

JCSH News and Resource Bundle for February 20 2019

Hello everyone

Here is the News and Resource bundle for this week.

Cheers

Susan

News Articles:

1) Vaping is erasing gains made against teen smoking

“Vaping has almost erased all the gains we've made over the past 20 years with reduction in cigarette consumption amongst adolescents and amongst the population as a whole,” notes Dr. Julius Erdstein of the Montreal Children’s Hospital. He echoes the opinions of public health experts in Canada and internationally, as tobacco control efforts focus on the significant increase in a “wicked” problem, and as high schools rush to cope with student vaping problems. A member of the Quebec Coalition for Tobacco Control remarked on the irony, that a product designed to help adults quit smoking may be causing a whole new generation to get addicted: “That's come at the expense of Canada's youth and really the collateral damage here is youth,” she said. “It's come with a huge price.”

<https://montreal.ctvnews.ca/vaping-among-canadian-teens-is-a-crisis-say-doctors-1.4303942>

<https://www.cbc.ca/news/health/vaping-juul-vype-health-canada-cigarette-smoking-nicotine-addiction-1.5003164>

<https://consumer.healthday.com/cancer-information-5/electronic-cigarettes-970/vaping-is-erasing-gains-made-against-teen-smoking-742638.html>

2) Nova Scotia expands teen mental health program

In expanding an adolescent outreach program to new school communities in the province, Nova Scotia's Health Minister noted one of the priorities is to have students build relationships with outreach workers in familiar surroundings in school, where they are able to drop in on an informal basis. The purpose of the program is to identify potential mental health problems among students but it also seeks a comprehensive approach to wellness "by providing timely access in schools and communities for health-promotion activity, screening, brief and targeted interventions with use of the current best-evidence model" said a mental health addictions manager with Nova Scotia Health Authority.

https://www.thechronicleherald.ca/news/local/nova-scotia-expands-teen-mental-health-program-282614/?_cldee=c2pob3JuYnlAZWR1LnBILmNh&recipientid=contact-970dede4f1d1e6118105480fcfaa931-f45d8b4b4cdc45028a324f280fef0268&esid=00826db6-b92b-e911-a978-000d3af43d1a

3) Schools across PEI singing national anthem in Mi'kmaq

It is worth watching the video attached to this article, as it reflects on the path undertaken by Senator Brian Francis and musicians Tara MacLean and Catherine MacLellan to bring elementary school students to an increased understanding of reconciliation and Mi'kmaw culture. It also features the singing of the national anthem by a group of students, along with interviews with Senator Francis on his efforts to bring back the Mi'kmaw language, and his

wife, Georgina, who taught the students the anthem in Mi'kmaq and reflects on how she wanted "to bridge the gap in teaching our language and our culture to the students, and the teachers as well."

<https://www.theguardian.pe.ca/news/local/schools-across-pei-singing-national-anthem-in-mikmaq-281716/>

4) US Surgeon General calls for reversing the 'epidemic' of youth vaping in rare advisory

The risks from vaping have such health consequences for young people that the US Surgeon General has issued only his second [public health advisory](#): his first was to expand use of naloxone throughout that country to combat opioid overdoses. Nationwide, e-cigarette use among youth increased by 78% between 2017 and 2018, meaning about 20% of US high school students currently vape. "We must take aggressive steps to protect our children from these highly potent products that risk exposing a new generation of young people to nicotine," said the Surgeon General. "To achieve success, we must work together, aligning and coordinating efforts across both old and new partners at the national, state, and local levels. Everyone can play an important role in protecting our nation's young people from the risks of e-cigarettes."

<http://time.com/5482614/surgeon-general-youth-vaping-advisory/>

Resource: Infographic: How teachers can integrate Truth and Reconciliation in their classrooms

Developed in collaboration with [Dr. Kate Freeman](#) and [Dr. Lindsay Morcom](#) from Queen's University's Faculty of Education, and [Shawn McDonald](#) of the Algonquin & Lakeshore Catholic

District School Board, this quick-scan infographic outlines how educators can avoid cultural appropriation, prioritize authentic indigenous expertise, develop relationships with local Indigenous Elders and Knowledge Keepers, and build their own knowledge on the traditional territories that they live on.

https://www.edcan.ca/wp-content/uploads/EdCan-Truth_andReconciliation_infographic-final-EN2.pdf