



2026-27 Back to School Package Mental Health and Wellness – Independent Schools Week 2 – September 10, 2026

This package is the second of a three-week back-to-school resource series. The resources shared throughout this series are intended to support districts and schools in fostering environments where all students feel safe, connected, and welcome.

This week's package highlights new resources, reminders, and updates related to **Mental Health and Wellness**, a pillar under [erase](#).

Intended audiences are clearly noted and we recommend this week's package is shared specifically with Safe School Coordinators, Mental Health Leads, Inclusive Education Leads, and Principals and Vice-Principals. Please share these materials with district and school staff as appropriate. For additional information, please contact educ.mentalhealth@gov.bc.ca.

Table of Contents:

1. Adrenal Insufficiency in the School Setting – New Resources and Training – NEW	2
2. AEDs and Naloxone - Reminder	2
3. Anaphylaxis – Reminder	2
4. Communicable Diseases – Reminder	3
5. Compassionate Systems – Reminder	3
6. Diabetes Care – Reminder.....	3
7. Electric Kick Scooter Public Education Toolkit – NEW.....	4
8. Integrated Child and Youth Teams – Reminder	4
9. Menstrual Products – Reminder	5
10. Seizure Rescue Intervention in the School Setting – Updated.....	5
11. Substance Use Education Videos – NEW.....	6
12. Suicide Prevention and Life Promotion Training Implementation – NEW	6
13. Supporting Student-Led Mental Health Initiatives: A Toolkit for BC Educators and School Staff – NEW	6
14. Vaccinations – Reminder	7



1. Adrenal Insufficiency in the School Setting – New Resources and Training – **NEW**

Intended Audience: Safe School Coordinators, Inclusive Education Leads, Principals and Vice-Principals

- New resources and training have been developed by the Province, BC Children's Hospital, and BC Emergency Health Services for supporting students with adrenal insufficiency at school.
- Training through Nursing Support Services (NSS) may be available to support non-medical school staff in Group 1 and 2 Independent Schools to identify when an emergency response is needed, deliver appropriate temporary assistance, manage the transfer to a health care professional, and provide follow-up notification.
- Resources and training can be accessed through the [NSS website](#). These supports are intended to guide consistent, evidence-informed care for students, with implementation under discretion of district and school leadership.

2. AEDs and Naloxone - **Reminder**

Intended Audience: Human Resources Leads, Safe School Coordinators, Mental Health Leads, Principals and Vice-Principals

- The [Support Services for Schools Order](#) and [Response to Unexpected Health Emergencies Policy](#) state that boards of education must have a publicly available policy for responding to unexpected health emergencies, and ensure automated external defibrillators (AEDs) and naloxone are accessible in each school.
- As a part of these requirements, **boards must ensure that AEDs and naloxone are accessible in elementary and middle schools by September 8, 2026.**
- Independent school authorities are encouraged to follow the [Support Services for Schools Order](#) and [Response to Unexpected Health Emergencies Policy](#).

3. Anaphylaxis – **Reminder**

Intended Audience: Safe School Coordinators, Inclusive Education Leads, Principals and Vice-Principals

- The [Anaphylaxis Protection Order](#) and [Anaphylaxis Protection Policy](#) require boards of education to have policy, procedures, and training strategies in place for preventing and responding to anaphylaxis in schools, in alignment with the [BC Anaphylactic and Child Safety Framework](#). Additional information is available on the Ministry's [anaphylaxis web page](#).
- Independent school authorities are required to ensure current anaphylaxis procedures and training strategies are in alignment with independent school inspection requirements.



4. Communicable Diseases – **Reminder**

Intended Audience: Safe School Coordinators, Health and Safety Leads, Principals and Vice-Principals

- Districts and schools are encouraged to review guidelines for preventing and responding to communicable disease transmission, including BCCDC's [Public Health Communicable Disease Guidance for K-12 Schools](#) and the Province's [Provincial Communicable Disease Guidelines for K-12 Settings](#).

5. Compassionate Systems – **Reminder**

Intended Audience: Safe School Coordinators, Mental Health Leads, Inclusive Education Leads, Early Learning and Child Care Leads, Indigenous Education Leads Principals and Vice-Principals

- [Compassionate Systems BC](#) is a systems change initiative supporting B.C.'s K-12 education system to strengthen relational and systemic conditions that enable students and adults to thrive.
- Building on cross-sector efforts since 2018, the next phase will focus on expanding student engagement, deepening Indigenous and place-based practices, and strengthening practitioner networks.
- Districts and schools are encouraged to support staff to attend Compassionate Systems BC workshops and events, with opportunities available to tailor content to local needs and interests.
- Additional information and resources are available through [erase](#) and [Compassionate Systems BC](#).

6. Diabetes Care – **Reminder**

Intended Audience: Inclusive Education Leads, Principals and Vice-Principals

- The [Provincial Standards: Supporting Students with Type 1 Diabetes in the School Setting](#) outline the roles and responsibilities of parents/caregivers, school administrators, and health authorities in supporting students with diabetes at school.
- As a part of the standards, a [Diabetes Support Plan and Medical Alert Information Form](#) is required for each student with Type 1 Diabetes. These documents form the foundation of individualized medical support, emergency response, and planning for schools.
- Students attending Group 1 and 2 Independent Schools who require additional support may be eligible for delegation of care through Nursing Support Services (NSS). Not all diabetes care is eligible for delegation.



- If a student is deemed eligible for delegated care, parents remain responsible for a student's care until delegated staff are fully trained and signed off by the delegating nurse. More information is available on the [NSS website](#).
- A reminder that "Do-it-yourself" (DIY) looping, a method for managing Type 1 Diabetes, is not Health Canada approved and cannot be supported by NSS. More information is available in the [DIY looping FAQs](#).

7. Electric Kick Scooter Public Education Toolkit – **NEW**

Intended Audience: Safe School Coordinators, Health and Safety Leads, Principals and Vice-Principals, Parents/Caregivers, Students

- The Province is testing the use of electric kick scooters (e-scooters) in participating communities through a four-year provincial pilot project.
- A [public education toolkit](#) has been developed, with downloadable posters and brochures to support awareness of electric kick scooter safety and operating requirements. The toolkit and list of participating communities are available on the [Electric Kick Scooter Rules and Safety web page](#).
- **Districts and schools can share these resources with students and families to promote safe and legal electric kick scooter use.**
- The [Electric Kick Scooter Pilot Project Regulation](#) establishes rules for the legal operations of electric kick scooters in communities participating in the pilot project. Rules include a minimum operator age of 16 years, mandatory helmet use, and other requirements to ensure safety.

8. Integrated Child and Youth Teams – **Reminder**

Intended Audience: Safe School Coordinators, Mental Health Leads, Principals and Vice-Principals

- Integrated Child and Youth (ICY) Teams offer multi-disciplinary wraparound mental health and substance use supports to children and youth from early years to age 19.
- ICY teams operate in school districts' boundaries in 20 ICY team communities, serving all children, youth and families within a school district, including those attending independent schools. Learn more at the [B.C.'s Integrated Child & Youth Teams website](#).
- School teams are encouraged to connect with ICY Team members to support students with mental health and/or substance use concerns and their families.



9. Menstrual Products – **Reminder**

Intended Audience: Health and Safety Leads, Principals and Vice-Principals

- The [Support Services for Schools Order](#) and [Provision of Menstrual Products Policy](#) require boards of education to have policy and procedures for the provision of menstrual products to all students who may require them.
- Districts and public schools must ensure that menstrual products are freely available in school washrooms, using delivery methods that protect student privacy, prioritize barrier-free and consistent product access, and incorporate student feedback.
- Independent schools are encouraged to follow the [Support Services for Schools Order](#) and [Provision of Menstrual Products Policy](#).

10. Seizure Rescue Intervention in the School Setting – **Updated**

Intended Audience: Safe School Coordinators, Inclusive Education Leads, Principals and Vice-Principals

- Starting in the 2026-27 school year, the approach to training school staff for seizure rescue intervention will be based upon the intervention indicated in the student's Seizure Action Plan.
- For the following interventions, designated school staff will be instructed through standardized handouts, with parents/guardians continuing to provide student-specific information. Ensure that designated school staff have reviewed the standardized handouts for the intervention indicated in the student's Seizure Action Plan prior to the parent/guardian information sharing session:
 - Preparing and providing [buccal lorazepam \(Ativan\)](#)
 - Use of a [Vagus Nerve Stimulator \(VNS\)](#)
 - Preparing and providing [BUCCOLAM® \(midazolam oromucosal solution\)](#), a seizure rescue medication that has recently become available in B.C.
- NSS nurses will continue to train designated school staff in participating Group 1 and 2 Independent Schools in how to prepare and **administer intranasal and buccal midazolam** (excluding BUCCOLAM®, per above).
- All seizure rescue interventions supported by the Seizure Action Plan remain physician/provider-ordered and are to be administered in accordance with the student's individualized plan.
- More information on seizure rescue intervention in the school setting, including family resources, can be found on the [NSS website](#).



11. Substance Use Education Videos – **NEW**

Intended Audience: Safe School Coordinators, Mental Health Leads, Principals and Vice-Principals

- The Ministry has developed a two-part video series (elementary and middle/secondary) highlighting how B.C. schools are addressing substance use education and prevention through the K–12 curriculum. The series is intended to support educators, administrators, and school staff in strengthening awareness and implementation of effective practices.
- The middle/secondary video is available on the [erase website](#). An accompanying elementary video is available through the *erase* Safe School Coordinator secure site.

12. Suicide Prevention and Life Promotion Training Implementation – **NEW**

Intended Audience: Safe School Coordinators, Mental Health Leads, Principals and Vice-Principals

- In partnership with BC Children’s Hospital, the Ministry will be releasing new resources to strengthen suicide prevention and life promotion in schools, including:
 - Online facilitator training, designed to equip all school staff with the knowledge and confidence to support suicide prevention and life promotion.
 - A toolkit for system leaders, supporting prevention, intervention, and postvention for administrators and school teams.
- More information will be shared with Mental Health leads this fall.

13. Supporting Student-Led Mental Health Initiatives: A Toolkit for BC Educators and School Staff – **NEW**

Intended Audience: Safe School Coordinators, Mental Health Leads, Principals and Vice-Principals

- Co-created by B.C. students and the McCreary Centre Society, and informed by education partners across B.C., this toolkit is intended to help educators and school staff support Grade 7-12 students to lead mental health initiatives in their schools.
- The resource includes facilitation tools grounded in adult allyship, student voice, and inclusive and Indigenous-informed practices.
- The resource is available on the [erase website](#).



14. Vaccinations – **Reminder**

Intended Audience: Health and Safety Leads, Principals and Vice-Principals

- Districts and schools are encouraged to share evidence-based information and promote opportunities for student vaccinations in partnership with public health and local medical health officers.
- Information about BC's [Vaccination Status Reporting Regulation](#), which enables the collection of student immunization records, can be shared with families to support record collection and effective public health responses.