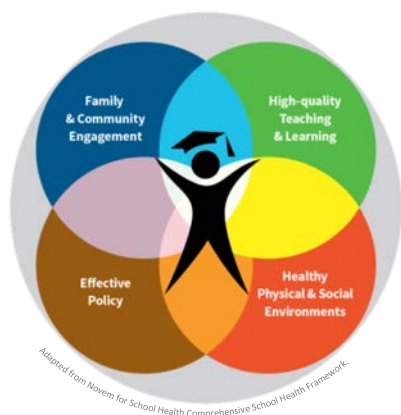


Comprehensive School Community Health

Better Health = Better Learners

November 2019



In Saskatchewan, the ministries of Education and Health are committed to using a Comprehensive School Community Health (CSCH) approach to help guide and coordinate government actions and encourage strong family, school and community partnerships to improve student success and well-being.

Aligning with Saskatchewan's priorities, the CSCH approach promotes collaborative action for the enhancement of student learning, skill development, academic achievement and reduced absenteeism. CSCH contributes to better population health by supporting children and youth to become physically, mentally, spiritually and emotionally healthy.

This approach focuses on creating opportunities for children and youth to experience healthy, supportive and equitable learning environments where all students feel safe, cared for and respected.

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Vaping and Comprehensive School Community Health

What is vaping?

According to the Government of Canada (2019) "vaping is the act of inhaling and exhaling an aerosol produced by a vaping product, such as an electronic cigarette (e-cigarette). Vaping does not require burning like cigarette smoking. The device heats a liquid into a vapour, which then turns into aerosol." This vapour can be flavoured and contain nicotine.

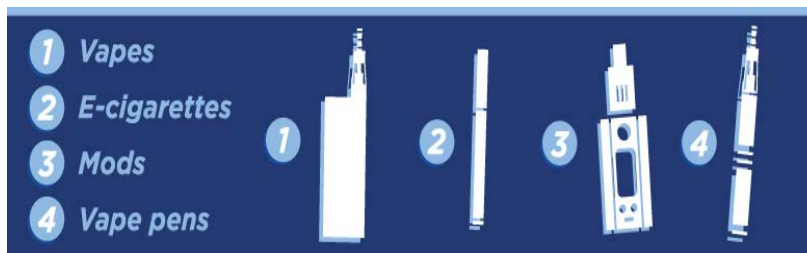


Figure Courtesy of PEI Tobacco Reduction Alliance

Vaping products have many names, such as e-cigarettes, vape pens, vapes, mods, tanks and e-hookahs. They may also be known by various brand names such as JUUL, Eleaf or SMOK.

What is the law regarding vaping products and youth?

The Government of Saskatchewan will be proposing amendments to *The Tobacco Control Act* to bring vapour products in line with existing tobacco legislation in the fall of 2019. In addition, the federal *Tobacco and Vaping Products Act* prohibits vaping products to be sold to anyone under the age of 18 and includes significant restrictions on the promotion of vaping products, including:

- advertising, sale and promotion of vaping products that appeal to youth;
- promoting certain flavours such as candy, desserts or soft drinks;
- lifestyle advertising;
- sponsorship promotion;
- giveaways of vaping products or branded merchandise; and,
- promoting vaping devices and products using testimonials or endorsements.

How can school divisions and First Nations educational authorities address vaping using a CSCH approach?

The Pan-Canadian Joint Consortium for School Health (JCSH) created a CSCH toolkit titled, *Vaping Resource for Schools: Addressing Student Use of E-cigarettes and Other Vaping Products*, for schools to access and use. The toolkit includes information and resources in the four components of the CSCH approach:

- High-Quality Teaching and Learning:
 - The JCSH toolkit provides links to information from Health Canada for educators to learn the facts about vaping. In addition, youth friendly classroom resources are available to support researching emerging evidence.
 - The Ministry of Education's [Opportunities to Address Substance Misuse in Curriculum](#) addresses substance misuse in various subject areas and grades.
- Healthy Physical and Social Environments:
 - Ensure that the culture of your school focuses on preventing problematic substance use by championing school community well-being initiatives.
 - The JCSH [Youth Engagement Toolkit](#) (2018) offer strategies to support youth engagement.
- Family and Community Engagement:
 - Seek support and resources from partners in your community.
 - Engage with health professionals to support educators and students in the classroom.
 - Share tips for families to talk with your adolescent about vaping.
- Effective Policy:
 - Work with community partners and health care professionals to include vaping in your school division administrative procedures and policies.



Where can I find more information on vaping?

Visit the [Government of Canada](#) website to learn more about vaping.

CSCH in Saskatchewan Schools



Do you want to share your CSCH success story?

Are you involved in a CSCH related project that you would like to share across the province? Would you like to highlight a positive collaboration between health and education that is supporting your school community? Email one of our Saskatchewan School Health Coordinators to share your story. Help build a CSCH knowledge network throughout our province!

Want to share your successes across the country? Scroll down and check out the Joint Consortium for School Health Stories Map!

What are some CSCH Related Media, Tools, Resources and Articles That Can Help Me?

PowerPoint Presentation: Vaping 101 Presentation

Wellington-Dufferin-Guelph Public Health created the *Vaping 101 Presentation* for grades 7 – 12 in their school district. This interactive PowerPoint presentation gives an overview of e-cigarettes, answers frequently asked questions about vaping and has an opportunity to test students' knowledge.

To access the PowerPoint, visit:

<https://www.wdgphealth.ca/schools/curriculum-resources/substance-use-addictions-related-behaviours>.



Government
of Canada

Awareness Tour: Consider the Consequences of Vaping Awareness Tour and Kit

Health Canada's *Consider the Consequences of Vaping* awareness tour, educates teens on the health risks of vaping. The tour travels across Canada and focuses on the following topics: vaping with nicotine can lead to nicotine addiction; vaping can cause lung damage; vaping can alter teen brain development; and, the long-term health impacts of vaping are unknown. To request a tour or the

awareness kit, visit: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/consider-consequences-vaping-awareness-tour.html>.

Tip Sheets – Parents: Talking with your teen about vaping: a tip sheet for parents

Health Canada created a tip sheet for parents to assist them in talking to their teen(s) about vaping. The tip sheet provides facts about vaping, encourages parents to set a positive example and provides advice to start the conversation and how to keep the conversation going regarding vaping. Visit:

https://www.canada.ca/content/dam/themes/health/publications/healthy-living/vaping-mechanics-infographic/Parent%20tip%20sheet_web_Final_EN.pdf.



Government
of Canada

Parenting Articles: Building Kids' Resilience

Resilience is vital for health and well-being. It is the ability to cope with challenges, process negative feelings, bounce back from bad experiences, and move forward in the face of adversity. Building a child's resilience can help prepare them for the challenges they will face throughout life, including making healthy decisions around substance use. Visit: <https://www.healthlinkbc.ca/substance-use/parenting-articles/building-kids-resilience>.



News Article: Teen vaping on the rise in United States, Canada but not in the United Kingdom

A University of Waterloo research team studying smoking and vaping among youth in Canada, the United States of America (U.S.), and the United Kingdom, found that new vaping technology in products, led by JUUL, impacted the rise in youth vaping in the first two countries, but not in the third. Lead researcher Dr. David Hammond, noted that "The vapor from these [JUUL] products have a different chemistry that allows them to deliver very high levels of nicotine, similar to regular smoked cigarettes." "However, England has set maximum limits on nicotine concentrate, which cuts the nicotine level in half compared to the same brands sold in Canada and the U.S., and England has also stricter rules on advertising of e-cigarettes than the other two countries." Dr. Hammond had advice for those who argue vaping is not harmful: "Parents and kids should know that these products are capable of producing addiction and may have long-term health risks from exposing the lungs to chemicals from e-cigarettes." Visit:

<https://www.reuters.com/article/us-health-teens-vaping/teen-vaping-on-the-rise-in-u-s-canada-idUSKCN1TT31P>.





Report: Interventions to Prevent Harms from Vaping

The Ontario Tobacco Research Unit conducted a review of vaping interventions that could be implemented at a local level. With a focus on prevention, the research found several promising practices but little evaluative evidence on their effectiveness. Most interventions observed were public education and school-based efforts. Other interventions included community-based interventions, health-care provider interventions, aerosol-free policies, age restrictions and advertising and promotion restrictions. A vaping path logic model is presented to help organize possible interventions and expected outcomes. Visit: https://www.otru.org/wp-content/uploads/2019/05/special_vape_interventions.pdf.

Program: Gambling Awareness Programs for grades 6–8 and 9-12

The Canadian Mental Health Association has created the Gambling Awareness Program (GAP) to help students explore their gaming habits and teach them how to protect themselves from risky gambling and gaming behaviour. There are two programs, one for grades 6-8 and one for grades 9 -12. Students learn about concepts such as chance, probability and risk, and discuss popular gaming trends. Resource materials allow educators to follow-up with students and help them reflect on their gaming and gambling habits. Visit: www.SaskGAP.ca



Resources: Healthy Foods for my Recreation Setting

The Saskatchewan Health Authority, Saskatchewan Parks and Recreation Association (SPRA) and Government of Saskatchewan have been working together to support healthy food choices in Saskatchewan recreation settings to ensure healthy choices are available any time food and drinks are offered. [Healthy Foods for my Recreation Setting – Getting Started](#) and [Healthy Foods for my Recreation Setting – Nutrition Standards for Saskatchewan](#) are new resources to support the availability of healthy choices in recreation settings. These resources provide helpful information on reading food labels and outlines nutrition standards to determine which foods to serve most often, sometimes and least often within facilities. Below are three webinars related to these resources:

- *Creating Supportive Food Environments in Saskatchewan Recreation Settings – Part I of III:* Wednesday, September 11, 2019 at 11 a.m. (will be made available on SPRA’s website)
- *Creating Supportive Food Environments in Saskatchewan Recreation Settings – Part II of III:* Wednesday, November 13, 2019 at 11 a.m.
- *Creating Supportive Food Environments in Saskatchewan Recreation Settings – Part III of III:* Wednesday, December 11, 2019 at 11 a.m.

No advance registration is required. Participants can click and participate in real time. Contact eathealthy.playhealthy@usask.ca if you have questions regarding the resources or the webinars.

Joint Consortium for School Health (JCSH) Stories Map

Looking for a way to share the amazing work happening in your school and community with the rest of Canada? Want to learn about other success stories that are happening around the country? [Click here](#) to check out the JCSH School Health Stories. Once there, click on the “Submit Your Story” button to share your story or click the location pins for information on other stories and links from across the country.



This e-newsletter has been prepared by the Saskatchewan School Health Coordinators. The information included and articles selected may be of interest to individuals working to support CSCH. We will provide you with email updates and encourage you to share this information with your colleagues as you feel is appropriate. Image credit (book and pencil, map of Canada) to PRESENTERMEDIA.
Please advise if you would like to be removed from this distribution list.

If you have items that you would like to share via this e-newsletter, please contact one of the School Health Coordinators listed below.

**Best wishes,
Saskatchewan School Health Coordinators:**

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