

## 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](mailto:cshresources@albertahealthservices.ca)

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and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.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

## Oral Health

### Classroom Resources

#### Oral Health Education Teacher Resources

<b>Grades K-5</b>	Theme:	Oral Health	<p>This website offers school newsletter tips, K-3 lesson plans on oral health, as well as interactive student resources. The Making Choices grade 5 lesson plans with “Teeth for a Lifetime” Power Point presentation targets reducing risk and promoting wellness. Students will develop personal skills to improve oral health by making well-informed, healthy choices and developing behaviors that contribute to the well-being of themselves and others.</p> <p><a href="http://www.albertahealthservices.ca/services/Page13173.aspx">http://www.albertahealthservices.ca/services/Page13173.aspx</a></p> <p style="text-align: center;"><b>LESSON PLANS</b></p>
	Organization:	Alberta Health Services	

### Supplementary Information for Teachers

#### Alberta Child Health Benefit Plan

Theme:	Free Dental Visits	<p>The Alberta Child Health Benefit Plan pays for health services, such as eyeglasses, prescription drugs and dental care, that are not available through standard Alberta Health Care Insurance. The health plan is for children up to age 18, and up to age 20 if they live at home and are attending high school up to grade 12. The Alberta Child Health Benefit Plan is for families with limited incomes.</p> <p><a href="http://humanservices.alberta.ca/financial-support/2076.html">http://humanservices.alberta.ca/financial-support/2076.html</a></p>
Of Interest:	Information for Families with Limited Incomes	

#### Alberta Health Services - Oral Health

Theme:	Oral Health	<p>The oral health webpage navigates users to AHS oral health services and oral health information for the general public and professionals.</p> <p><a href="http://www.ahs.ca/oralhealth">www.ahs.ca/oralhealth</a></p>
Of Interest:	Information for Families and Professionals	

#### Geena’s Tremendous Tooth Adventure

Theme:	Oral Health	<p>This short animated video highlights the importance of taking care of our teeth and how to take care of them especially as new adult teeth grow in.</p> <p><a href="http://www.youtube.com/watch?v=C8bFKV4BL6o">www.youtube.com/watch?v=C8bFKV4BL6o</a></p>
Of Interest:	Dental Carries, Dental Hygiene, Elementary School Students	