



October 9th 2025

Dear BEST Families,

Please be reminded that tomorrow is our annual Rivers Day event. Students should arrive at school on time and with appropriate clothing for the weather. Classes will be outside from 9am - 12 noon.

Highlights for Next Week:

Monday, October 13th School Closed (Thanksgiving)

Wednesday, October 15th

Class photos and retakes
Vermey and Unsworth McQueen Lake
6pm PAC Meeting

Thursday, October 16th

Wood - McQueen Lake
Lions Vision Screening (Grades 3 and 6)

Friday, October 17th

Come Read with Me Grade 1 Parents 8:45-10:15 Library
PAC Panago Day
K Bus Session
Student Spiritwear Orders Due

Wishing all of our students, families and staff a lovely Thanksgiving weekend!

Thanks, Mrs. Edstrom



Bert Edwards Spirit Wear Fall 2025

Bert Edwards Spirit Wear Is Available Get Yours Before It's Too Late!

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://bestfall25.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

Online Store Deadline: Friday October 17th, 2025 (11:59pm PDT)

Gildan Heavy Blend™ Youth Full-Zip Hooded Sweatshirt



2 Colors

\$40.00

Gildan Youth Heavy Blend Hooded Sweatshirt



3 Colors

\$40.00

Youth Heavy Blend™ Crewneck Sweatshirt



2 Colors

\$33.00

Gildan Youth Heavy Cotton 100% Cotton T-Shirt



3 Colors

\$20.00

Gildan® Heavy Blend™ Youth Sweatpants



2 Colors

\$32.00

Atc™ Mid Profile Twill Youth Cap



2 Logos

\$19.00

Gildan Heavy Blend™ Full-Zip Hooded Sweatshirt



2 Colors

\$50.00

Gildan Heavy Blend™ Hooded Sweatshirt



3 Colors

\$43.00

Gildan Heavy Blend™ Crewneck Sweatshirt



2 Colors

\$35.00

Gildan Heavy Cotton™ T-Shirt



3 Colors

\$22.00

Gildan® Heavy Blend™ Sweatpants



2 Colors

\$35.00

Atc™ Mid Profile Twill Cap



2 Logos

\$19.00

HEALTH PROMOTING SCHOOLS NEWSLETTER

OCTOBER 2025

FOOD LITERACY

Teaching and Learning

Looking for Fundraising Ideas for the new school year?

Check out the [BC School Food Toolkit - School Fundraisers](#) page for creative ideas to help your school launch a fundraising event that has the added bonus of aligning with the nutritious suggestions from the toolkit, as well as some additional creative non-food-related ideas.

Did you Know? BC Ag in the Classroom's School Fruit and Vegetable Nutrition Program has been rebranded to 'Fresh For Kids'. Learn more at [Freshforkids.ca](https://freshforkids.ca)



Reminder

Farm to School is excited to launch two new resources this October! We invite you to explore [Edible Adventures](#) and [Cultivating Curiosity](#), and to join the upcoming webinars to learn more!



Sharing Stories

Check out [Growing Food and Minds on Stories@IH](#) to see how one school is inspiring students through hands-on learning about growing food and caring for the land.

INJURY PREVENTION



Partnerships and Services

Canadian Youth Road Safety Week- October 20-26, 2025

This year's awareness week is supported by our long-time road safety partner Desjardins Insurance and by our youth road safety partner, the Honda Canada Foundation.

For the second year, we are launching a digital campaign on social media and campus billboards with the message, "Safe roads are not a fairy tale." The campaign encourages youth to actively embrace the Vision Zero principle of safer roads for all. The campaign will run using the hashtags #CYRSW2025 and #OurFutureRoads.

[Read more about Canadian Youth Road Safety Week](#)



LEGAL SUBSTANCES AND YOUTH HARM REDUCTION

Partnerships and Services

Poster Contest

Youth in grades 6-12 across the [Interior Health region](#) are invited to submit an original form of artwork that shares their views on the impacts of tobacco, cannabis, vaping and alcohol use in this year's Beyond the Buzz 2.0 – Youth's Voices on Substance Use. The contest opens on **October 15th** and will have prizes for the winning posters that are judged by our YOUTHWISE peer advisory group.

Find out more at: [Beyond the Buzz Youth Poster Contest](#)



MENTAL HEALTH

Teaching and Learning



Multi-Language Mental Health Resources for Families

BC Children's Health Bridge and BC Children's Kelty Mental Health Resource Centre have partnered with Our Kids' Health to create culturally relevant, accessible mental health resources in multiple languages to support diverse families, including Arabic, Cantonese, English, Mandarin, Punjabi, Spanish, Tagalog, Tamil, Ukrainian, and for Black communities. Take a look here:

[Multi-Language Mental Health Resources for Families | Kelty Mental Health](#)



Share the BC Children's Hospital and Our Kids' Health mental health resources with parents and caregivers in your school newsletters!

Check out our [Digital Toolkit](#) for social media posts, printable and digital posters, and newsletter blurbs.

NEURODIVERSITY

Teaching and Learning Resources



For Parents and Caregivers:

[Attention-Deficit / Hyperactivity Disorder \(ADHD\) | Kelty Mental Health](#)

For Parents and Caregivers- Webinar (multiple sessions available):

[ADHD – The Real Deal | Kelty Mental Health](#)

October 7: 6:30pm-8:00pm PST

October 21: 12:00-1:00pm PST

October 28: 6:30-8:00pm PST

For Educators:

[Compass Toolkit: ADHD | Rise 360](#)

PHYSICAL LITERACY



Teaching and Learning

Learning in Motion – Physical Activity & Physical Literacy Resources

In the fall of 2025, the School Physical Activity and Physical Literacy prototype project was transitioned to the Learning in Motion program.

The *Learning in Motion* program is a school-based health promotion initiative to support First Nation schools and elementary school educators (K-7) in building their knowledge, skills and confidence in delivering quality physical activity and physical literacy opportunities during the school day, with the goal of increasing student physical activity levels.

The program will continue to offer in-person and virtual training opportunities for educators from First Nation schools and schools with a high percentage of Indigenous students. The Indigenous training will be offered by the Indigenous Sport, Physical Activity and Recreation Council (I-SPARC).

Some resources are available to all B.C. educators; these include:

- Free access to digital and printable classroom activities and educational resources, and
- PLAYBuilder, a digital platform that provides educators with 1600+ activities/games and videos, 150+ lesson plans and a term planning tool for Grades K- 7 that are aligned with the B.C. Physical and Health Education Curriculum.

The program is supported by the Province of British Columbia.

For more information see:

[Learning in Motion – Physical Activity & Physical Literacy Resources](#)



SCREEN USE

Partnerships and Services

Looking for Parents, Caregivers, and Youth to Participate in Discussion Groups

Ministry of Health is conducting a provincial needs assessment on screen use among children and youth. As part of this work, they are engaging parents and caregivers of children aged 5–12 to better understand their experiences managing screen time, as well as identify what supports or resources might be missing.

They've partnered with BC Children's Hospital's [Health Bridge](#) to host a series of online parent discussion groups. The [Health Bridge newsletter link](#) includes details on how families can sign up. There are also additional opportunities for both parents and youth to get involved in other health-related discussions. Health Bridge provides compensation for participants' time.

RESOURCES

Teaching and Learning

Interior Health Website

The [School Health](#) section of the Interior Health Public Website will take you to the following sections where you can find more information: [School Staff](#), [Promoting Health of Children & Youth in School](#), and [Medical Conditions at School](#).

Healthy Schools BC Website

The [Healthy Schools BC Website](#) is a great resource for teachers. Look for the "Classroom and School Resources" and "Teach Food First".



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](#), [SD 8](#), [SD 19](#), [SD 23](#), [SD 53](#), [SD 73](#), [SD 83](#)

Community Partnerships

Harm Reduction Resources

For resources visit the [Interior Health Website](#).

To connect with a Harm Reduction Coordinator email: YHRC@interiorhealth.ca

Legal Substances Program

For resources on tobacco, vaping or cannabis use, visit the Interior Health [Tobacco & Vaping Information for Schools](#) webpage or the [Cannabis Information for Youth](#) webpage.

To connect with a Legal Substances Reduction Coordinator, email: LegalSubstances@interiorhealth.ca

For previous newsletters: [Health Promoting Schools Newsletters](#)