

**HEALTH PROMOTING SCHOOLS NEWSLETTER**

**JUNE 2020**

**PARENT VERSION**

**Teaching and Learning**

**Healthy Schools Information Sharing**

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5,](https://www.sd5.bc.ca/learning/healthpromotingschools/Pages/default.aspx#/=) [SD 6](http://www.sd6.bc.ca/Parents/Healthy%20Schools/Pages/default.aspx), [SD 8](https://innovativelearning.sd8.bc.ca/health-literacy), [SD 22](http://www.sd22.bc.ca/Programs/health/Pages/default.aspx), [SD 27](http://www.sd27.bc.ca/healthy-schools-healthy-students/), [SD 53](https://www.sd53.bc.ca/apps/pages/index.jsp?uREC_ID=1060689&type=d&pREC_ID=1358693), [SD 73](https://www.sd73.bc.ca/en/community-parents-and-students/healthy-schools.aspx?_mid_=1282), [SD 83](https://sd83.bc.ca/healthy-schools-self-regulation/)

**DASH UPDATES**

**Healthy at Home Resources**

Don’t forget to check out [DASH BC’s Healthy at Home Resources.](https://dashbc.ca/resources/healthy-at-home/) We have over 40 resources so far and it is continuously growing. Plus, we have videos on “How to Grow Pocket Pants” and “Building Physical Literacy in Small Spaces.”

You can also check out our partners [WITS](https://witsprogram.ca/home-activity-kit/), as they have created a Home Activity kit with fun activities for kids learning at home. It is designed with positive messages of kindness and inclusion; the Home Activity Kit includes books and a variety of indoor and outdoor activities that focus on creativity and Social and Emotional Learning.

|  |
| --- |
|  |

|  |
| --- |
|  |

**PHYSICAL LITERACY**



**Teaching and Learning**

**Sport for Life**

Even if it feels like the world has come to a standstill, that doesn’t mean you should. We’ve always believed in the power of movement and a healthy lifestyle. Now that many of us find ourselves isolated at home, cut off from each other and more sedentary than usual, movement has become more important than ever. Sport for Life has developed a series of short videos called [Physical Literacy at Home](https://vimeopro.com/sportforlife/physical-literacy-at-home) that help support parents and guardians and kids to develop physical literacy at home during the COVID-19 pandemic. For more information see:

[Sport for Life- Facing COVID-19 together](https://sportforlife.ca/facing-covid-19-together/).