

**Resource List for Teachers  
to Support the  
Health and Physical Education Curriculums  
Kindergarten – Grade 12  
February 2012**

**Curriculum Topics**

- Body Image
- Dental
- Healthy Eating and Active Living
- Healthy Eating
- Active Living
- Hygiene
- Injury Prevention
- Mental Health
- Sexuality
- Tobacco
- Drugs and Alcohol

\*Please refer to the online version @ <http://www.albertahealthservices.ca/edmschoolhealth.asp> for the most up-to-date copy

## Resource List for Teachers to Support the Health and Physical Education Curriculums Kindergarten - Grade 12

<http://www.albertahealthservices.ca/edmschoolhealth.asp>.

The following list is provided by Alberta Health Services school nurses, to assist teachers with resources to support lessons in Alberta Education’s Health and Physical Education curriculums.

For more information please check with your school nurse.

The aim of the Program of Studies for Health and Life Skills, Kindergarten to Grade 9 is to enable students to make well-informed, healthy choices and to develop behaviours that contribute to their well-being. To achieve overall health goals for students, a Comprehensive School Health approach (CSH) is desirable, (see pages 1-33, Alberta Learning Health and Life Skills Guide to Implementation, Kindergarten to Grade 9). CSH is an integrated approach that gives students various opportunities to observe and learn positive health attitudes and behaviours.

The essential components of a CSH approach are the connections made within the larger school community so that health instruction is linked to services and is supported by promoting a healthy school environment.

More information and resources on CSH can be found at **The Alberta Coalition for Healthy School Communities** <http://www.achsc.org>. This is a registered non-profit society representing a network of individuals and organizations committed to promoting and fostering healthy school communities through comprehensive school health approaches. This Website is a primary tool for increasing knowledge exchange about school health promotion and enhancing network development.

E	JH	HS	Body Image
✓	✓	✓	<p>1. <b>National Eating Disorders Association</b> – Website  <a href="http://www.nationaleatingdisorders.org">http://www.nationaleatingdisorders.org</a></p> <p>Website which offers a variety of resources on eating disorders and body image.</p>
✓			<p>2. <b>The Student Body: Promoting Health at Any Size</b> – Website  <a href="http://www.aboutkidshealth.ca/thestudentbody">http://www.aboutkidshealth.ca/thestudentbody</a></p> <p>Disordered Eating Prevention Curriculum for Grades 4, 5, and 6. This Website offers resources such as: lesson plans, activities &amp; worksheets on the following topics:</p> <ul style="list-style-type: none"> <li>• Media and Peer Pressure</li> <li>• Healthy Eating</li> <li>• Active Living</li> <li>• Teasing</li> <li>• Adult Role Models</li> <li>• School Climate</li> </ul>
	✓	✓	<p>3. <b>Are You Juiced?</b> – Website  <a href="http://wehealthunit.org/school-health/are-you-juiced">http://wehealthunit.org/school-health/are-you-juiced</a></p> <p>Windsor-Essex County Health Unit (Ontario) has created a wealth of information for the prevention of anabolic steroid use. These include:</p> <ul style="list-style-type: none"> <li>• <a href="#">The Coach’s Game Plan Against Anabolic Steroids</a></li> <li>• <a href="#">Student Wallet Card</a></li> <li>• <a href="#">Downloadable posters</a></li> </ul> <p>These Ontario resources are only available online to out-of-province requests</p>
✓	✓		<p>4. <b>Liking the Me I See in the Mirror</b> – Program</p> <p>Manual on body image which contains lesson plans for K - Grade 9, complements both physical and health education curriculums with interactive student activities, handouts, and a parent manual. Resources target helping individuals to improve their body image.</p> <p>Alberta Education approved</p> <p>Contact school nurse</p>

E	JH	HS	<b>Body Image</b> (continued)
✓	✓		<p>5. <b>Body Image Resource Collection</b> – Education Kit</p> <p>Program targeted at students from K - Grade 12, and includes activities, lesson plans, background information and transparencies to address themes such as influence on body image, bullying, discrimination based on appearance and media awareness.</p> <p>Free to borrow from:</p> <ul style="list-style-type: none"> <li>• Edmonton Public Schools</li> <li>• Edmonton Catholic Schools</li> <li>• Stony Plain, Spruce Grove &amp; Devon area call: 780-968-3701</li> <li>• Other school districts within Alberta Health Services contact school nurse</li> </ul> <p>Alberta Education approved</p>

E	JH	HS	Dental
✓			<p>1. <b>Smile City: Canadian Dental Hygienists Association</b> – Website  <a href="http://www.smilecity.ca">http://www.smilecity.ca</a></p> <p>Smile City has been developed to provide children an interactive and fun way to learn more about oral health. Use the activity sheets, games, and tips located in Smile City to help teach students about the importance of dental hygiene.</p> <p>Available in English and French</p>
✓			<p>2. <b>Kids Stuff: American Dental Hygienists' Association</b> – Website  <a href="http://www.adha.org/kidstuff/index.html">http://www.adha.org/kidstuff/index.html</a></p> <p>Interactive site which includes information and teacher resources about various dental topics</p>
✓			<p>3. <b>Kid's World: Colgate Palmolive Company</b>– Website  <a href="http://www.colgate.com/app/Kids-World/US/HomePage.cvsp">http://www.colgate.com/app/Kids-World/US/HomePage.cvsp</a></p> <p>Kid's World is an interactive site that includes a variety of activities including games, brushing charts, and fun facts.</p>
✓			<p>4. <b>Crest &amp; Oral B Dental Education Program: Proctor and Gamble</b> – Website  <a href="http://www.crest.com/crest-kids">http://www.crest.com/crest-kids</a></p> <p>Interactive site has classroom activities that teach and reinforce oral health</p>
✓			<p>5. <b>Mouth Power: Education Web Adventures</b> – Website  <a href="http://www.mouthpower.org">http://www.mouthpower.org</a></p> <p>Great interactive site with topics including healthy food, tobacco, care of teeth, dental visits.</p>
✓			<p>6. <b>Theme Day.Com: A Day They'll Remember!</b> – Website  <a href="http://www.themeday.com/toothday_theme_home.htm">http://www.themeday.com/toothday_theme_home.htm</a></p> <p>This interactive site contains lesson plans that are integrated into other subjects.</p>
✓	✓	✓	<p>7. <b>State of Missouri Department of Health and Senior Services</b> – Website  <a href="http://www.health.mo.gov/living/families/oralhealth/oralhealtheducation.php">http://www.health.mo.gov/living/families/oralhealth/oralhealtheducation.php</a></p> <p>Great interactive site with lesson plans/Power Points for Kindergarten to Grade 12.</p>
✓			<p>8. <b>Alberta Health Services Calgary Zone Oral Health Lesson Plans (K-3)</b>  <a href="http://www.albertahealthservices.ca/4751.asp">http://www.albertahealthservices.ca/4751.asp</a></p> <p>Calgary Zone has developed Dental Lesson plans that correspond to the Alberta Education Health Curriculum. Go to Resources for Schools. If you are having trouble with the website, please contact your school dental assistant.</p>

Key    E – Elementary    JH – Junior High    HS – High School

E	JH	HS	Dental
✓			9. <b>Alberta Health Services Edmonton Zone Oral Health Lesson Plans (4-6)</b> Information about various dental topics and lesson plans for Grades 4, 5, & 6. Contact your school dental assistant.

E	JH	HS	Healthy Eating and Active Living
✓	✓	✓	<p><b>1. Joint Consortium for School Health (JCSH) – Website and Print Resources</b>  <a href="http://eng.icsh-cces.ca/">http://eng.icsh-cces.ca/</a></p> <p>Health and education are interdependent: healthy students are better learners, and better-educated individuals are healthier. Research has shown that using a comprehensive school health approach is an effective way to improve both health and educational outcomes and encourage healthy behaviours that last a lifetime.</p> <p>It is not just about what happens in the classroom. Rather, it includes actions throughout the whole school environment.</p> <p>The <a href="#">Healthy School Planner</a> is an online tool that schools can use to assess the health of their school at any point in time, and build a plan for improving the health of their school.</p> <ul style="list-style-type: none"> <li>• How to use the Healthy School Planner               <ul style="list-style-type: none"> <li>• Video (3.33 minutes)</li> <li>• 2 – page PDF</li> </ul> </li> </ul> <p><a href="#">Physical Activity</a> within a Comprehensive School Health Model: Best Practices Toolkit.</p>
✓	✓	✓	<p><b>2. Ever Active Schools – Website, Membership and Print Resources</b>  <a href="http://www.everactive.org/resources">http://www.everactive.org/resources</a></p> <p>Ever Active Schools supports schools in becoming "health promoting schools" by providing:</p> <ul style="list-style-type: none"> <li>• <a href="#">A Health Assessment Tools for Schools (HATS)</a></li> <li>• <a href="#">Professional Development opportunities</a></li> <li>• Curriculum Supports               <ul style="list-style-type: none"> <li>• <a href="#">Recipe Card Lesson Plans</a></li> <li>• <a href="#">Support for DPA</a></li> <li>• <a href="#">DPA bins</a></li> </ul> </li> </ul> <p>Become a <a href="#">member school</a> today! It's free.</p>

E	JH	HS	Healthy Eating and Active Living
✓	✓	✓	<p><b>3. Healthy U</b> -- Website and Print Resources  <a href="http://www.healthyalberta.com">http://www.healthyalberta.com</a></p> <p><a href="#">Active Living</a>  <a href="#">Healthy Eating</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Recipes</a></li> <li>• Order "My Amazing Little Cookbook" from <a href="mailto:health.u@gov.ab.ca">health.u@gov.ab.ca</a></li> <li>• <a href="#">Cooking Videos</a></li> </ul> <p><a href="#">Healthy Places</a> (Schools, Workplaces, Communities)</p> <ul style="list-style-type: none"> <li>• <a href="#">Healthy Schools</a> – Examples of articles include: <ul style="list-style-type: none"> <li>• Teachers as Role Models for Healthy Habits</li> <li>• Feeling Connected at School</li> <li>• School Fundraising the Healthy Way</li> <li>• Activity Breaks</li> </ul> </li> </ul>
			<p><b>4. Action Schools! BC</b> – Website and Teacher Resources  <a href="http://www.actionschoolsbc.ca">http://www.actionschoolsbc.ca</a></p> <p>Action Schools! BC has healthy eating and active living resources that could be used in Alberta classrooms. <i>Note: the healthy eating resources are based on the BC Nutrition Guidelines which are not quite the same as the Alberta Nutrition Guidelines for Children and Youth.</i></p>

E	JH	HS	Healthy Eating and Active Living
✓	✓	✓	<p>5. <a href="#">A Guide to Growing Gardens in Alberta</a></p> <p>School gardens can open a world of learning experiences, all connected to curriculum learning outcomes, and focusing on a range of topics such as ecosystems, plant growth and change, weather, environmental factors, soil, living things, communities, human activities, patterns, and measurement. Gardens also provide numerous experiences that develop and reinforce inquiry and critical thinking skills such as questioning, making comparisons, and data collection, analysis, and synthesis.</p> <p>This <i>Guide to School Gardens in Alberta</i> provides support for starting and maintaining a school garden, including the involvement of students and community members. This <i>Guide</i> also provides support for learning opportunities that can be integrated across the curriculum.</p> <p>This <i>Guide to School Gardens in Alberta</i> is based on the use of EarthBox® containers. These self-contained, portable growing systems provide consistent and stable growing conditions. For further information, contact;</p> <p>Alberta Agriculture and Rural Development</p> <p>Brent Andressen, 780.427.4225 <a href="mailto:brent.andressen@gov.ab.ca">brent.andressen@gov.ab.ca</a></p> <p>Shirzad Chunara 780.422.2550 <a href="mailto:shirzad.chunara@gov.ab.ca">shirzad.chunara@gov.ab.ca</a></p>

E	JH	HS	<b>Healthy Eating</b>
✓	✓	✓	<p><b>School Nutrition</b>  <a href="http://www.albertahealthservices.ca/2925.asp">http://www.albertahealthservices.ca/2925.asp</a></p> <p>Alberta Health Services supports schools with nutrition education resources to help school teachers, parents and volunteers, teach and encourage young Albertans to make healthy food choices.</p> <p>For a printable list of all the school nutrition education resources see the <a href="#">School Nutrition Education Resource List</a></p> <p>Resources are grouped into the topics below:</p> <p><a href="#">Creating Healthy Eating Environments in Schools</a></p> <p>Tools and resources to support healthy food environments in schools and promote the implementation of the Alberta Nutrition Guidelines for Children and Youth.</p> <p>Resources and handouts include:</p> <ul style="list-style-type: none"> <li>• Steps to a Healthy School Environment: School Nutrition Handbook</li> <li>• Healthy School Fundraising</li> <li>• Marketing Healthy Choices</li> <li>• Special Lunch Days</li> <li>• Alberta Nutrition Guidelines for Children and Youth (ANGCY)               <ul style="list-style-type: none"> <li>• ANGCY Three Panel Display</li> <li>• ANGCY PowerPoint</li> <li>• Single Serving Packaged Food List</li> <li>• Snack Shack Manual</li> </ul> </li> </ul> <p><a href="#">Healthy Eating</a></p> <p>Tools and resources to teach students and children about nutrition and healthy food choices.</p> <p>Resources and handouts include:</p> <ul style="list-style-type: none"> <li>• Eating Well with Canada’s Food Guide</li> <li>• Eat Well and Be Active Educational Tool Kit</li> <li>• Healthy Portion Sizes</li> <li>• Other Healthy Eating Topics               <ul style="list-style-type: none"> <li>• The Energy Drink Buzz</li> <li>• Nutrition Labeling</li> <li>• Produce Passport</li> </ul> </li> </ul>

E	JH	HS	<b>Healthy Eating</b>
			<p><b><u>Menu Planning and Food Preparation</u></b></p> <p>Tools and resources to teach students and children about meal planning and preparation.</p> <p>Topics and handouts include:</p> <ul style="list-style-type: none"> <li>• Healthy Snacking</li> <li>• Quick and Easy Meals</li> <li>• Wake Up to Breakfast Everyday</li> <li>• What's for Lunch</li> </ul>
			<p><b><u>Curriculum Based Lesson Plans</u></b></p> <p>Lesson plans that meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9.</p> <p>Topics include:</p> <ul style="list-style-type: none"> <li>• Healthy Eating</li> <li>• Active Living</li> <li>• Other Health Topics</li> </ul>

E	JH	HS	Active Living
✓	✓	✓	<p><b>1. Canadian Physical Activity Guidelines:</b>  <a href="http://www.csep.ca/english/view.asp?x=804">http://www.csep.ca/english/view.asp?x=804</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Children – 5 to 11 year olds</a></li> <li>• <a href="#">Youth – 12 to 17 year olds</a></li> <li>• <a href="#">Adults – 18 to 64 year olds</a></li> <li>• <a href="#">Older Adults – 65 years and older</a></li> </ul> <p><b>Canadian Sedentary Behaviour Guidelines:</b>  <a href="http://www.csep.ca/english/view.asp?x=804">http://www.csep.ca/english/view.asp?x=804</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Children – 5 to 11 year olds</a></li> <li>• <a href="#">Youth – 12 to 17 year olds</a></li> </ul> <p><b>Tips to Get Active:</b>  <a href="http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/04paap-eng.php">http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/04paap-eng.php</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Children – 5 to 11 year olds</a></li> <li>• <a href="#">Youth – 12 to 17 year olds</a></li> <li>• <a href="#">Adults – 18 to 64 year olds</a></li> <li>• <a href="#">Older Adults – 65 years and older</a></li> </ul> <p><b>Physical Activity Quiz:</b>  <a href="http://apps.facebook.com/beactive/">http://apps.facebook.com/beactive/</a></p>
			<p><b>2. Physical and Health Education Canada – Website and Resources</b>  <a href="http://www.phecanada.ca">http://www.phecanada.ca</a></p> <p>PHE Canada advocates for quality physical education and quality health education. It offers resources (e.g., DPA, Winter Activities), research, stats, events, books, and multimedia.</p> <ul style="list-style-type: none"> <li>• <a href="#">Fundamental Movement Skills and Physical Literacy</a>: Not having skills to play is a major reason why children drop out of physical activity and sport. Physical literacy is about mastering fundamental movement skills and fundamental sports skills so that they develop the confidence to take part in physical activity and sport, both for healthy life-long enjoyment and for sporting success.</li> </ul>
			<p><b>3. The Health and Physical Education Council (HPEC) – Website</b>  <a href="http://www.hpec.ab.ca">http://www.hpec.ab.ca</a></p> <p>HPEC is a specialist council of the Alberta Teachers’ Association that focuses on health and physical education. Contact your <a href="#">Regional Representative</a> for help.</p>

E	JH	HS	Active Living
✓	✓	✓	<p><b>4. Alberta Education – Website, Print Resources, and Video</b></p> <p>Programs of study including Health, Career and Life Management, and Physical Education, <a href="http://education.alberta.ca/teachers/program.aspx">http://education.alberta.ca/teachers/program.aspx</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Physical Education Guide to Implementation</a>: (K to 12): Supports implementation of the program of studies and contains grade-specific illustrative examples for all dimensions, assessment strategies and planning tools.</li> <li>• <a href="#">Physical Education Online</a>: Supports implementation and student learning of the K - 12 physical education program of studies.</li> <li>• <a href="#">Heart Health</a>: Supports Grade 10 curriculum with eight learning opportunities that connect students with their heart-rate data and what these numbers mean for their own health and personal fitness.</li> <li>• <a href="#">Pumping it Up</a>: A Heart Health resource for grades 5 to 9: Promotes the health benefits that result from physical activity, including learning about a healthy heart. Inquiry-based learning activities help instill a lifelong desire to achieve healthy, active lifestyles.</li> <li>• <a href="#">Daily Physical Activity Handbook</a>: Supports implementation of the Daily Physical Activity (DPA) Initiative.</li> <li>• <a href="#">Daily Physical Activity Awareness Video</a>: For parents, teachers, and administrators to raise awareness of the Daily Physical Activity (DPA) Initiative.</li> <li>• <a href="#">K-12 Wellness Education</a>: Provides information on the development and implementation of new K – 12 wellness programs of study in Alberta scheduled to begin in 2014-2015.</li> </ul>
			<p><b>5. Support for Low Income Families</b></p> <p>Leisure Access Programs allow eligible low-income residents to access participating facilities and/or programs: (See also Jumpstart and KidSport above.)</p> <ul style="list-style-type: none"> <li>• <a href="#">Edmonton Leisure Access Program</a></li> <li>• <a href="#">Strathcona County Recreation Access Program</a></li> <li>• <a href="#">City of Leduc Recreation Assistance Program</a></li> <li>• <a href="#">Tri-Community Health and Wellness Foundation</a> – Stony Plain, Spruce Grove, Parkland County</li> <li>• <a href="#">Sturgeon County Subsidy Program</a></li> </ul>

E	JH	HS	Active Living
✓	✓	✓	<p><b>6. Be Fit For Life</b>  <a href="http://www.provincialfitnessunit.ca/about-bff/">http://www.provincialfitnessunit.ca/about-bff/</a></p> <p>These curriculum-linked programs can be delivered to students in the classroom, or to teachers as workshops. Pedometers, heart rate monitors, balance and strength equipment support the programs.            Contact Lindsay Wright (<a href="mailto:Lindsay.wright@ualberta.ca">Lindsay.wright@ualberta.ca</a>) for more information.</p> <p>Resources &amp; programs for <a href="#">Grades K – 6</a> &amp; <a href="#">Grades 7 – 12</a>:</p> <ul style="list-style-type: none"> <li>• Move and Play through Physical Literacy (K – 6)</li> <li>• Active Aliens (K – 3)</li> <li>• Resistance Bands (K – 6)</li> <li>• Yoga Techniques for the Classroom (1 – 9)</li> <li>• Active Living Challenge: Active body Adventure (4 – 6)</li> <li>• ActivAte (4 – 6)</li> <li>• Balance, Agility, Strength, Endurance and Core Training (7 – 9)</li> <li>• Lessons from the Heart (7 – 12)</li> </ul>
			<p><b>7. Positive Playgrounds – Website</b>  <a href="http://www.positiveplaygrounds.com">http://www.positiveplaygrounds.com</a></p> <p>Interactive workshops and game resources for teachers, teacher assistants, parents, recreation leaders, and student leadership groups will help promote fun cooperation and physical fitness in the classroom, gymnasium and playground.</p> <p>Resources are authorized by Alberta Education for recess, physical education classes, DPA, leadership programs and playgrounds.</p>
			<p><b>8. Alberta Centre for Active Living – Website</b>  <a href="http://www.centre4activeliving.ca/">http://www.centre4activeliving.ca/</a></p> <p><i>The Alberta Centre for Active Living is a key advocate of physical activity and physical activity expertise, and a primary source of research and education on physical activity for practitioners, organizations, and decision-makers.</i></p> <p><b><u>School</u></b> resource links include:</p> <ul style="list-style-type: none"> <li>• <a href="#">School Ground Greening</a></li> <li>• <a href="#">Jump Rope for Heart</a> or <a href="#">Hoops for Heart</a></li> <li>• <a href="#">Moving on the Spot</a> (when space is limited)</li> <li>• <a href="#">Walking School Bus</a></li> <li>• <a href="#">Jumpstart</a> and <a href="#">KidSport</a> (financial support for kids to participate in organized sport)</li> <li>• <a href="#">Play Sport</a> (search for activities organized by equipment, skills, complexity, or space required)</li> </ul>

\*See Ever Active Schools and other active living resources in the Healthy Eating Active Living section.

E	JH	HS	Hygiene
✓			<p>1. <b>Do Bugs Need Drugs – Education Kit</b>  <a href="http://www.dobugsneeddrugs.org/">http://www.dobugsneeddrugs.org/</a></p> <p>Education kit includes Do Bugs Need Drugs interactive teaching activities, children’s books, and information sheets for teachers.</p> <p>Contact school nurse</p>
✓	✓	✓	<p>2. <b>Hand Washing – Display</b></p> <p>Contact school nurse</p>
✓			<p>3. <b>Hygiene Activities – Program</b>            Fun, interactive lesson plans on whole body hygiene for K-1 and 2-3 presented by school nurse. Activities are linked with curriculum outcomes.            Contact School nurse</p>



E	JH	HS	Injury Prevention
✓	✓		<p>1. <b>Alberta Health Services</b> – Website  <a href="http://www.albertahealthservices.ca/injuryprevention.asp">http://www.albertahealthservices.ca/injuryprevention.asp</a></p>
✓	✓		<p>2. <b>Think First Foundation of Canada</b> – Website  <a href="http://www.thinkfirst.ca/">http://www.thinkfirst.ca/</a></p> <p>Website contains an <u>injury prevention program</u> which focuses on brain and spinal cord injury prevention by providing lessons on topics such as pedestrian, vehicle, cycling, recreational, and choking/strangulation issues.</p> <p>Alberta Education approved</p> <p>Contact the Think First Foundation at 1-888-335-6076</p>
✓			<p>3. <b>Walk the Talk Initiative</b> – Program  <a href="http://www.saferoads.com/safety/educators.html">http://www.saferoads.com/safety/educators.html</a></p> <p>Program which is a traffic safety initiative aimed at Elementary school children and includes a <u>resource guide</u>, activity books, stickers, and other resource materials.</p> <p>Contact Alberta Transportation’s Traffic Safety Initiative at 780-422-8839 or toll free 780-310-0000</p>
✓			<p>4. <b>Gotta Brain...Getta Helmet! Resource Kit</b> – Education Kit</p> <p>Free Education kit which provides interactive materials to teach bike helmet and winter sports safety. Ask your school nurse about borrowing the kit.</p>
	✓		<p>5. <b>Getting into Gear- Keys to Starting Your Driving Experience</b> – Print Resource  <a href="http://www.saferoads.com/safety/qig712.html">http://www.saferoads.com/safety/qig712.html</a></p> <p>Education kit which contains a teacher’s guide and student activity books that focus on decreasing risks for new drivers. Supports outcomes for Grade 9.</p> <p>Associated resources:</p> <ul style="list-style-type: none"> <li>• Teacher’s Guide / Student activity books</li> <li>• Safe Teen Driving</li> <li>• Bookmarks and Magnets</li> </ul>

E	JH	HS	Mental Health
			<p>1. <b>Alberta Health Services, Addictions and Mental Health (Education in Schools)</b></p> <p><b>Addiction Resources:</b>  <a href="http://www.albertahealthservices.ca/addiction.asp">http://www.albertahealthservices.ca/addiction.asp</a></p> <ul style="list-style-type: none"> <li>• Curriculum-aligned resources</li> <li>• Best practice recommendations for prevention</li> </ul> <p><b>Mental Health Resources:</b>  <a href="http://www.albertahealthservices.ca/mentalhealth.asp">http://www.albertahealthservices.ca/mentalhealth.asp</a></p> <ul style="list-style-type: none"> <li>• Youth pamphlets, can be downloaded from the website (Depression, Anxiety, Are You Stressed?, Exam Stress)</li> <li>• Bounce Back Books, can be downloaded, also contact information for ordering copies is provided (Toddler, preschool, Elementary School)</li> <li>• Grip on Life magazine, Contact information to obtain copies is provided.</li> </ul>
✓	✓	✓	<p>2. <b>Canadian Mental Health Association – Website</b>  <a href="http://www.cmha-edmonton.ab.ca/bins/site2.asp?cid=284-1189&amp;lang=1">http://www.cmha-edmonton.ab.ca/bins/site2.asp?cid=284-1189&amp;lang=1</a></p> <p>Website which offers educational programs, resources, and information pamphlets in various languages on many mental health topics:</p> <ul style="list-style-type: none"> <li>• <a href="#">Education Programs</a></li> <li>• <a href="#">Resources</a></li> <li>• <a href="#">Multi-Language Brochures</a></li> </ul> <p>Most resources available online in .pdf format.            Contact the Community Education Program at 780-414-6300</p> <p><b>Mental Health &amp; High School Curriculum Guide – Website</b>  <a href="http://cmha.ca/highschoolcurriculum">http://cmha.ca/highschoolcurriculum</a></p> <p>This resource provides lesson plans on the following topics:</p> <ul style="list-style-type: none"> <li>• Understanding mental health &amp; mental illness</li> <li>• Information on specific mental illnesses</li> <li>• The stigma of mental illness</li> <li>• Developing positive coping strategies</li> <li>• Seeking help &amp; finding support</li> </ul> <p>Every lesson contains links to a PowerPoint presentation and video clips that reinforce the topic; also included are activities and worksheets.</p>

E	JH	HS	Mental Health
✓	✓	✓	<p>3. <b>Bully Free Alberta</b> – Website  <a href="http://www.bullyfreealberta.ca/index.htm">http://www.bullyfreealberta.ca/index.htm</a>                      Website which helps parents, teens and community members take control of this issue by giving them the tools they need to prevent or intervene in a bullying situation. A one-stop resource filled with helpful information about how to deal with bullying.</p>
✓	✓	✓	<p>4. <b>Teamheroes</b> – Website  <a href="http://www.teamheroes.ca/website/index.html">http://www.teamheroes.ca/website/index.html</a>                      A fun Website where kids can play an online game that teaches them how to handle bullying.</p>
✓			<p>5. <b>Teasing and Bullying: Unacceptable Behaviour (TAB)</b> – Program &amp; Education Kit  <a href="http://www.tab.ualberta.ca/">http://www.tab.ualberta.ca/</a>                        A comprehensive bullying prevention program that helps children take responsible action. Education kit includes a video and print resources.                        Alberta Education approved</p>
✓			<p>6. <b>Mental Health Promotion Resources</b>  <b>Feel Good Boxes</b> – Education Kit                        Kit which helps children distinguish between outside events (stressful events or pressures) and inside coping skills (strength, resilience, hope and problem-solving skills), ultimately enhancing resiliency.                        Contact <a href="mailto:erin.walton@albertahealthservices.ca">erin.walton@albertahealthservices.ca</a> or call 403-943-1875</p>
✓			<p>7. <b>Mental Health Kit</b>– Education Kit                        This kit was created to provide educators with ready to go lesson plans and supporting materials to teach children about mental wellness.                        Lesson plans include:</p> <ul style="list-style-type: none"> <li>• Peer relationships: bullying, friendship</li> <li>• Physical activity &amp; mental wellness: move your mood</li> <li>• Resiliency: chain of support, feel good box</li> <li>• Stress: chicken juggling 101, listening to my inner voice</li> </ul> <p>Produced by Alberta Health Services in collaboration with Edmonton Public and Edmonton Catholic School Boards. May be available at your school. For additional information, contact your school nurse.</p>

E	JH	HS	Mental Health
			<p>8. <b>Joint Consortium of School Health (JCSH)</b>  <a href="http://eng.jcsh-cces.ca/">http://eng.jcsh-cces.ca/</a></p> <p>The JCSH is a leader in supporting the advancement of comprehensive school health (CSH) in Canada. It is a partnership of federal, provincial, and territorial governments from across Canada, working together to promote the health of children and youth in the school setting. It provides a forum, tools and resources for keeping up to date on latest approaches to CSH in Canada and around the world.</p> <p>Making the Grade:</p> <ul style="list-style-type: none"> <li>• Positive Mental Health Practices In Schools</li> </ul> <p>Schools as a Setting for Promoting Positive Mental Health:</p> <ul style="list-style-type: none"> <li>• Better Practices and Perspectives</li> </ul>

E	JH	HS	Sexual Health
All Catholic schools refer to “Alberta Catholic Schools Human Sexuality Catholic Perspective” for resources.			
✓	✓	✓	<p>1. <b>Teaching Sexual Health.ca</b> – Website and Print Resources  <a href="http://www.teachingsexualhealth.ca/">www.teachingsexualhealth.ca/</a>            Innovative Website developed for teachers, parents and students by Alberta educators and health professionals to help achieve excellence in teaching sexual health targeted at Grades 4 - 12.</p> <p><b>Puberty Kit</b> – Education Kit  <a href="http://www.teachingsexualhealth.ca/teacher/lessonplans/grade5.html">http://www.teachingsexualhealth.ca/teacher/lessonplans/grade5.html</a>            "The puberty kit is a tool that may be used to assist in teaching about puberty and personal hygiene. Targeted at Grades 4-6. To build your own puberty kit, click on Elementary (4-6): Puberty quick lesson and a description of the contents and discussion points can be found within the lesson."</p> <p>The <a href="#">teacher portal</a> includes options to <a href="#">download lesson plans</a> and other essentials:</p> <ul style="list-style-type: none"> <li>• How to teach sexual health</li> <li>• Ask a question</li> <li>• Teacher’s lounge</li> <li>• Instructional Methods</li> <li>• Resources</li> </ul> <p><b>French Lesson Plans</b>  <a href="http://www.teachingsexualhealth.ca/teacher/lessonplans/differingabilitiesfrench.html">http://www.teachingsexualhealth.ca/teacher/lessonplans/differingabilitiesfrench.html</a>            Alberta Education authorized resource</p>
✓	✓	✓	<p>2. <b>SexualityandU.ca: Teaching Tools for the Classroom</b> – Website  <a href="http://www.sexualityandu.ca">http://www.sexualityandu.ca</a></p> <p>Classroom presentation on puberty, birth control and sexually transmitted infections</p> <p>Also available in French</p>
✓	✓	✓	<p>3. <b>Canadian Federation for Sexual Health</b> – Website and Print Resources  <a href="http://cfsh.ca/Your_Sexual_Health/Pregnancy/">http://cfsh.ca/Your_Sexual_Health/Pregnancy/</a></p> <p>Available in French</p>
✓			<p>4. <b>Always Changing and Vibrant Faces</b>  <a href="http://www.phecanada.ca/programs/always-changing/vibrant-faces">http://www.phecanada.ca/programs/always-changing/vibrant-faces</a></p> <p>Teaching packages which include suggestions, resource information and a DVD targeted at Grades 5 - 6 and 7 - 8.            Also available in French – The website promotes product brands.</p> <p>NOTE: This package has product placement, use at your own discretion.</p>

E	JH	HS	Sexual Health
✓			<p>5. <b>Growing Up OK</b> – Electronic Resource  <a href="http://www.health.alberta.ca/documents/growing-up-ok.pdf">http://www.health.alberta.ca/documents/growing-up-ok.pdf</a></p> <p>Provides general information about puberty for ages 10 and 11.</p> <p>Alberta Education approved</p>
✓			<p>6. <b>Children’s Services</b> – Free fact Sheets  <a href="http://www.edmontonandareacfsa.gov.ab.ca/publish/index.cfm">http://www.edmontonandareacfsa.gov.ab.ca/publish/index.cfm</a></p> <p>Alberta Education approved</p>
	✓	✓	<p>7. <b>Birth Control Kit</b> – Education Kit</p> <p>The contraceptive kit is an optional tool that may be used to assist in teaching the common methods of contraception. Targeted at Grades 8 - 12.</p> <p>Contact school nurse</p>
✓			<p>8. <b>Let’s Talk Puberty- Girls, Let’s Talk Puberty- Boys</b> - (DVD)            This series describes the physical and emotional changes that occur during puberty for girls and boys using gentle humour and appealing animations. Targeted at Grades 4 - 6.</p> <p>Contact school nurse</p>
✓			<p>9. <b>Fetal Development: A Nine Month Journey</b> (DVD)</p> <p>Showing the events from conception to birth and celebrating the wonder of each new life. Target audience is Grade 6.</p> <p>Contact school nurse</p>
	✓	✓	<p>10. <b>Provincial Compendium of Sexual Health Resources</b>            Provides contact information for a variety of agencies and organizations. Should you require further information please call the STI/HIV information line at 1-800-772-2437.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">               Provincial              compendium of Sexu           </div> <div style="text-align: center;">               Compendium Letter              _2_.pdf           </div> </div>

Key    E – Elementary    JH – Junior High    HS – High School

E	JH	HS	Sexual Health
	✓	✓	<p>11. <b>Birth Control - Information Session for Teachers</b> Is held at the Birth Control center on the last Friday of each month. Information content may be customized based on request and needs of registrants. *Sessions will be provided only if there are registrants, therefore registration is required.</p> <p>Register by phoning (780) 735-0010.</p>

E	JH	HS	Tobacco
	✓	✓	<p>1. <b>Alberta Quits</b>            AlbertaQuits Online: <a href="http://www.albertaquits.ca">www.albertaquits.ca</a></p> <ul style="list-style-type: none"> <li>• Alberta Health Services’ free, convenient and personalized service to provide individuals with information and support to quit or reduce smoking.</li> </ul> <p>AlbertaQuits Helpline: 1-866-710-QUIT (7848)</p>
✓	✓	✓	<p>2. <b>Alberta Health Services, Addictions and Mental Health Tobacco Website</b>  <a href="http://www.albertahealthservices.ca/2496.asp">www.albertahealthservices.ca/2496.asp</a></p> <p>Offers information, research and resources</p>
✓			<p>3. <b>Teaming Up for Tobacco Free Kids – Program and Teachers Resource Kit</b>  <a href="http://www.albertahealthservices.ca/2694.asp">www.albertahealthservices.ca/2694.asp</a></p> <ul style="list-style-type: none"> <li>• A prevention program for students in Grades 4-6 which increases awareness about the dangers related to tobacco use.</li> <li>• A teacher's resource kit is available online, which includes complete lesson plans linked to the Alberta Education Curriculum.</li> <li>• Grade 6 classes can arrange to have a role model visit to deliver a 45 minute tobacco lesson</li> <li>• Contact Alberta Health services, Addictions and Mental Health Youth Services at: 780-415-2542</li> </ul>
	✓	✓	<p>4. <b>Kick the Nic – Program</b>  <a href="http://www.albertahealthservices.ca/2529.asp">www.albertahealthservices.ca/2529.asp</a></p> <ul style="list-style-type: none"> <li>• A packaged group cessation program targeted at youth aged 13-17</li> <li>• Includes a free facilitator guide and quit kits and workbooks for participants</li> <li>• Alberta Health services, Addictions and Mental Health Youth Services at: 780-415-2542.</li> </ul>
	✓		<p>5. <b>Building Leadership for Action in Schools Today (BLAST) – Program</b>  <a href="http://www.ab.lung.ca/site/blast">www.ab.lung.ca/site/blast</a></p> <ul style="list-style-type: none"> <li>• A Prevention and leadership program encouraging youth in Grades 7-9 to think critically about the tobacco industry and its products, as well as the social, global and health effects of tobacco use.</li> <li>• Program offers half day workshops for students, professional development for teachers, youth action grants and a tobacco awareness conference in November.</li> </ul> <p>Contact the Lung Association at 780-488-6819 ext. 2266</p>

E	JH	HS	<b>Tobacco</b>
	✓	✓	<p>6. <b>Quit for Life</b> – Website and Online Program  <a href="http://www.quit4life.com/">http://www.quit4life.com/</a></p> <p>Health Canada’s online Cessation Program to help teens reduce or quit smoking.</p>
	✓		<p>7. <b>Expecting Respect</b> – Program and Lesson Plans  <a href="http://www.sacsc.ca/Expecting%20Respect%20web%20version.pdf">http://www.sacsc.ca/Expecting%20Respect%20web%20version.pdf</a></p> <p>Expecting Respect lessons plans are geared towards grade 7-9 students and involved a program designed to strengthen youth awareness of social and health issues that face them every day: bullying, alcohol, tobacco, and healthy relationships. Junior high students are trained to educate their peers about these topics, and to pass on strategies for how they can be managed in a healthy way. Through peer-led classroom presentations that promote healthy decision-making, students are empowered to give positive messages to their classmates about current youth issues. Presentation scripts are based on research-based lesson plans, and are designed to reach student audiences using a combination of verbal and visual messages. Lessons also have direct links to the Alberta school curriculum for grades 7, 8, and 9. Expecting Respect Peer Education Program uses a student engagement approach, and is recognized as an innovative way to build student leadership skills.</p>
	✓	✓	<p>8. <b>Campaign for a Smoke Free Alberta</b> – Website  <a href="http://www.smokefreealberta.com">www.smokefreealberta.com</a></p> <p>Website which provides current information about tobacco reduction policies and legislation.</p>
			<p>9. <b>Mr. Gross Mouth</b> – Education Kit</p> <p>Model of the mouth demonstrates the effects of spit tobacco use and smoking.</p> <p>Contact school nurse</p>
			<p>10. <b>Know Smokeless Tobacco</b> – Education Kit</p> <p>Education kit with a lesson plan, background, and a “model” smokeless tobacco tin that concretely demonstrates some of the harmful chemicals in smokeless tobacco.</p> <p>Contact school nurse</p>

E	JH	HS	<b>Tobacco</b>
			<p><b>11. Contents of Tobacco Smoke – Education Kit</b></p> <p>Kit includes a large cigarette model, lesson plan, and background information. It contains models of some of the 4000 chemicals in tobacco smoke. Concretely demonstrates that cigarette smoke is toxic.</p> <p>Contact school nurse</p>
			<p><b>12. Smoker’s Lungs – Education Kit</b></p> <p>Education kit includes a set of pig’s lungs, closely resembling human lungs, concretely compares the lungs of a non-smoker to those of a long-term smoker. The lungs can be inflated to demonstrate the effects of smoking. The model requires special care in handling.</p> <p>Please contact school nurse or 780-735-3029</p>
			<p><b>13. Barb Tarbox, A Life Cut Short by Smoking – Video</b></p> <p>Video of Barb Tarbox sharing her poignant story detailing her battle with lung cancer and encouraging youth to remain smoke-free or to quit smoking. 16 mins.</p> <p>Contact school nurse</p>
			<p><b>14. Spit Tobacco Use in Alberta: Dispelling the Myths – Video</b></p> <p>Video provides information about both the chemicals in and the effects of using spit (smokeless) tobacco. 11 mins.</p> <p>Contact school nurse</p>
✓	✓	✓	<p><b>15. Today’s Tobacco - Video</b></p> <p>Compilation of 5 tobacco videos, each under 3 minutes that were made by artists and youth from the Stoney Nakoda Nation.</p> <p>Contact School Nurse</p>
	✓	✓	<p><b>16. Ditch the Spit - Video</b></p> <p>Video addressing the impact of Smokeless tobacco products. This video is created by the Nechi Centre and has an Aboriginal target, but would be appealing and suitable for all junior and senior high classes. 10 minutes.</p> <p>Contact School Health Nurse</p>

E	JH	HS	<b>Tobacco</b>
	✓	✓	<p>17. Thangata – Video  <a href="http://www.sidewalkradio.net/?p=23">http://www.sidewalkradio.net/?p=23</a></p> <p>Video about tobacco farm workers in Malawi and US-based cigarette manufacturers and leaf buying companies. Thangata explains a system of debt slavery in Malawi and other tobacco growing countries that produces profits for other cigarette manufacturers. 15 minutes.</p> <p>Class Discussion Guide available to follow video presentation.</p> <p>Access online or contact School Nurse</p>
	✓	✓	<p>18. <b>120000 Lives a Year</b> – You Tube Video  <a href="http://www.youtube.com/watch?v=SjZo0qsl43k">http://www.youtube.com/watch?v=SjZo0qsl43k</a></p> <p>Video that explains the impact of tobacco product placement in movies.</p>
			<p>19. <b>Tobacco Trivia</b> – Game                      Jeopardy-style game that tests knowledge about tobacco. Available in Elementary, Junior High, and High school editions.</p> <p>Contact School Nurse</p>

E	JH	HS	Drugs and Alcohol
✓			<p>1. <b>Alberta Health Services, Addictions and Substance Use</b> Information for Teachers</p> <p>This section provides curriculum-aligned lesson plans and other educational resources to help you give your students knowledge and life skills that will empower them to make healthy choices about substance use and gambling.</p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Plans</a></li> <li>• <a href="#">Prevention Strategies</a></li> <li>• <a href="#">Addiction and Mental Health Education in Schools</a></li> <li>• <a href="#">Peer Leadership</a></li> </ul> <p>For more information and to find an addiction office near you, please call the 24-hour Helpline at 1-866-332-2322. General information and We blinks for mental health related issues.</p>
	✓	✓	<p>2. <b>Kids and Drugs</b></p> <p>The Kids and Drugs program helps parents learn strategies to prevent their school age children (aged eight to 15 yrs) from abusing alcohol and other drugs. It goes beyond providing parents with basic "drug education" to address some of the important protective influences that parents can have. The Kids and Drugs Program includes:</p> <p><a href="#">a parent's booklet</a></p> <p>a fun and interactive workshop series</p>

E	JH	HS	Drugs and Alcohol
	✓	✓	<p>3. <b>Summary of Treatment Services Available for Youth</b>  <a href="http://www.albertahealthservices.ca/2434.asp">http://www.albertahealthservices.ca/2434.asp</a></p> <p><a href="#">Parent Information Series</a> – Online Resource                      The Parent Information Series is designed to give parents factual information that may help them prevent their children from using drugs, help them make healthy lifestyle choices and support them in making changes in their lives.</p>
			<p>4. <b>Drugs and Organized Crime Awareness Service (DOCAS) – Website</b>  <a href="http://www.rcmp-grc.gc.ca/docas-ssdco/index-eng.htm">http://www.rcmp-grc.gc.ca/docas-ssdco/index-eng.htm</a></p> <p>The Drugs and Organized Crime Awareness Service coordinated by Royal Canadian Mounted Police personnel at federal, provincial, and municipal levels. DOCAS provides a variety of programs and resources</p>