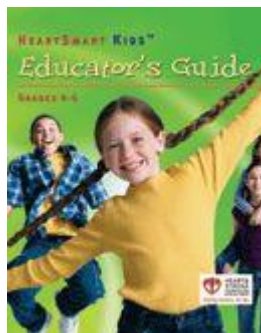
Currently, there are 3 core programs available online:

#### Kindergarten to Grade 3

- Ready-to-use activities
- Teacher posters
- FunBook
- Bigbook storybook

#### Grades 4-6 (English & French)

- Easy-to-use activity lessons
- Colourful posters
- Magazines for each student



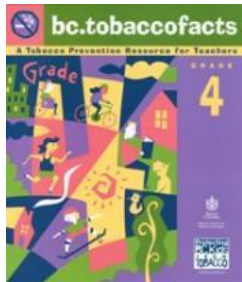


### Grades 4-6 for Aboriginal students

- Educator guide – with ready-made lesson plans
- Culturally relevant activities relating to heart health
- Focuses on spiritual, emotional, physical and mental aspects of health
- Colorful student posters plus a class set of student magazines
- Program meets several of the Prescribed Learning Outcomes of the BC Curriculum for Grades 4-6

To access the HeartSmart Kids Online Workshop for Educators:

[http://www.heartandstroke.bc.ca/site/c.kpIPKXOyFmG/b.3757691/k.B96F/HeartSmart\\_Kids8482.htm](http://www.heartandstroke.bc.ca/site/c.kpIPKXOyFmG/b.3757691/k.B96F/HeartSmart_Kids8482.htm)

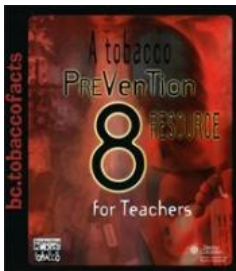


### bc.tobaccofacts grades 4-7

Getting to young people before they start smoking is the goal of *bc.tobaccofacts*, a tobacco prevention resource guide for teachers. It closely links with the learning outcomes of the *Personal Planning K-7 Integrated Resource Package* and links closely with other curriculum areas. Contact a Tobacco Control Program staff member to borrow a copy of this resource.

### bc.tobaccofacts grades 8-12

A school-based tobacco prevention resource developed by the Ministry of Health with the support of the Ministry of Education. This resource is designed to connect to the education curricula being taught throughout British Columbia. It has been developed with the assistance of teachers, students and health professionals. It draws on the experience of other jurisdictions in preventing tobacco use among young people as well as the latest research in the field of tobacco prevention. Contact a Tobacco Control Program staff member to borrow a copy of this resource.



**Play, Live, Be Tobacco-Free** means that everyone taking part in a sport or recreational activity does not use tobacco industry products. It means participants, parents, coaches, spectators and leaders do not smoke, snuff, dip, or chew tobacco while engaged in sport and recreation.

### Why It's Important?

- Prevents youth from starting to use tobacco industry products
- Gives everyone a chance to perform at their best
- Protects the environment
- Protects against second-hand smoke
- Helps smokers quit
- Creates a tobacco-free culture

### Interested in promoting tobacco-free sports in your school?

Check out these websites, for more information:

<http://www.viha.ca/mho/tobacco/>

<http://www.playlivebetobaccofree.ca/Home.aspx>