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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.

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 resource 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and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

Comprehensive School Health

Supplementary Information for Teachers

Alberta Health Services Information for...Schools and Teachers

Theme:	Healthy School Communities	This website contains links to resources on topics such as: <ul style="list-style-type: none">• Addictions and Substance Abuse• Comprehensive School Health• Injury Prevention and Safety• Mental Health for Children and Youth• Occupational Therapy On-Hand• School Nutrition• Sexual Health• Tobacco Reduction Resources for School Aged Youth <p>www.albertahealthservices.ca/2909.asp</p> <p>LESSON PLANS</p>
Of Interest:	Health Topic Information, Resources, Lesson Plans	

Alberta Health Services - The Comprehensive School Health Approach

Theme:	Healthy School Communities	A healthy school community is one that supports the wellness of all its members (students, teachers, staff, and parents) and strives to be a healthy setting for living, learning, and working. This website offers resources and tools that are designed to support teachers, students, school administrators, school jurisdiction staff, health professionals, parents, and community members in building healthy school communities.
Of Interest:	Comprehensive School Health, Resources and Tools	
		<p>www.albertahealthservices.ca/csh.asp</p>

Alberta Healthy School Community Wellness Fund

Theme:	Funding	The Wellness Fund provides grant opportunities and school health resources including the Developing Healthy School Communities Handbook / Manuel Développement de Communautés Scolaires en Santé .
Of Interest:	Grant Opportunities	
		<p>www.wellnessfund.ualberta.ca</p> <p>FRANÇAIS</p>

Ever Active Schools

Theme:	Physical Education, Physical Literacy, Daily Physical Activity	Ever Active Schools is a provincial program designed to assist schools in addressing and creating healthy school communities by providing teacher resources, presentations, professional development and more.
Of Interest:	Lesson Plans, Videos, Professional Development	<p>www.everactive.org</p> <p>LESSON PLANS</p>

Joint Consortium for School Health (JCSH)

Theme:	Healthy School Communities	The JCSH, a leader in supporting Comprehensive School Health in Canada, provides information, resources and tools.
Of Interest:	Resources, Toolkits, Assessment Tools	
		<p>www.jcsh-cces.ca</p> <p>FRANÇAIS</p>

Classroom Resources

Active for Life Lesson Plans

Grades K-7	Theme:	Physical Education, Physical Activity, Physical Literacy	Active for Life Lesson Plans, and accompanying instructional and assessment videos, provide activities, tips, and cues to deliver physical literacy instructions to children.
	Organization:	Active for Life	www.activeforlife.com/lesson-plans-and-resources/ LESSON PLANS FRANÇAIS

At My Best

Grades K-6	Theme:	Physical Education, Health Education	At My Best is a free, comprehensive, curriculum-supported toolkit to promote and develop children's overall wellness (physical activity, healthy eating and emotional wellness).
	Organization:	Physical & Health Education Canada	www.atmybest.ca LESSON PLANS FRANÇAIS

Be Fit for Life Resources

Grades K-7		Physical Education, Physical Literacy, Daily Physical Activity	The Be Fit for Life Network offers a variety of resources to support teachers, coaches, recreation leaders and anyone getting kids moving. The resources and tools provide support in the areas of: developing physical literacy skills, empowering student leaders, incorporating yoga in the classroom and much more.
		The Be Fit For Life Network	www.provincialfitnessunit.ca/resources LESSON PLANS \$\$\$

Daily Physical Activity: A Handbook for Grades 1-9 Schools

Grades 1-9	Theme:	Daily Physical Activity	This resource provides teachers and administrators with information and ideas for developing a daily physical activity (DPA) program. It contains numerous activities that can be organized by the school for small spaces, outdoors, whole school ideas and for the gymnasium.
	Organization:	Alberta Education	http://education.alberta.ca/teachers/program/pe/resources/dpahandbook.aspx LESSON PLANS

Fundamental Movement Skills (FMS) Resource Series

Grades K-12	Theme:	Physical Literacy Physical Education	These resources aid in teaching fundamental movement and sport skills in an effective, fun and interactive manner through the use of both print handbooks and an online video collection.
	Organization:	Physical & Health Education Canada	www.phecanada.ca/store/books/fms-series-1.html www.phecanada.ca/resources/fms-videos LESSON PLANS FRANÇAIS \$\$\$

Classroom Resources

Heart Health: A Resource for Senior High Physical Education

Grades 10-12	Theme:	Physical Education	<p>This resource supports implementation of General Outcomes B and D in Grade 10 of the 'Physical Education Kindergarten to Grade 12 Program of Studies'. It provides eight learning opportunities that connect students with their heart-rate data and what these numbers mean for their own health and personal fitness.</p> <p>http://education.alberta.ca/teachers/program/pe/resources/hearthealth.aspx</p> <p>LESSON PLANS</p>
	Organization:	Alberta Education	

Passport for Life

Grades 3-6	Theme:	Physical Literacy, Physical Education, Physical Activity	<p>Passport for Life tools assess four components of physical literacy: active participation, living skills, fitness skills and movement skills. These assessment tools allow teachers to easily enter, manage and review student data online while also providing students and parents with individualized, user-friendly outputs (i.e., the Student Passport)</p> <p>www.passportforlife.ca</p> <p>FRANÇAIS</p>
	Organization:	Physical & Health Education Canada	

Physical Education Guide to Implementation

Grades K-12	Theme:	Physical Education	<p>This resource supports implementation of the program of studies and contains grade specific illustrative examples for all dimensions, assessment strategies and planning tools.</p> <p>http://education.alberta.ca/teachers/program/pe/resources/pe-guide.aspx</p> <p>FRANÇAIS</p>
	Organization:	Alberta Education	

Physical Education Online

Grades K-12	Theme:	Physical Education	<p>This website houses a database of authorized teacher-generated lesson plans that address specific outcomes of the Physical Education program of studies, as well as links to approved resources.</p> <p>http://education.alberta.ca/physicaleducationonline/lessonplans/</p> <p>LESSON PLANS</p>
	Organization:	Alberta Education	

Recipe Card Lesson Plans for Physical Education

Grades K-9	Theme:	Physical Education, Physical Literacy, Daily Physical Activity	<p>The Recipe Card Lesson Plans feature 36 lessons organized into 6 units: gymnastics, dance, games, individual activities, alternative environment, and daily physical activity.</p> <p>www.everactive.org/recipe-card-lesson-plans-for-physical-education</p> <p>LESSON PLANS FRANÇAIS \$\$\$</p>
	Organization:	Ever Active Schools	

Supplementary Information for Teachers

Active for Life

Theme:	Physical Activity Physical Education Physical Literacy	This website provides information for parents and teachers to learn about the health and happiness of their children by providing expert advice, inspirational tips and activity ideas to ensure children get the recommended daily amount of physical activity. www.activeforlife.com/ <div style="display: flex; justify-content: space-around;"> LESSON PLANS FRANÇAIS </div>
Of Interest:	Activities, Lesson Plans, Articles	

Alberta Centre for Active Living

Theme:	Physical Activity	The Alberta Centre for Active Living is an advocate for physical activity and a key source of research and education on physical activity. Their website highlights evidence-based information for professionals who promote physical activity in their work. www.centre4activeliving.ca
Of Interest:	Online Library, Video and Podcasts, Pedometer Toolkits	

Be Fit for Life Network

Theme:	Physical Activity	The Be Fit For Life Centres are located in college and university campuses across Alberta. They provide teacher workshops, classroom activities and other programs, resources and services to encourage Albertans to be physically active. www.befitforlife.ca
Of Interest:	Workshops	

Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines

Theme:	Physical Activity, Sedentary Behaviour	The Physical Activity Guidelines describe the amount and types of physical activity that offer substantial health benefits for Canadians. The Sedentary Behaviour Guidelines recommend limits for the amount of time that Canadians should spend on sedentary activities to reduce health risks. The guidelines are available for ages 0-4, 5-11, 12-17, 18-64, 65+. www.csep.ca/english/view.asp?x=804 <div style="text-align: center;"> FRANÇAIS </div>
Of Interest:	Guidelines, Handbook	

Heart and Stroke Foundation

Theme:	Physical Activity	The Heart & Stroke Foundation provides teachers and parents with tools, resources and publications to inspire heart-healthy habits in kids. www.heartandstroke.ab.ca/site/c.lqIRL1PJtH/b.6396271/k.2C78/Healthy_Kids_Healthy_at_School.htm <div style="text-align: center;"> LESSON PLANS </div>
Of Interest:	Jump Rope for Heart, Cross-Curricular Lesson Plans, Games	

Supplementary Information for Teachers

ParticipACTION

Theme:	Physical Activity	<p>ParticipACTION is the national voice of physical activity and sport participation in Canada. As a national not-for-profit organization solely dedicated to inspiring and supporting healthy and active living for Canadians, it works with its partners, which include sport, physical activity, recreation organizations, government and corporate sponsors, to inspire and support Canadians to move more.</p> <p>www.participaction.com</p> <p>FRANÇAIS</p>
Of Interest:	Toolkit, Calendar of Events, Webinars, Report Card on Physical Activity	

Physical & Health Education Canada (PHE Canada)

Theme:	Physical Literacy, Physical Education, Health	<p>PHE Canada is a national professional organization for physical and health educators and advocates for and advances quality physical and health education programs by providing resources, programs and advocacy tools.</p> <p>www.phecanada.ca</p> <p>FRANÇAIS</p>
Of Interest:	Advocacy Tools, Resources, Programs	

Public Health Agency of Canada - Physical Activity Unit

Theme:	Physical Activity	<p>The Public Health Agency of Canada provides physical activity tips, resources and information to support Canadians in working towards healthier lifestyles.</p> <p>www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php</p> <p>FRANÇAIS</p>
Of Interest:	Get Active Tip Sheet, Be Active! Quiz, Eat Well and Be Active Educational	

Safe Healthy Active People Everywhere (SHAPE)

Theme:	Active Transportation	<p>SHAPE is a non-profit organization that promotes the Active & Safe Routes to Schools programs throughout Alberta. SHAPE promotes active transportation of students which in turn promotes student health, benefits the environment and reduces traffic congestions in and around schools.</p> <p>www.shapeab.com</p>
Of Interest:	Calendar of Events, School Travel Planning Toolkit, Safe Routes to School Resources	

The Health and Physical Education Council (HPEC)

Theme:	Physical Education	<p>HPEC is a specialist council of the Alberta Teachers Association. HPEC, as a professional organization of teachers, advocates for quality health and physical education programs and provides opportunities for professional growth and development of its members. HPEC is committed to providing leadership in creating healthy active school communities.</p> <p>www.hpec.ab.ca</p>
Of Interest:	Conferences, Workshops, Publications, Grant and Award Opportunities	

Addiction Prevention

Classroom Resources

iMinds

Grades 4-10	Theme:	Addiction and Substance Use, Knowledge and Skill Development	<p>iMinds is a program designed to fit the BC curriculum for students in Grades 4 through 10. It can be adapted to meet various educational needs and is available for use in Canadian schools. iMinds aims to help students develop the knowledge and skills they need to survive and thrive in a drug-using world.</p> <p>www.carbc.ca/PublicationsResources/Education/iMinds.aspx</p> <p>LESSON PLANS</p>
	Organization:	University of Victoria-Centre for Addictions Research of British Columbia	

Lesson Plans - Addiction Prevention

Grades 3-12	Theme:	Addiction and Substance Use, Decision Making	<p>These resources help teachers to plan and deliver high-quality lessons supporting the Alberta curriculum for grades 3 to 12, while at the same time delivering effective addiction prevention messages to students.</p> <p>www.albertahealthservices.ca/2677.asp</p> <p>“Alcohol: A Conversation” is a set of online lesson plans that contain curriculum links for high school Social Studies, CALM, and Biology.</p> <p>www.albertahealthservices.ca/7096.asp</p> <p>LESSON PLANS</p>
	Organization:	Alberta Health Services	

Mouse Party

Grades 8-12	Theme:	Neurotransmitter Response to Substance Use	<p>This is an engaging interactive tool for learning about the neurology of common drugs of abuse (alcohol, cocaine, ecstasy, heroin, LSD, marijuana and methamphetamine). Learning is approached with high quality visual and auditory features. Although it is American, the content is universal and incorporates recent research.</p> <p>http://learn.genetics.utah.edu/content/addiction/mouse/</p>
	Organization:	University of Utah	

Supplementary Information for Teachers

Addiction Information for Young People

Theme:	Addiction and Substance Use	<p>This webpage provides information about alcohol, tobacco, other drugs, and gambling. There is information to help youth with addictions and where they can seek help in Alberta. Information is available for parents as well.</p> <p>https://myhealth.alberta.ca/alberta/Pages/information-for-young-people.aspx</p>
Of Interest:	Information for Parents and Youth	

Body Image

Classroom Resources

Being Me

Grades K-9	Theme:	Positive Body Image and Self-esteem	This resource contains lessons and activities designed to support the development of positive body image and self-esteem in Kidergarten - Grade 9 students, along with messaging to help prevent disordered eating.
	Organization:	Action Schools! BC	www.actionschoolsbc.ca/key-resources-equipment/supplementary-resources/being-me-grades-k-9 LESSON PLANS

Media Smarts: Body Image and Media Literacy

Grades 3-12	Theme:	Media Literacy Body Image	These resources provide parents and teachers with information and tools so they can help children and teens develop the critical thinking skills they need for interacting with the media they love.
	Organization:	Media Smarts	http://mediasmarts.ca/body-image http://habilomedias.ca/image-corporelle LESSON PLANS FRANÇAIS

Teach Body Image (Portal for Parents and Teachers)

Grades K-8	Theme:	Body Image	Teach Body Image aims to promote a healthy body image by providing teachers with the knowledge and tools to encourage and support students in making healthy positive life choices.
	Organization:	Teach Body Image	www.teachbodyimage.org/ LESSON PLANS

The Student Body - Website

Grades 4-6	Theme:	Body Image	An online teacher training module designed to help teachers (and parents) recognize the factors that can trigger unhealthy dieting among children, and ways to prevent it. This is a 6-module course complete with background information for teachers and excellent classroom-based activities that also utilize technology.
	Organization:	The Hospital for Sick Children	http://thestudentbody.aboutkidshealth.ca/

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 Day - Online Kits

Grades 4-6	Theme:	Concussion Prevention	Brain Day 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 day” 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/ FRANÇAIS
	Organization:	Fraser Health & Vancouver Coastal Health	

Injury Prevention

Supplementary Information for Teachers

Active and Safe Concussion Toolkit

Theme:	Concussion Prevention	<p>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.</p> <p>www.parachutecanada.org/active-and-safe/item/welcome</p>
Of Interest:	Sport and Recreation Safety	

Alberta Health Services - Injury Prevention Website

Theme:	Injury Prevention	<p>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.</p> <p>www.albertahealthservices.ca/injuryprevention.asp</p>
Of Interest:	Smart Risk Approach, Risk Management for Youth	

Checkpoints Parent/Teen Driving Agreement

Theme:	Motor Vehicle Safety	<p>The Parent/Teen Driving Agreement outlines contractual obligations that learner-licensed teenagers have to their parents, with respect to their driving behaviours. 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>www.albertahealthservices.ca/4868.asp</p>
Of Interest:	Resource for Parents	

Community Helpers

Theme:	Suicide Prevention	<p>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 contact: Elise Kruithof, Provincial Injury Prevention Coordinator. Tel: 403-356-6369.</p> <p>Email: elise.kruithof@albertahealthservices.ca</p> <p>Email: Injury.Prevention@albertahealthservices.ca</p>
Of Interest:	Peer Program	

Concussion Awareness

Theme:	Concussion	<p>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.</p> <p>www.cattonline.com</p>
Of Interest:	Sports and Recreation Safety	

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. www.saferoads.com/communication/communication-print-resources.html#Getting
Of Interest:	Handouts and Activities Related to Youth Passenger and Driver Safety.	

Mental Health and Mental Illness

Classroom Resources

Bounce Back Book Series

Grades K-6	Theme:	Mental Health	<p>The Bounce Back Book Series is designed to help parents, caregivers and teachers promote positive mental health and resiliency skills in children. Reviewed by experts in early childhood development and children’s mental health, all three books contain information about childhood development and activities that can be used at home or in the classroom.</p> <p>www.albertahealthservices.ca/1739.asp</p> <p>Copies may be ordered online at: www.albertahealthservices.ca/8800.asp</p>
	Organization:	Alberta Health Services	

Healthy Mind - Healthy Body Series

Grades 1-12	Theme:	Mental Health (grades 3-6) Mental Health & Mental Illness (grades 7-12)	<p>This is a series of curriculum resource guides with lesson plans on the brain, health, mental illness and mental health. The second edition list includes: “My Health and My Brain” (grades 1-3); “Did You Know, Daddy, I Feel Sad Sometimes” (grades 4-6); and, “I’m in Control” (grades 7-12).</p> <p>www.brainsbeyondborders.ca/</p> <p style="text-align: center;"> LESSON PLANS FRANÇAIS \$\$\$ </p>
	Organization:	Brains Beyond Borders (Dr. Bianca Lauria-Horner)	

Kids Have Stress Too - School Age Programs

Grades K-9	Theme:	Mental Health	<p>This is a series of school-age programs developed by educators, psychologists and stress experts across Canada. There are lesson plans developed for preschool and Kindergarten; grades 1-3; grades 4-6; and grades 7-9.</p> <p>http://psychologyfoundation.org/index.php/programs/kids-have-stress-too/school-age/</p> <p style="text-align: center;"> LESSON PLANS FRANÇAIS </p>
	Organization:	The Psychology Foundation of Canada	

Mental Health and High School Curriculum Guide

Grades 10-12	Theme:	Mental Health Mental Illness	<p>This guide, developed in partnership with the Canadian Mental Health Association, focuses on training teachers to be comfortable with their own knowledge of mental health and mental disorders. By using the activities in the curriculum guide, teachers and students will explore the language of mental health and mental illness and learn about the causes, symptoms and approaches for dealing with different mental illnesses such as mood, anxiety, eating and psychotic disorders.</p> <p>http://teenmentalhealth.org/for-educators/mental-health-high-school-curriculum/</p> <p style="text-align: center;"> LESSON PLANS FRANÇAIS \$\$\$ </p>
	Organization:	Teen Mental Health (Dr. Stan Kutcher)	

Mental Health and Mental Illness

Classroom Resources

Mental Health Kits

Grades 4-9	Theme:	Mental Health	Both the Elementary Mental Health Kit and Junior High Mental Health Kit are collaborative projects between AHS Public Health, AHS Addictions and Mental Health, Edmonton Public Schools, Edmonton Catholic School District, Canadian Mental Health Association - Edmonton Region, and the Hope Foundation. These are curriculum-based teaching resources to teach students in Grades 4-6 and Grades 7-9 about mental wellness. Elementary: www.albertahealthservices.ca/7599.asp Junior High: www.albertahealthservices.ca/6872.asp
	Organization:	Alberta Health Services (AHS), Edmonton Public Schools, Edmonton Catholic Schools, Canadian Mental Health Association, The Hope Foundation	

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Talking About Mental Illness

Grades 10-12	Theme:	Awareness of Mental Illness	This guide assists teachers in implementing the “Talking About Mental Illness” program in their classroom. This is an evaluated program that improves students’ knowledge and attitudes about mental health and mental illness. It is designed to reduce stigma and increase help seeking. www.camh.ca/en/education/Documents/www.camh.net/education/Resources_communities_organizations/TAMI_community/tami_communityall.pdf
	Organization:	Centre of Addiction and Mental Health, Canadian Mental Health Association	

[LESSON PLANS](#)

More than Medication - Stress Lessons Classroom Toolkit

Grades 4-6	Theme:	Mental Health	This is a classroom resource with lesson plans that can be introduced in the regular class curriculum for grades 4-6. www.morethanmedication.ca/en/stress_lessons/insiders?educators
	Organization:	Pfizer in collaboration with the Psychology Foundation of Canada	

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Mental Health and Mental Illness

Supplementary Information for Teachers

Anxiety BC

Theme:	Anxiety	The educator section of this webpage is designed to assist teachers in becoming more knowledgeable about how anxiety presents in students within the academic setting. The youth section of the webpage offers self help resources for youth.
Of Interest:	Self Help for Students	www.anxietybc.com/

Blue Wave - BC's Canadian Mental Health Association

Theme:	Anxiety, Depression, Substance Misuse	This website is designed to help youth identify mental illness and support them in getting help.
Of Interest:	Self Help for Students	www.ok2bblue.com/

CASEL Guide: Effective Social and Emotional Learning Programs

Theme:	Mental Health Promotion	The CASEL Guides offer evidence based reviews of a number of social and emotional learning programs. The reviews helps schools decide what might be best suited for their school. There is both an elementary school edition and a middle school/high school edition available. The website has additional information on how to implement a universal implementation approach to social and emotional learning.
Of Interest:	Evidence-based Evaluations of Social and Emotional Learning Programs	

www.casel.org/guide

Children Mental Health Ontario

Theme:	Mental Illness	This webpage contains resources about the most common mental health problems present in today's classrooms, including anxiety and mood disorders, AD/HD, and behavioural disorders. You will find tips on early identification and intervention, practical suggestions on accommodating and responding to kids with mental health problems, and ways to combat stigma in the classroom.
Of Interest:	Strategies to Improve Classroom Behaviours	

www.kidsmentalhealth.ca/professionals/mh_for_teachers_classrooms.php

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Depression & Anxiety - Youth/Parent Brochure Series

Theme:	Mental Illness Identification, Mental Health Self Help	The brochure series is intended to provide additional information and encourage help seeking if a teacher/counsellor/nurse suspects a teen has depression and/or anxiety. Topics include: sleep, relaxation, creativity, nutrition, bibliotherapy, physical activity, depression/anxiety and substance use. These resources may be viewed on line (via email) and ordered at:
Of Interest:	Depression and Anxiety	

Hpdip.mh.earlyid@albertahealthservices.ca

FRANÇAIS

Mental Health and Mental Illness

Supplementary Information for Teachers


Healthy Minds. Bright Futures. - The Alberta Teachers' Association

Theme:	Mental Illness Awareness Campaigns	This website contains mental illness/mental health campaign information and the Compassionate Classrooms reference booklet on recognizing mental illness. Login required.
Of Interest:	Reference Booklet	www.teachers.ab.ca/News%20Room/IssuesandCampaigns/

Kids Help Phone - Canadian

Theme:	Mental Illness and Mental Health Information	Kid's Help Phone is a free, national, confidential, anonymous, 24 hour telephone, and counselling service. Call 1(800)668-6868(toll free)
Of Interest:	Crisis Line Self Help for Students	www.kidshelpphone.ca/ 

Mental Health First Aid Course

Theme:	Mental Health Crisis	This is a 14 hour course designed for adults who interact with youth. The program covers mental health problems as well as crisis situations. The program is designed to help you recognize symptoms, provide initial help and guide towards professional help.
Of Interest:	Mental Health First Aid	www.mentalhealthfirstaid.ca/EN/course/Pages/findCourse.aspx?FilterProvince=AB 

Mental Health Help Line - Alberta Health Services

Theme:	Access to Mental Health Professionals	The Mental Health Help Line provides confidential or anonymous service, crisis intervention, and referrals to other agencies within Alberta. Call 1(877)303-2642 (toll free)
Of Interest:	Self Help for Students	www.albertahealthservices.ca/services.asp?pid=saf&rid=1047134

Mental Health Matters

Theme:	Mental Health	These resources promote literacy on different aspects of mental health concepts and skills that teachers can use to support student mental health. Classroom activities are available for K-3, grades 4-7, junior high, and senior high classes.
Of Interest:	Mental Health Literacy Campaign	

www.education.alberta.ca/admin/supportingstudent/safeschools/mhm/toolsmhm.

Mind Your Mind

Theme:	Mental Illness and Mental Wellness	This is an award winning, non-profit mental health program that engages youth, young adults and the professionals who serve them to co-develop reliable and relevant resources. It is designed to reduce stigma and increase access and use of community, professional, and peer based resources.
Of Interest:	Website for Youth (14-24)	

www.mindyourmind.ca/

Mental Health and Mental Illness

Supplementary Information for Teachers

Mental Health Online Resources for Educators (MORE)

Theme:	Mental Illness Mental Health	MORE modules on child and adolescent mental health issues are developed for teachers and other school staff working in ECS to Grade 9. Each module is entirely online and are designed in short, manageable time blocks that participants can fit into their busy schedules. www.albertahealthservices.ca/9167.asp
Of Interest:	Online Education Resources	

MoodGYM Training Program - Australian National University (For Youth)

Theme:	Cognitive Behaviour Therapy (CBT)	MoodGYM is an innovative, interactive web program designed to prevent depression. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment. It is not a substitute for diagnosis and treatment from a qualified professional. https://moodgym.anu.edu.au/welcome
Of Interest:	Youth Aged 13+	

Need Help Now

Theme:	Cyber Bullying	This website is designed to support youth who are experiencing online exploitation and bullying. www.needhelpnow.ca FRANÇAIS
Of Interest:	Self Help for Students	

Online Continuing Professional Development Course - Alberta Health Services

Theme:	Addiction and Mental Health	These web-based courses are free for Alberta professionals who work with children and teens in the areas of addiction and mental health. www.albertahealthservices.ca/4723.asp
Of Interest:	Online Professional Development	

Supporting Positive Behaviours in Alberta Schools - Alberta Government

Theme:	Mental Health	These documents provides an integrated school-wide approach with classroom management, and individual student support strategies that are aimed to improve behaviour outcomes in schools. Enter search terms: supporting positive behaviours. Login required. www.learnalberta.ca/ FRANÇAIS
Of Interest:	Environmental strategies that support mental health	

Teaching Students with Mental Health Disorders - BC Ministry of Education

Theme:	Depression	This guide is meant to help teachers understand depression in children and youth as well as develop strategies for supporting students with depression. www.bced.gov.bc.ca/specialed/docs/depression_resource.pdf
Of Interest:	Helping Students Who Have Depression	

Mental Health and Mental Illness

Supplementary Information for Teachers

The ABCs of Mental Health - Website

Theme:	Mental Illness	The ABCs of Mental Health provides two, web-based resources - one for teachers and one for parents – to help answer questions about the behaviour of children and adolescents. The resources include ideas for promoting the mental health of children and adolescents, information about how children change as they get older, descriptions of behaviours that might indicate a problem, and practical suggestions for steps to take. www.hincksdellcrest.org/ABC/Teacher-Resource/Welcome
Of Interest:	Identifies Unusual / Inappropriate Behaviour for a Particular Age or Developmental Stage.	

The Behaviour Toolbox Series

Theme:	Behaviour Management for Children	This is an online resource for teachers who work with children in everyday situations and in special environments where significant learning and behavioural problems are encountered. This series includes: Child Behaviour Toolbox – Infancy to 12, Adolescent Behaviour Toolbox – 12 to 18, and Autism Behaviour Toolbox 5 to 12. Login is required for this resource. To access the login code, contact your districts 'Username Guardian'. To find out who the 'Username Guardian' is for your school district email: eties@conductmanagement.com www.albertahealthservices.ca/2734.asp
Of Interest:	Behaviour Toolbox	

Welcoming, Caring, Respectful and Safe Learning Environments

Theme:	Mental Health	This webpage provides resources to support welcoming, caring, respectful and safe learning environments as part of the Education Act. http://education.alberta.ca/admin/supportingstudent/safeschools.aspx
Of Interest:	Creating Social Environments that Promote Mental Health	

When Something's Wrong: Strategies For Teachers - Canadian Psychiatric Research Foundation

Theme:	Mental Illness	This handbook is not a diagnostic tool. It is used to give teachers strategies to cope and assist with a student who has behaviour difficulties. www.kidsmentalhealth.ca/documents/res-cprf-teachers-2007.pdf
Of Interest:	Strategies, Improve Classroom Behaviours	

Workplace Mental Health Promotion

Theme:	Mental Health Mental Illness	This website offers high-quality, research-based, practical tools to improve the health of individuals and organizations. The focus of this resource is on creating mentally healthy workplaces that promote positive mental health and mental well-being for all employees. wmhp.cmhaontario.ca/
Of Interest:	Mental Health in the Workplace	

Classroom Resources

Curriculum Based Lesson Plans

Grades K-9	Theme:	School Nutrition	These lesson plans meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9.
	Organization:	Alberta Health Services	www.albertahealthservices.ca/2918.asp LESSON PLANS

School Nutrition Education Resource List

Grades K-12	Theme:	School Nutrition	The School Nutrition Education Resource List provides school teachers with helpful information and materials to teach children and youth about nutrition and healthy food choices.
	Organization:	Alberta Health Services	www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-resource-list.pdf Ressources éducatives scolaires sur la nutrition publiées en français www.albertahealthservices.ca/7083.asp FRANÇAIS

Sugar Shocker Education Kit for Children and Youth

Grades K-12	Theme:	School Nutrition	The Sugar Shocker Education Kit teaches children and youth how to make healthy drink choices.
	Organization:	Alberta Health Services	www.albertahealthservices.ca/9597.asp LESSON PLANS

The Cooking Club Manual

Grades 3-8	Theme:	School Nutrition	The Cooking Club Manual aims to teach children aged 8-12 food preparation and cooking skills, healthy eating and food safety so that they can confidently choose and make nutritious foods.
	Organization:	Alberta Health Services	www.albertahealthservices.ca/9597.asp LESSON PLANS

Supplementary Information for Teachers

A Guide to Growing School Gardens

Theme:	Healthy Food Environments in Schools	This guide provides support for starting and maintaining a school garden, including the involvement of students and community members. It also supports learning opportunities that can be integrated across the curriculum. www1.agric.gov.ab.ca/\$Department/deptdocs.nsf/all/agic7623/\$FILE/Get_Growing_Manual_Interactive.pdf
Of Interest:	Background / Guidance for School Gardening	

Community Gardens Handbook

Theme:	Healthy Food Environments in Schools	This handbook contains information, key steps, tools and tips for community groups to start and maintain a community garden. As well, it offers background information that may support school gardening. www.albertahealthservices.ca/11409.asp
Of Interest:	Background / Guidance for Community Gardens	

Creating Healthy Eating Environments in Schools

Theme:	Healthy Eating in School Environments	These tools and resources support healthy food environments in schools and promote the implementation of the Alberta Nutrition Guidelines for Children and Youth www.albertahealthservices.ca/2915.asp Additional manuals and toolkits to support healthy eating environments www.albertahealthservices.ca/9597.asp Ressources éducatives scolaires sur la nutrition publiées en français www.albertahealthservices.ca/7083.asp FRANÇAIS
Of Interest:	Background, Evidence, Tools, Healthy Fundraising, Special Lunches	

Healthy Eating At School

Theme:	Healthy Eating, School Nutrition	These resources support healthy food environments that teach and encourage young Albertans to make healthy food choices and live a healthy lifestyle. www.albertahealthservices.ca/2925.asp Ressources éducatives scolaires sur la nutrition publiées en français www.albertahealthservices.ca/7083.asp LESSON PLANS FRANÇAIS
Of Interest:	Resources and Tools for Schools and Recreation Facilities	

Healthy Eating Starts Here: Steps to a Healthier You

Theme:	Healthy Eating	This website provides key healthy eating messages based on the Alberta Nutrition Guidelines for Adults, the Alberta Nutrition Guidelines for Children and Youth and other provincial and national guidelines. www.albertahealthservices.ca/5602.asp
Of Interest:	Changes to Healthy Eating Behaviours in Settings Where People Live, Work, Learn or Play	

Supplementary Information for Teachers

Nutrition Bites

Theme:	Healthy Eating	Nutrition Bites are ready-to-insert nutrition topics for school and other newsletters to keep communities informed about nutrition.
Of Interest:	Newsletter Insert Promoting Healthy Eating	www.albertahealthservices.ca/6457.asp

Nutrition Guidelines and Resources for Healthy Eating

Theme:	Healthy Eating	This website provides links to other provincial and national website links with additional healthy eating tools and resources.
Of Interest:	Provincial and National Guidelines and Resources	www.albertahealthservices.ca/2929.asp

Sport Nutrition for Youth: A Handbook for Coaches

Theme:	Healthy Eating for Recreational Athletes and Active Youth	This handbook provides sports nutrition recommendations, teaching tools and learning activities for school and community coaches to guide recreational athletes and active youth aged 12 to 18 years. Some information may be relevant to other school courses offered to this age group.
Of Interest:	Background Evidence, Recommendations, Tools, Learning Activities	www.albertahealthservices.ca/9597.asp

Oral Health

Classroom Resources

Oral Health Education Teacher Resources

Grades K-5	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>www.albertahealthservices.ca/4751.asp</p> <p style="text-align: center;">LESSON PLANS</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>http://humanservices.alberta.ca/financial-support/2076.html</p>
Of Interest:	Information for Families with Limited Incomes	

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>www.youtube.com/watch?v=C8bFKV4BL6o</p>
Of Interest:	Dental Carries, Dental Hygiene, Elementary School Students	

Reproductive Health

Please Note: The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services. Teachers should always review content to determine appropriateness for their student population. Some school jurisdictions may use alternate resources for this topic area. If you are uncertain about the suitability of resources within your school, check with your administration.

Classroom Resources

Teachingsexualhealth.ca

Grades 4-12	Theme:	Comprehensive Sexual Health Education	<p>This online resource for sexual health teachers and educators in Alberta provides evidence-based sexual health education and delivery methods, lesson plans, activities, and comprehensive sexual health resources. The Teacher Portal is an Alberta Education Authorized Resource. A Parent Portal is also available.</p> <p>www.teachingsexualhealth.ca/</p> <p style="text-align: center;"> LESSON PLANS FRANÇAIS </p>
	Organization:	Alberta Health Services, Alberta Health, Alberta Education	

Supplementary Information for Teachers

Aboriginal Sexual Health

Theme:	Sexual Health	<p>Run by The Society of Obstetricians and Gynaecologists of Canada's Aboriginal Health Initiative (AHI), this site aims to be a unique and evolving source of information and materials supporting improved health among First Nations, Inuit and Métis women.</p> <p>www.aboriginalsexualhealth.ca/index_e.aspx</p> <p>www.aboriginalsexualhealth.ca/index_f.aspx</p> <p style="text-align: center;">FRANÇAIS</p>
Of Interest:	Aboriginal, Women's Health	

Action Canada for Sexual Health & Rights

Theme:	Sexual Health	<p>Action Canada for Sexual Health and Rights provides resources for advocacy, education, services, and international and national policy engagement. Action Canada for Sexual Health and Rights is a bilingual resource and provides information in English and French.</p> <p>www.sexualhealthandrights.ca/</p> <p style="text-align: center;">FRANÇAIS</p>
Of Interest:	Sexual and Reproductive Health, Non Profit	

Sexuality and U

Theme:	Sexual Health	<p>This initiative of The Society of Obstetricians and Gynaecologists of Canada provides accurate, credible and up to date information and education on sexual health.</p> <p>www.sexualityandu.ca</p> <p style="text-align: center;">FRANÇAIS</p>
Of Interest:	Information on Birth Control, STIs, Sexual Health	

Classroom Resources

Teaming Up for Tobacco-Free Kids

Grades 4-6	Theme:	Tobacco Education	Grade 4 - Emphasizing prevention, the goal of this curriculum is to increase awareness about the negative health effects of tobacco use, the dangers of second-hand smoke, and the importance of traditional tobacco in the Aboriginal culture.
	Organization:	Alberta Health Services	Grade 5 - Emphasizing prevention, the goal of this curriculum is to increase awareness about both the immediate and long term danger of tobacco use, the benefits of being a non-smoker, and the financial cost of smoking. Grade 6 - Emphasizing prevention, the goal of this curriculum is to increase awareness about the law and tobacco use, the role of peer pressure in tobacco use, and the influence of the media in tobacco use. Supplementary information and materials are also available to teachers in the delivery of Teaming Up for Tobacco Free Kids. www.albertahealthservices.ca/2694.asp <div style="display: flex; justify-content: space-around;"> LESSON PLANS FRANÇAIS </div>

Supplementary Information for Teachers

Action on Smoking and Health (ASH)

Theme:	Tobacco Control	As a registered not-for-profit organization, ASH provides strategies on public awareness, health advocacy, tobacco control, community mobilization, and counter marketing with the goal of reducing tobacco prevalence in Alberta. www.ash.ca
Of Interest:	Tobacco Information	

Canadian Cancer Society

Theme:	Cancer Prevention	The Canadian Cancer Society believes that working with government and legislators to bring about healthy public policies is a vital part of the fight against cancer. The site provides health information and resources on smoking prevention and cessation. www.cancer.ca
Of Interest:	Tobacco Information and Cancer Prevention	

The Lung Association of Alberta and N.W.T.

Theme:	Health Information	Dedicated to improving the lung health of Albertans, this site provides information, tools and resources on smoking and tobacco use. www.ab.lung.ca
Of Interest:	Tobacco Information	