

Background

The purpose of this list is to help teachers and schools promote a Comprehensive School Health (CSH) approach in a classroom setting. CSH is an internationally recognized, evidence-based approach for building healthy school communities. A healthy school community is one that supports the wellness of all of its members (e.g., students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.

This list is organized with two different categories of resources, 'Classroom Resources' and 'Supplementary Information'. The Classroom Resources can be used by the teacher in the classroom immediately and are applicable to teaching. Supplementary Information provides resources for teachers about a specific health topic.

This list is not meant to be an exhaustive list of resources available; but a selection of available resources reviewed by health professionals in Alberta Health Services. Please check with your local AHS contact for additional resources specific to your area. To find an AHS staff member who can support you, contact cshresources@albertahealthservices.ca

Questions or comments regarding this list can be directed to cshresources@albertahealthservices.ca. Please visit the [Teaching and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

Please Note:

The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services (AHS). Teachers should always review content to determine appropriateness for their student population. If you are uncertain about the suitability of resources within your school, check with your administration.

AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service. The resources in this document are being presented as information only. This list is reviewed annually for accuracy of content.

Injury Prevention

Classroom Resources

Parachute No Regrets

Grades K-8	Theme:	Injury Prevention	This is a peer leadership program that trains staff, advisers and student leaders to raise awareness and implement injury prevention activities and events in their schools. http://noregrets.parachutecanada.org/
	Organization:	Parachute Canada	

Parachute Brain Waves - Online Kits

Grades 4-6	Theme:	Concussion Prevention	Brain Waves is a fun half-day neuroscience presentation for students in grades 4 to 6. The kits provide teachers with the information and tools needed to do “Brain Waves” activities. www.parachutecanada.org/programs/topic/C55
	Organization:	Parachute Canada	

Safety Superheroes

Grades 3-6	Theme:	Fall Prevention	The Safety Superheroes Program is designed to promote an intergenerational approach to fall prevention. Use the Safety Superheroes activities at home, in your classroom or in the community. These resources and activities are free to use, and can be shared with everyone. http://safetysuperheroes.com/safety-superhero-challenge-2/
	Organization:	Fraser Health & Vancouver Coastal Health	

Way to Be! Living Respectfully

Grades 1-6	Theme:	Injury Prevention	Way to Be! Living Respectfully is an education program created by and for Alberta teachers to help address traffic safety in school zones. This program meets a variety of Alberta curriculum objectives for many subjects and grades. http://www.waytobe.ca/ LESSON PLANS
	Organization:	Way to Be! Living Respectfully (in partnership with the Alberta Traffic Safety Fund, SHAPE, AMA School Safety Patrol,	

Supplementary Information for Teachers

Alberta Health Services - Injury Prevention and Safety Website

Theme:	Injury Prevention	This website provides key information and resources on the leading causes of injury in Alberta. It provides specific information and resources on motor vehicle injury, falls-related injury, suicide prevention, as well as other areas of injury prevention.
Of Interest:	Trampoline Safety, Playground Safety, School Bus Safety, Sport and Recreation Safety, Concussion	<p>http://www.albertahealthservices.ca/injprev/page11930.aspx</p> <p>The following link offers best practice resources for concussions.</p> <p>https://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-best-practice-concussion-resources-and-tools.pdf</p>

Concussion Toolkit

Theme:	Concussion Prevention	This is a web-based sports-injury prevention toolkit from Parachute Canada that focuses on preventing concussion in hockey, football, rugby, soccer, baseball, ringette and lacrosse through the provision of necessary information to parents, coaches, health professionals and youth. The toolkit details the roles of parents, athletes, educators, health professionals, coaches and officials in preventing and managing concussions.
Of Interest:	Sport and Recreation Safety	<p>http://www.parachutecanada.org/resources</p>

Checkpoints Parent/Teen Driving Agreement

Theme:	Motor Vehicle Safety	The Parent/Teen Driving Agreement outlines contractual obligations that learner-licensed teenagers have to their parents, with respect to their driving behaviours.
Of Interest:	Resource for Parents	<p>The Agreement is most effective if delivered at the time of graduated driving licensure. It may be delivered and briefly explained by any professional in any setting. It may be given to teenagers to take home to their parents or to parents directly.</p> <p>http://www.albertahealthservices.ca/injprev/page4868.aspx</p>

Community Helpers

Theme:	Suicide Prevention	This is a peer helping program aimed at identifying youth and adults that are 'natural helpers' in the school. Once identified, they can access training to gain additional skills, knowledge, information and resources to help them provide better support to their friends, peers and colleagues. For more information about the Community Helpers Program please email:
Of Interest:	Peer Program	<p>https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1073813</p>

Concussion Awareness and Training Tool

Theme:	Concussion	This website provides a toolkit that includes videos, resources and an on-line course for parents, players and coaches. Topics covered include how to recognize, what to do, and how to recover from a concussion.
Of Interest:	Sports and Recreation Safety	<p>www.cattonline.com</p>

Injury Prevention

Supplementary Information for Teachers

Parachute Canada - Website

Theme:	Injury Prevention	Parachute is a national, charitable organization, which unites the former organizations of Safe Communities Canada, Safe Kids Canada, SMARTRISK and ThinkFirst Canada into one strong leader in injury prevention. www.parachutecanada.org/ FRANÇAIS
Of Interest:	Programs and Activities Targeting Risk Taking Behaviours	

Safe Roads Alberta - Website

Theme:	Motor Vehicle Safety	This website provides information and resources on motor vehicle safety, including distracted driving, impaired driving, occupant restraints and child passenger safety. https://saferoads.com/drivers
Of Interest:	Handouts and Activities Related to Youth Passenger and Driver	