



TEACHING & LEARNING RESOURCES

June 2022

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[Blossom Health Promoting Schools](#)



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This document is designed to help educators locate tools, resources and curriculum tie-ins that can boost health promoting school activity and learning. It is a collection of local, provincial and national organizations that support wellbeing in schools, with a focus on various key content areas.

HEALTHY FOOD CULTURE



CBVRCE School Dietitian, Debbie Madore, is available to help navigate resources and supports in this content area.

[AGRICULTURE NS](#)

Help students learn where food comes from, the importance of agriculture, and careers available in the industry. Teachers can apply for free programs and resources that support curriculum outcomes.

[CANADA'S FOOD GUIDE](#)

Current dietary guidelines, healthy eating recommendations, recipes, plus an area to order copies of food guide.

[CAPE BRETON FARMER'S MARKET](#)

Relationships with over 50 Cape Breton vendors and skilled people that might have the expertise you are seeking

[COOKING WITH KIDS](#)

A tool from Nourish NS that lists food literacy skills (e.g. mashing, kneading) appropriate for different age groups, along with some sample recipes.

[COOKSPIRATION](#)

Recipe ideas created by Dietitians of Canada to suit preferences – from spicy, to kids' choice, to budget friendly.

[DIETITIANS 4 TEACHERS](#)

Provides information, messages and resources that stop diet-culture from being part of classrooms. Help kids to explore foods and develop positive relationships with food.

[FARM TO CAFETERIA CANADA](#)

Resources and video guides to information - e.g. Hydroponics in the classroom.

[FOODPRINT](#)

Information on shopping, cooking, and composting sustainably - along with respecting animal welfare and social justice in food production.

[GARDENING MANUAL](#)

Ecology Action Centre provides 12 useful sections for those who have little gardening experience, but want to learn and/or teach others

[GOOD FOOD BUS](#)

A local fresh food market on wheels that visits various areas in our community.

[GROW EAT LEARN](#)

A school food garden program from Nourish NS, informed by teachers, garden leaders and community groups

[HEALTHY EATING EDUCATION ACTIVITIES | PHE CANADA](#)

A tool from Nourish NS that lists food literacy skills (e.g. mashing, kneading) appropriate for different age groups, along with some sample recipes.

[HEART & STROKE](#)

Their website has information on healthy eating for heart health as well as a collection of recipes.

[ISLAND FOOD NETWORK](#)

Connections with many possible guest speakers and workshop hosts.

[LOCAL FOOD LAUNCH TOOLKIT](#)

Healthy, delicious, easy to make recipes for NS schools and families. Tested and approved by NS students.

[NEW DAWN BETTER BITE COMMUNITY KITCHEN](#)

A variety of cooking classes and programs. Can inquire at 902-322-1551.

[NOURISH FOOD AND FILM CHALLENGE](#)

Students can make a short film about food based on yearly themes. Submissions due each October.

[NUTRITION MONTH RESOURCES](#)

Each March, Nourish offers a variety of tips, daily messages, recipes and activities for schools to help recognize this month.

[PAN CAPE BRETON FOOD HUB](#)

Engage in educational and social activities that build a connected community around food. Linkages to over 50 local food producers.

[PLANTS TO PLATES](#)

Incorporate food education into programs by using hand on activities for kids.

[SEED LIBRARY - CAPE BRETON REGIONAL LIBRARY](#)

Typically late March patrons can gather seed packets from self-serve stations in seven branches. Useful for schools interested in planting.

[SEEDS OF DIVERSITY](#)

Focuses on heirloom seed/ endangered crop preservation. Visit resource tab for tips on seed saving, seeds starting and gardening.

[SLOW COOKED DREAMS](#)

Food-based educational and empowerment program. Created by Nadine Bernard a Mi'kmaw woman, inspired by her own experiences with poverty.

[SUPERSTORE COMMUNITY DIETITIAN PROGRAM](#)

Nutrition programs for school groups and workplace wellness education sessions.

[UNLOCKFOOD.CA](#)

Resources from Dietitians of Canada including recipes, videos and online tools.

*contact Blossom for additional ideas for local guest speakers, farmers, gardeners, food suppliers, cultural foods, etc.



ENVIRONMENTAL/NATURE-BASED LEARNING



ACAP

Local environmental education. Info on wastewater and conservation. Rain barrels sometimes available. Visit their education portal for lesson plans.

BIRDS CANADA

Use this online tool to help discover native species that can be planted that will thrive in your zone and attract and benefit birds.

CAPE BRETON REGIONAL LIBRARY

Nature Backpacks are available here to loan.

CBU LET'S TALK SCIENCE OUTREACH

Connect educators and youth with outstanding volunteers to deliver a wide variety of meaningful science, technology, engineering and mathematics (STEM) learning experiences in both school and community settings.

COLLABORATIVE ENVIRONMENTAL PLANNING INITIATIVE (CEPI)

Environmental management of the Bras d'Or Lakes.

CHILDREN & NATURE NETWORK

Shares info and tools on greening schoolyards and learning outside.

CLEAN FOUNDATION

Engaging youth through climate awareness.

DAVID SUZUKI FOUNDATION

Ways to take action toward environmental challenges.

DEPARTMENT OF NATURAL RESOURCES AND RENEWABLES

Local environment resources.

EVERGREEN

Collection of free curriculum-connected resources for educators.

GREEN COMMUNITIES CANADA

Contains videos and resources about current initiatives such as how to build rain gardens.

GREEN SCHOOLS

Helping schools adopt smart energy habits.

HIKE NOVA SCOTIA

“Reconnecting with Nature” workshops and other outdoor training.

ISLAND WISE, CBU

Women in Science and Engineering offers STEM outreach and resources. Offer events, camps and links to mentors.



[LOOSE PARTS](#)

Inspiring play in young children with readily available objects/items.

[MI'KMAQ CULTURALLY SIGNIFICANT PLANTS](#)

Starting on page 12 of this guide you will find images and descriptions of culturally significant plants and where they grow.

[OPHEA OUTDOOR EDUCATION TOOLKIT](#)

Contains tips to promote a culture of safety-mindedness among staff and students participating in outdoor education. E.g. Checklists, conversation starters and lesson plans.

[OUTDOOR PLAY CANADA](#)

Scientific evidence on benefits of outdoor play and numerous resources from across Canada.

[OUTDOORCLASSROOMDAY.COM](#)

Guidance on making outdoor learning and play part of everyday routines.

[PARKS CANADA](#)

Ecological knowledge resources.

[PATHWAYS TO EMPLOYMENT](#)

Local company that can aid in construction of outdoor games/ equipment.

[PDSB LEARNING NATURALLY](#)

Learning Naturally modules for grades P-8 (developed in Ontario but can be adapted for NS). Lessons for math, art, science and citizen science, social studies, health and language.

[PLAY OUTSIDE NS](#)

Developed by PLEY (Physical Literacy and the Early Years Project) to promote physical literacy and fundamental movement skills. Website highlights research, events, and online resources (e.g. loose parts play).

[RESOURCES 4 RETHINKING](#)

Classroom resources on climate change reviewed by teachers for teachers.

[STRATHLORNE FOREST NURSERY](#)

Seedling production & sales.

[TAKE ME OUTSIDE](#)

Ready to go activities and databases of additional educational resources to support outdoor learning.

[TREE CANADA](#)

Plant education and funding opportunities.

[UNAMA'KI INSTITUTE OF NATURAL RESOURCES \(UINR\)](#)

Mi'kmaw voice on natural resources & environment.

*contact Blossom for links to trail associations, local builders, lumber suppliers, and guest speakers that could support your outdoor environment activity.



CBVRCE Active Healthy Living Consultant, Mary Lou Andrea, is available to help navigate resources and supports in this content area.

ACTIVE HEALTHY LIVING



[ACTIVE FOR LIFE CANADA](#)

Focus on early physical literacy.

[ASK - ACTIVE SMARTER KIDS](#)

ASK provides Physically Active Learning (PAL) method supports for teachers. Integrating movement into standard curriculum.

[BICYCLE NS/VELO CAPE BRETON](#)

Biking skills camp for children.

[BOKS](#)

Movement breaks program (1-10 mins) to encourage physical activity/play.

[CAPE BRETON REGIONAL LIBRARY \(CBRL\) - BE FIT KIDS](#)

Be Fit Kits available to loan (include jump ropes, parachute, frisbees, various balls, washer toss, etc).

[CAPE BRETON REGIONAL POLICE BIKE RODEOS](#)

Bike rodeos, bike safety programs (P-3), and safety presentations.

[CAPE BRETON REGIONAL LIBRARY - PEDOMETERS](#)

Pedometers available to loan.

[CAPE BRETON REGIONAL LIBRARY - RECREATION EQUIPMENT](#)

Variety of recreation equipment like snowshoes, tennis rackets, walking poles and board games available to loan.

[HEART & STROKE](#)

Heart Healthy lesson plans for teachers, for use in grades P-7.

[INJURY FREE NOVA SCOTIA](#)

Road safety resources and links.

[INTERNATIONAL WALK TO SCHOOL MONTH - ECOLOGY ACTION CENTRE](#)

October Walk to/at School event and resources for schools.

[KIDS RUN CLUB](#)

Running events and programs for children and youth in NS with teacher's toolkit and videos.

[MAKING TRACKS - ECOLOGY ACTION CENTRE](#)

Training and resources for safe cycling and pedestrian safety.



PALS - PLAYGROUND ACTIVITY LEADERS IN SCHOOLS

From Peel, ON comes a useful resource for helping students develop into playground leaders. Over 200 pages of playground games and activities.

PARACHUTE

Traffic safety programs and events.

PARTICIPATION

Movement guidelines for different age groups, exercise videos, other info/stats.

PHYSICAL EDUCATION ACTIVITIES | PHE CANADA

Activities to help develop psychomotor skills and strategies for a variety of movement contexts.

REBOOT INTRAMURALS KITS

From PHE Canada, a downloadable toolkit that supports school champions to implement intramurals with a youth engagement and equity lens. Uses 9 steps.

RECESS PROJECT

Provides information to help ensure that recess, exciting landscapes, and accessible schoolyards are integral part of school ecosystem.

SCHOOL BUS SAFETY NS

School bus safety awareness campaign.

UNSTRUCTURED PLAY - TOOLKIT

The Canadian Public Health Association shares useful infographics, decision making tools and promising practices.

WALKING SCHOOL BUS- ECOLOGY ACTION CENTRE

Planning resources for organized walks to school.

WINTER PE RESOURCE

A guide for physical activity in Winter with clothing recommendations, examples of activities, and ways to engage with winter environment. Last page has a list of reputable websites for even more info on winter phys. ed.

WINTER WALK - ECOLOGY ACTION CENTRE

Winter Walk event and resources for schools.

YOUTH AT LEADERSHIP - ECOLOGY ACTION CENTRE

Youth Mobility Audit resources and opportunities.
E-mail: stp-cb@ecologyaction.ca



SchoolsPlus, Youth Health Centre Coordinators/Nurses, Caperbase staff, Guidance, Equity, Mi'kmaq and African Canadian consultants may also be able to help you navigate useful resources and supports that are part of this content area.

POSITIVE RELATIONSHIPS, MENTAL WELLNESS & DIVERSITY



CULTURE

AFRICAN NS AFFAIRS

Information for African Heritage Month, other reports and links.

DELMORE "BUDDY" DAYE LEARNING INSTITUTE

Halifax, NS organization that works with African NS organizations, communities, government partners, and educational institutions. See list of publications and resources helpful for educators.

ESKASONI CULTURAL JOURNEYS

Website shares info about tours at Goat Island focused on food, dance, crafts and traditional games.

L'NUI'SUTI - MI'KMAW LANGUAGE APP

Offers both written and spoken translations of thousands of English words, as well as a history of Mi'kmaq people and their language.

MEMBERTOU HERITAGE PARK

Cultural history/resources/connections re: local Mi'kmaq heritage.

NATIONAL CENTRE FOR TRUTH AND RECONCILIATION

History/education/resources/support re: Canada's historical relationships and future directions with Indigenous Peoples.

NATIVE LAND

Resources include maps of Indigenous territories, treaties, languages territory acknowledgements and other educational resources.

TA'N WEJI-SQALIA'TIEK MI'KMAW PLACE NAMES DIGITAL ATLAS

Click on 'View the Map' to translate NS locations from English to Mi'kmaq and learn their meaning. For example, Glace Bay is "bright dwelling."

TREATY EDUCATION NS

Working to develop specific programs and services for the education system, provincial civil service and all Nova Scotians. Can use website to book a presenter.



CYBER SAFETY AND RELATIONSHIP SAFETY

CANADIAN CENTRE FOR CHILD PROTECTION

Links you to Cybertip.ca, online safety measures, survivor advocacy groups, and a variety of education and prevention resources and videos.

CAPE BRETON REGIONAL POLICE

Crime prevention/education

CYBERSCAN NOVA SCOTIA

Cyber bullying education/support for victims.

GIRLS AGAINST TRAFFICKING AND EXPLOITATION (GATE) - ELIZABETH FRY SOCIETY

Resources/education/support/harm reduction.

KIDS IN THE KNOW

Activities/education re: children's rights, safety, health & wellness.

NOVA SCOTIA TRAFFICKING & EXPLOITATION SERVICES SYSTEM (TESS)

A partnership of over 70 Nova Scotia agencies shares info about human trafficking, services and supports available, upcoming events, resources, and tips re: how to talk to youth about this topic.

PREVNET

National hub of resources to address and reduce interpersonal violence and promote healthy relationships.

YOUTH AND COMMUNITY ENGAGEMENT

CENTRE OF EXCELLENCE FOR YOUTH ENGAGEMENT/STUDENT COMMISSION

Tools and practices to support young people to put their ideas for improving themselves, their peers and their communities into action.

HEARTWOOD CENTRE FOR COMMUNITY YOUTH DEVELOPMENT

Resources/leadership training/support for youth inclusion & voice.

NORTHSIDE RISING/CHANGEMAKERS NORTH SIDE

Community development resources, events & supports.

YOUTH PEER/EPIC

Based in Sydney with outreach to other communities. Youth Peer provides a supportive place for youth, ages 8 - 18, to be tutored and mentored by volunteers close to their age.



MENTAL HEALTH & SUBSTANCES

ALLY CENTRE OF CAPE BRETON

Naloxone/drug education/harm reduction education and resources.

ANXIETY CANADA

Educator resources, anxiety stories, videos. Apps to support youth.

CAPERBASE

Youth centered programming/resources/support re: mental health and wellness.

CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH)

Education/resources re: mental health & addiction based topics.

CHILDREN AND YOUTH GRIEF NETWORK OF CANADA

Resources/activities/education re: grieving and loss.

CONSIDER THE CONSEQUENCES OF VAPING

Information, videos, and activities about vaping.

DRUG FREE KIDS CANADA

Resources/education re: substance use, prevention & treatment.

EMOTIONAL WELL-BEING EDUCATION ACTIVITIES | PHE CANADA

Resources to assist P-12 students in developing skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.

GO NOODLE

Mindfulness activities, videos and other topics to explore to demonstrate wellness.

HEADSTRONG

Youth leadership training/resources re: mental health & wellness.

JACK.ORG

Awareness/resources/advocacy re: youth mental health.

JOINT CONSORTIUM FOR SCHOOL HEALTH POSITIVE MENTAL HEALTH TOOLKIT

Five modules designed to promote positive mental health in the school environment (e.g. resiliency, relationships, connectedness).

KIDSGRIEF.CA

Resources/activities/education re: grieving and loss

KIDS HELP PHONE

Resources/support/activities for the resilience, safety & wellbeing of children and youth.

MENTAL HEALTH COMMISSION OF CANADA

Offers training such as Mental Health First Aid and The Working Mind. Useful reports also can be found on website.



INCLUSION

INCLUSION EDUCATION CANADA

National NGO committed to inclusive schools and classrooms – website contains resources, videos and helpful links.

INCLUSION NS

Educator resources, anxiety stories, videos. Apps to support youth.



SEXUAL HEALTH & SEXUAL DIVERSITY

CANADIAN CENTRE FOR GENDER & SEXUAL DIVERSITY

Resources available for use by teachers, organizations, GSA's, youth, and community members.

CAPE BRETON CENTRE FOR SEXUAL HEALTH

Education/resources/advocacy for positive sexual health. Can act as guest speaker.

EGALE CANADA

2SLGBTQ+ resources/ advocacy/education.

GSA SUPPORT

Resources for GSAs (Gay Straight Alliance/Gender Sexuality Alliance).

SIECCAN - SEX INFORMATION COUNCIL OF CANADA

Promising practices portal with links to sexual health education resources from various provinces and territories.

SUPPORTING SURVIVORS OF SEXUAL VIOLENCE TRAINING NS

An 8 module course that can be done at one's own pace. To help you learn more about sexual violence and how to support those who've survived it. Free with option to earn certificate.

THE YOUTH PROJECT

Education/resources/support re: 2SLGBTQ+ identities & wellness. Can act as guest speakers.

WELCOMING SCHOOLS

Resources to support teachable moments and to help create an affirming school climate.

OTHER RESOURCES

CAPE BRETON REGIONAL LIBRARY

Special collections on various wellness topics (mental health, diversity) and event partnerships.

MEDIA SMARTS

Resources/education/videos/workshops re: media literacy.