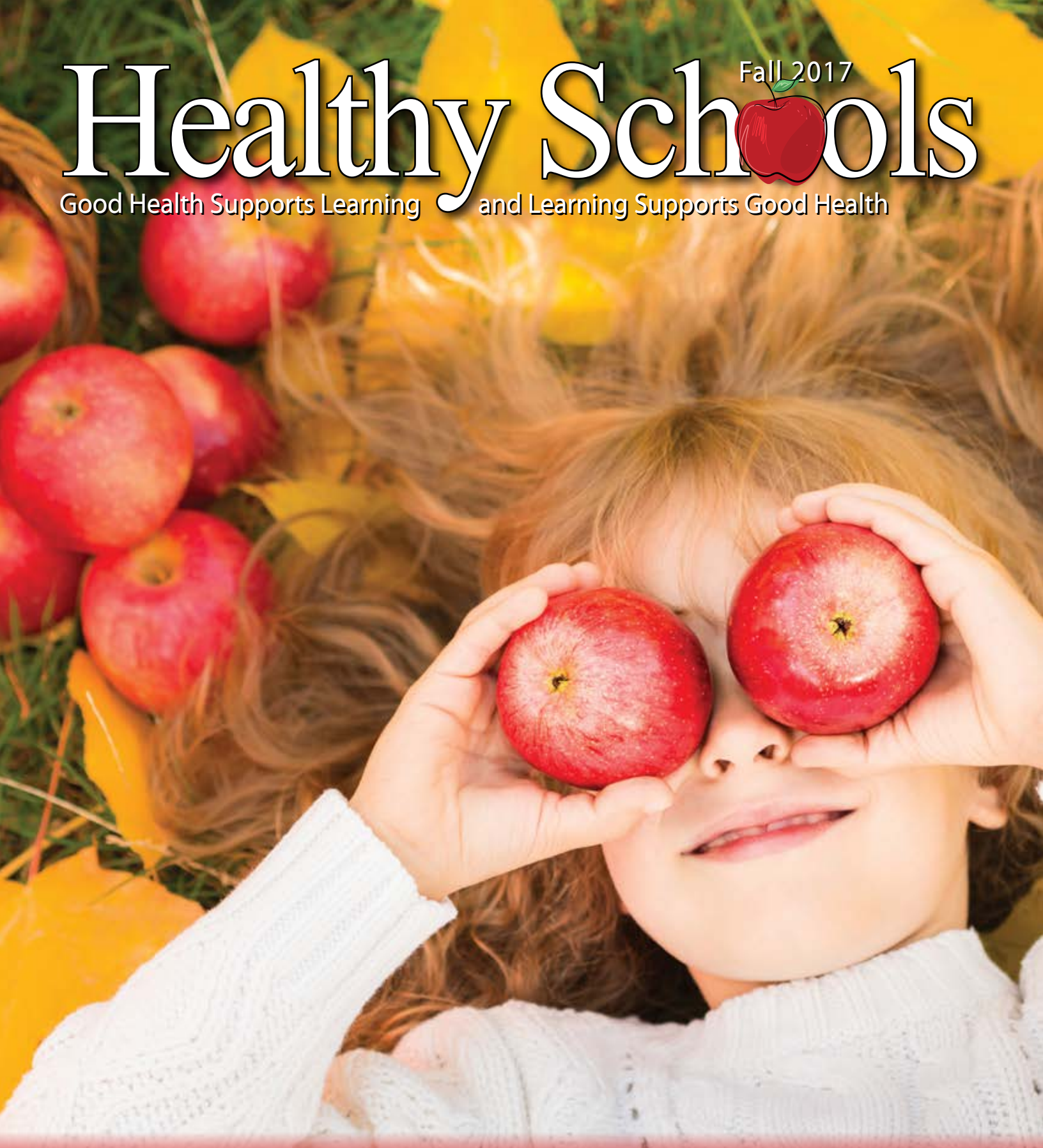


Healthy Schools Fall 2017

Good Health Supports Learning and Learning Supports Good Health



Did
you
Know?



Fight
Germs
Now



Get
Home
Safe





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Did you Know?

The Health Department has many interactive activities that teachers can borrow or your school public health nurse can bring to your next event.

- Hopscotch
- Dice (large physical activity dice)
- Fruit and Vegetable board
- Sugar Shocker Kit
- Healthy Eating (Poster activity)
- Helmet Safety
- How do I take Care of My Mental Health (Poster activity)
- Handwashing Activity
- Tobacco – Know What’s In Your Mouth Shoot Out Game (mini hockey net, 2 sticks, 6 balls)
- Spin Wheel
- PLINKO
 - The PLINKO and Spin Wheel games have question kits that can be used for Healthy Eating, Healthy Routines, Tobacco, Mental Health, Substance Free Living and Road Safety

Contact your school public health nurse for more information





Frequently Asked Questions

You Asked Us:

Can you teach the sexual health curriculum and/or do you provide sexual health support?

Public health nurses don't teach the sexual health curriculum but we can support you with resources for grades 9-12, turn to page 13 for information.

For our elementary teachers a useful resource is teachingsexualhealth.ca

One of the students in my classroom has Fifth disease, where do I get more information?

You can:

- Speak with your public health nurse
- Call our Durham Health Connection Line
- Refer to our website durham.ca/factsabout for information on health topics, including Fifth disease
- Refer to your school copy of Guidelines for Infectious Disease Reporting and Exclusion which is also available on our website durham.ca

Where Can I Get Information About Managing Anaphylaxis in Schools?

Durham Region Health Department public health nurses do not provide education sessions or training on the topic of anaphylaxis, however there are several reputable sources available free to schools that are highlighted below:

Managing Anaphylaxis in Schools

1. **Sabrina's Law:** Anaphylaxis is a serious allergic reaction that can be life threatening; it requires avoidance strategies and immediate response in the event of an emergency. An Act to Protect Anaphylactic Pupils, Sabrina's Law, came into force on January 1, 2006, and is the first legislation of its kind anywhere in the world. www.edu.gov.on.ca/eng/healthyschools/anaphylaxis.html

2. **Ontario Ministry of Education:** Provides information and resources to support schools with addressing several prevalent medical conditions including anaphylaxis and asthma. www.edu.gov.on.ca/eng/healthyschools/anaphylaxis.html

3. **Food Allergy Canada** (formerly known as Anaphylaxis Canada): Provides FREE e-learning courses for community settings and schools (available in both English and French) and focuses on the prevention, recognition and management of anaphylaxis. Individuals will receive a personalized certificate upon successful completion of the e-learning course.

English: www.allergyaware.ca

French: www.connaitrelesallergies.ca

- Food Allergy Canada also provides resources and videos to support schools with managing anaphylaxis

English: www.foodallergycanada.ca/resources/videos-presentations/

French: www.foodallergycanada.ca/resources/videos-presentations/

Where Can I Get Information About Managing Asthma in Schools?

Durham Region Health Department public health nurses do not provide education sessions or training for schools on the topic of asthma, however, there are several reputable resources available free to schools that are highlighted below.

Managing Asthma in Schools

1. **Ryan's Law:** Ryan's Law is Ontario legislation that came into effect in May 2015. It requires all school boards in the province to develop and maintain asthma policies and procedures that help protect students who have asthma. www.RyansLaw.ca

2. **Ontario Lung Association:** Resources are available for FREE to support schools in raising awareness about asthma and asthma management. Resources can be ordered and/or downloaded from the Ontario Lung Association <http://lung.healthdiary.ca/Guest/SearchResults.aspx?C=27&M=0&K=&N=&S=1&>

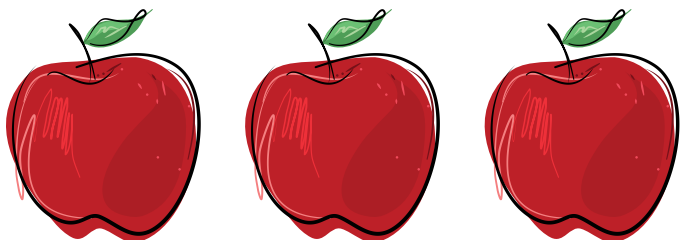
- Certified Respiratory Educators are available to answer questions and to send FREE asthma resources through the Lung Health Information Line

Telephone: 1-888-344-LUNG (5864), Mon-Fri, 8:30am-4:30pm.

Email: info@on.lung.ca

- Information for Parents and Schools About Ryan's Law: <http://www.on.lung.ca/page.aspx?pid=433>

3. **Ontario Physical Health Education Association (Ophea):** Resources are available to support schools with raising awareness about asthma management in schools. www.ophea.org/asthma





Healthy School Success Story

February is kindness month at Duke of Cambridge

Le mois du février est le mois de la gentillesse à notre école

Using data from a School Climate survey, Duke of Cambridge PS staff identified mental health as an area of need for the 2016-17 school year. Mental health is a broad topic and our students helped us to understand their more specific needs in the areas of anxiety and self-regulation. To address these concerns, the school implemented a program called Zones of Regulation for all classes. With the support of the school Child & Youth Worker, all classes discussed what self-regulation means, what it looks like and what strategies students can try in order to stay calm and focused throughout the day (green zone). Through these conversations, we learned that some students were concerned about inter-personal relationships with peers. To address inter-personal relationships with peers, the Student Leadership Team decided to make February kindness month. We hosted a door-decorating contest and we did a school wide activity whereby every student wrote something kind about another student. Personal messages of support and friendship lined our school hallways in February. We also participated in the Day of Pink and celebrated Mental Health week in March. Our school spirit stayed high throughout the year, culminating in the appearance of the Duke Dragon at our Duke Day celebration in the spring.

What does kindness mean?

C'est quoi la gentillesse?

Kindness is being friendly, nice and considerate of others.

La gentillesse est l'amitié, un ami gentil considère les besoins d'autres personnes.

Merci pour votre gentillesse Duke of Cambridge!

Getting to Know Your School Community

Schools are valuable assets in our communities. How well do you know your school's community? The health and well-being of students and their families are affected by their neighbourhoods – where they grow, live, work and age.

Health Neighbourhoods is an online resource created by Durham Region Health Department with information on 50 Health Neighbourhoods in Durham Region. Check out durham.ca/neighbourhoods to find:

- An interactive map viewer
- Profiles for all 50 neighbourhoods
- Summaries for 82 demographic and health indicators with more to come.

Here is a sample of the information you'll find:

- **Child health** - Information on parent-rated health of children, dental decay in Grade 2 students, emergency department visits for asthma, injuries in children, and more.
- **Population growth** - Neighbourhoods in north and east Ajax, north Whitby, north Oshawa, and north Bowmanville have high population growth, large populations of young children, and high birth rates. These are areas with new housing developments that attract young families.
- **Health challenges** - The downtown neighbourhoods of Pickering, Ajax, Whitby, and Oshawa have higher preterm birth rates, teen pregnancy rates, and emergency department visits for asthma in children. Parents living downtown are less likely to rate the health of their senior kindergarten children as excellent or very good, and their neighbourhoods as child-friendly.
- **School readiness** - The percentage of children in a neighbourhood who score poorly on school readiness varies from 17% to 65%.
- **Child-friendly areas** - Parents of senior kindergarten children in Grandview North in Oshawa and Brooklin East in Whitby were the most likely to rate their neighbourhoods as child-friendly.
- **Income** has a big impact on health. Neighbourhoods with the lowest income tend to have poorer health.



In general, Durham Region residents enjoy good health. However, it is clear that health varies by where you live. Knowing the unique strengths, resources and assets of your school's community can help you better understand and support your students. Together we can build on these strengths to support strong, safe, and equitable neighbourhoods that improve the health and well-being of all residents.

2017-2018 Healthy School Award!

Durham Region Health Department is pleased to offer the Healthy School Award to elementary and secondary schools in Durham Region. The award has been offered to elementary and secondary schools for many years. The award recognizes schools for their commitment to a Healthy Schools approach in the prevention of chronic diseases, injuries and substance misuse. A Healthy Schools approach helps students, staff and parents adopt lifelong healthy behaviours that may reduce:

- Bike and traffic injuries
- Injuries related to substance misuse
- Heart disease
- Cancer
- Obesity
- High blood pressure
- Type 2 diabetes
- Osteoporosis
- Stroke
- Depression

Select your health topic, implement a health action plan and complete a health topic checklist

All schools achieving the Healthy School Award will receive:

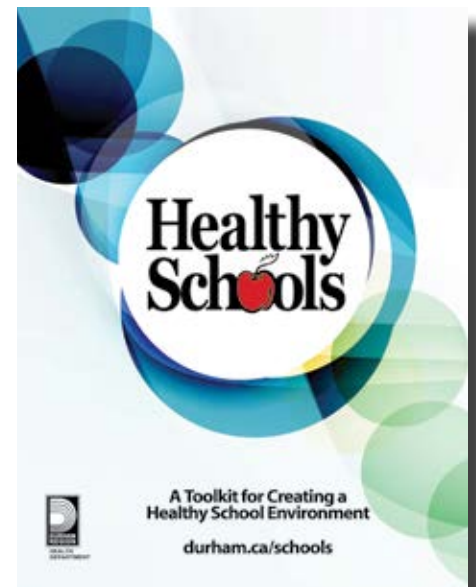
- A recognition certificate
- Recognition on the Health Department website
- A chance to win a monetary prize to support your healthy school initiatives

Recognition can be a good incentive for sustaining the work of your Health Action Team!

Application submission:

- Total your points at the end of the selected health topic checklist. You can achieve points for all activities planned for the entire school year. This includes activities that are taking place after the application deadline (e.g. May and June activities).
- Complete the Healthy School Award Checklist.
- Submit your application form and completed checklist to Durham Region Health Department
 - Email healthyschools@durham.ca
 - FAX 905-666-6214
 - In person to your public health nurse

For assistance in applying, connect with your school public health nurse



Share These Tips on Healthy Routines with Families!



Balance meals and snacks!

- Aim for snacks to have foods from at least 2 of the 4 food groups.
- Aim for meals to have foods from at least 3 of the 4 food groups.
- Try to have at least 1 vegetable or fruit at every meal and snack.

Make meal time family time.

Rethink your drink!

- Choose water more often to quench your thirst.
- Make water the easy choice for the entire family.
- Carry a refillable water bottle.

Role model making healthy choices!

Replace screen time with active play time!

- Children under 2 years - screen time is not recommended.
- Children aged 2-4 years – limit screen time to less than 1 hour per day; less is better.
- Children and youth aged 5-17 years – limit recreational screen time to less than 2 hours per day; less is better.

Spend less time sitting.

Move and play every day!

- Children aged 3-4 years need at least 180 minutes (3 hours) of physical activity at any intensity spread throughout the day.
- Children and youth aged 5-17 years need at least 60 minutes (1 hour) of moderate to vigorous physical activity every day.

Be active and play together as a family.

Get enough sleep!

- Children aged 3-5 years need 10-12 hours of sleep.
- Children aged 5-13 years need 9-11 hours of sleep.
- Youth aged 14-17 years need 8-10 hours of sleep.

Try to have the same bed and wake-up time every day.

Public health nurses are available to provide a presentation or resources on creating healthy routines for parents and caregivers. To book a presentation or for more information on creating healthy routines, please contact your public health nurse or visit durham.ca/healthyweights

Fight Germs Now!

The Fight Germs Now! display and pamphlet, show where germs lurk and ways to prevent their spread. The display is available in a table-top format and can be loaned out to your school for various events such as educational/staff development days. It is appropriate for students, staff and parents. The GlitterBug® Hand Kit (black light demonstration) is also available for loan. This is an excellent tool to teach the importance of proper handwashing to both children and staff. Please call the Environmental Help Line at 1-888-777-9613 or 905-723-3818 or speak to your public health nurse for more information.

FIGHT GERMS NOW!

STAY HOME WHEN SICK

COUGH/SNEEZE INTO SLEEVE OR TISSUE

KEEP HANDS CLEAN

GET YOUR ANNUAL FLU SHOT AND OTHER RECOMMENDED VACCINES FOR YOU AND YOUR PETS

DON'T SHARE PERSONAL OBJECTS

AVOID TOUCHING FACE

CLEAN COMMONLY TOUCHED SURFACES OFTEN

WHERE ARE GERMS?
EVERYWHERE!

FOOD

PEOPLE

IN THE AIR

OBJECTS & SURFACES

WATER

ANIMALS

 www.durham.ca 

For more information call Durham Region Health Department, Environmental Help Line at 905-723-3818 ext. 2188 or 1-888-777-9613 ext. 2188



Stop the Spread of the Flu Virus in your Classroom

Did you know? Rates of the flu are highest in children aged 5 to 9 years!

The flu is a serious respiratory illness caused by influenza viruses. It is very contagious, especially among children in school as they share close quarters with other children. Symptoms in children include a high fever, chills and shakes, sore throat, body aches, headaches and cough. **Protect yourself and your students by following these simple tips:**

- **Get your flu shot!** As an educator who works closely with children it is important for you to get vaccinated against influenza every year to protect yourself and your students.
- Stay home when you are sick, and remind parents to keep their child home if they're sick too.
- Encourage students and other staff to:
 - wash hands often or use an alcohol based sanitizer
 - cough and sneeze into their sleeves or a tissue
 - avoid touching their faces
- Keep commonly touched surfaces clean such as door knobs, desks and light switches.

The flu vaccine is available at many local health care providers including your family doctor, walk in clinics and pharmacies. For more information about the flu, visit durham.ca/flu or call the Durham Health Connection Line at 905-666-6242 or 1-800-841-2729.





Prepare your Class for their Best Shot!

New!
Grade 7's will receive HPV-9 vaccine

Durham Region public health nurses will be coming to Grade 7 classrooms to provide students with education on vaccine clinics. The nurses will:

- Discuss Hepatitis B, Meningococcal and HPV vaccines
- Provide and review consent packages
- Answer any vaccine or clinic related questions

This year two vaccine clinics will be offered at your school, one in the fall and one in the spring. The day before your scheduled vaccine clinic, remind your students to:

- Eat breakfast
- Wear shirts with loose sleeves
- Bring a lunch

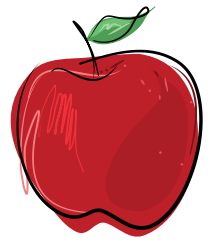
Important reminders:

- Students who are overdue for required vaccines will receive a notice from the Health Department advising they are overdue and at risk for possible suspension.
- For a list of required vaccines to attend school in Ontario check out our website.

**Please visit durham.ca/immunize for more information
or call: Durham Health Connection Line 905-668-2020 or
1-800-841-2729**



Are you Addressing Substance Misuse in your Class?



New this year, Kahoot learning activities are available for grades 7-8. This learning activity addresses the topic of substance misuse and can be used to test knowledge and facilitate classroom discussions.

What is Kahoot? – Kahoot is a learning platform that uses the internet to engage students to answer multiple-choice quizzes in a real-time interactive way. Kahoot supports social learning whereby the class reads the question on a common screen such as the smartboard or a projected computer screen and then the students use computers, phones or other internet connected devices to answer independently or in teams.

A Kahoot learning activity for grades 9-12 will be released soon! It will address opioids, in addition to alcohol and marijuana.

Talk to your school public health nurse to learn more about how to access our substance misuse Kahoot in your classroom.



Do you need help teaching sexual health to students in grades 9 to 12? This online manual is for you. SEXed contains evidence-based lesson plans, activities, and links to community resources in Durham Region.

The manual includes information that will assist in implementing the 2015 Ontario Curriculum for Health & Physical Education. The manual is DDSB approved.

A SEXed teaching kit is available at your school. The SEXed kit is DDSB and KPR approved. The teaching kit contains:

- contraceptive methods examples
- barrier methods to prevent against sexually transmitted infections (STIs)
- teaching aids (penis and vagina models)



Do you Know About the Dental Screenings at your School?

Dental screening in schools

Every year, the Durham Region Health Department Oral Health Division, conducts dental screening at all publicly funded schools. The purpose of screening is to identify and provide access to care for children with dental needs. This process provides a snapshot of the oral health status of children in Durham Region. The Ministry of Health and Long Term Care and the Health Department use this data to determine program needs.

Healthy Smiles Ontario (HSO) is a government funded program that provides free dental benefits to eligible children and youth 17 years and under.

At a minimum, all kindergarten and grade two students are screened in every school. Additional grades are screened based on the oral health needs of the school; however, any child can be screened upon request. If a child is absent on the screening date their parent can call and book an appointment at the Durham Region Health Department, Oral Health Clinic, 905-723-1365 ext.4567.

The dental hygienist uses a sterilized mouth mirror to have a quick look at the child's teeth and surrounding tissue for any obvious dental needs. Parents/Guardians are notified if there are any visual concerns or if preventive services are recommended. The notification is sent home with the child. The dental screening team will assist eligible families to access dental care.

Health Promotion

In addition to the school screening, age appropriate oral health education is offered to schools in priority neighbourhoods and available to any school upon request. The Oral Health Division also supports school programs and initiatives such as Welcome to Kindergarten and Health and Wellness Fairs.

Other Services Offered

The Oral Health Division has a dental clinic located in the Whitby Mall that provides a full range of essential dental services to eligible children and youth 17 years and under. Preventive dental clinics are held in select schools throughout the school year.

The Oral Health Division sincerely appreciates the support from our local school boards, schools, principals, teachers and staff.

Together, we are helping thousands of children in Durham access dental care.





#GetHomeSafe

Almost every day, one teen in Durham Region visits an emergency department due to a traffic crash. Motor vehicle crashes (MVC) are the # 1 cause of death and a leading cause of injury for teens. Most crashes can be prevented.

Teens develop the life skills needed to be safe road users through risk awareness, decision making and prevention activities. **SCHOOLS** can help promote personal safety and injury prevention, including driver and passenger safety. Topics may include alcohol and drug impaired driving, distracted driving, and traffic laws/penalties.

TEACHING road safety? Check out the following links.

The Ontario Road Safety Resource
ontarioroadsafety.ca

- Curriculum-based website
- Developed by Ontario teachers
- Lessons plans and teaching aids

National Teen Driver Safety Week Oct. 15 – 21
parachutecanada.org/ntdsw

- Partner with schools, parents, police, public health and other road safety partners
- Toolkit includes ideas and supplies to raise awareness
- Join the discussion using the hashtag #GetHomeSafe.

Ontario Ministry of Transportation
Ontario.ca/distracteddriving

- Distracted driving FAQs
- Penalties
- Driving laws

Durham Region Health Department

- Contact your school public health nurse to assist in planning road safety strategies at your school
- For local resources and road safety info check out:
durham.ca/thinkanddrive
durham.ca/drivetextfree
durham.ca/parentdrivingguide



Encourage your Students to Start and End their School Day with Active Travel!

Active school travel is a great way for students and staff to fit physical activity into their daily routine. Active travel is defined by the Public Health Agency of Canada as any form of human-powered transportation. Examples include:

- walking
- biking
- using a wheelchair
- in-line skating
- skateboarding
- scootering

Regular physical activity, such as through active school travel, can help children and youth improve their health and fitness and do better in school by improving memory and attention span.

What can your school do?

- Participate in IWALK/ IWHEEL with your school or classroom during the month of October. It is a great way to encourage students to try a new way of getting to school other than by vehicle.
- Bike to School Week is held every spring during the month of May. Plan to participate in this challenge to get students biking to and from school.
- These organized campaigns may not be a convenient time for your school. Instead create your own active travel challenge during another time of the year.
- Contact your school public health nurse to help with planning and resources for IWALK/IWHEEL, Bike to School Week, or your own active school travel initiative.
- Start a walking school bus program to encourage students and families to walk together for increased safety and enjoyment.
- Assess the physical environment around your school for barriers to using active travel. Advocate for greater safety around the school through reduced speed limits and other traffic calming measures, increased cross walks and crossing times, well maintained sidewalks and walk ways, and bike racks.

Help your school get on their way to walking, wheeling, or rolling!



Healthy Fundraising at your School

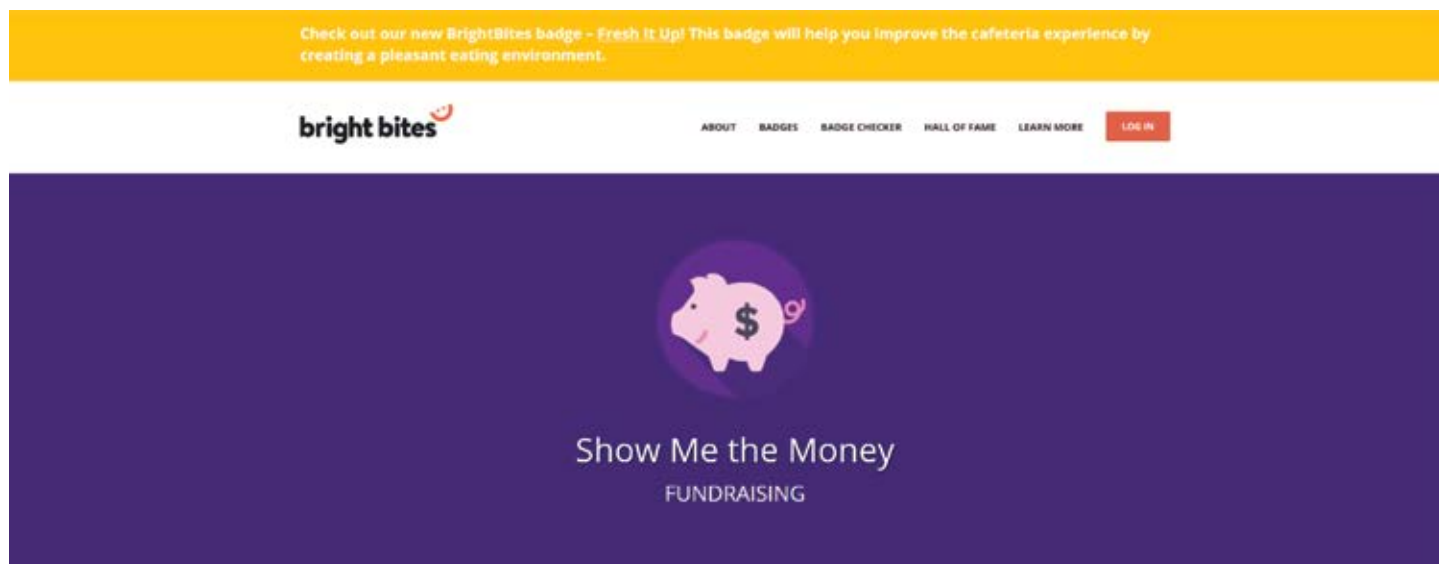
Healthy eating can have a positive impact on school performance by helping students to be settled, attentive and ready to learn. Since students spend a lot of time at school, it's a great way to give them an opportunity to learn about healthy eating and also support a healthy school environment.

Schools participate in fundraising activities to support special events, student learning opportunities, new technology and so much more. When it comes to food, the School Food and Beverage Policy (P/PM 150) requires all food and beverages sold in schools to meet nutrition standards, including those sold for fundraising while on school property. It's encouraged to choose some fundraising options that are not related to food. If you do want to include food, try to make sure it meets the requirements of P/PM 150.

Looking for something different? Below are some great fundraising ideas:

- Sign up teachers to do silly activities (e.g., teacher shaves his legs or hair)
- Sell items that promote your school (e.g., school calendars, water bottles, pencils, t-shirts)
- Partner with a nursery to sell flower baskets, bedding plants, bulbs or seeds
- Plan a teacher versus student sports game and charge a small admission fee
- Make and sell bracelets for special days (e.g., Valentine's Day, Mother's Day)
- Sell magazines, books or egg carton herb gardens – started in the classroom as part of a science lesson
- Sell vegetables and fruit through Fresh from the Farm <http://www.freshfromfarm.ca/home.aspx>

If you're looking for support with starting a new fundraising idea contact your school public health nurse. You can also check out the Bright Bites website under the section "show me the money" for more great ideas (<http://brightbites.ca/tips-for-school-fundraising/>).





Managing Stress: How Can we Support Students?

13% of elementary and 39% of secondary students report elevated levels of stress

37% of Durham Region secondary students report elevated psychological distress, characterized by feelings of hopelessness, restlessness and nervousness most or all of the time



Stress is inevitable and in small amounts is healthy, however too much stress and the inability to cope with stress can have negative effects on health and learning. Students who can understand and manage their own health and emotions are in a better position to reach their full potential in the future.

There are many strategies students can be taught to help them cope with stress. Educators are in a unique position to teach these skills as they are a trusted adult with whom students spend much of their day.

During the 2017/2018 school year, public health nurses will be promoting Psychology Foundation of Canada stress resources in schools. These resources include “Kids Have

Stress Too!” (Grades 1-3), “Stress Lessons” (Grades 4-6), and “From Stressed out to Chilled Out” (Grades 7-9). Each of these evidence-based resources provides curriculum related lessons that support educators in teaching their students about stress and how to manage stress. Teachers who have implemented the resources have reported that the activities are easy to use, aligned with curriculum and well-received by students.

Your school public health nurse can provide support by working with staff to build the comfort and confidence required to implement these resources in the classroom.

For more information please contact your school public health nurse or visit the Psychology Foundation of Canada’s website.





You Can Help Create a Healthy School that Supports Tobacco-Free Living

As an educator, you play an important role in raising awareness about the harmful effects of tobacco use in your school community. Youth are exposed to tobacco use from their peers and family, movies, and from the creative marketing strategies of the tobacco industry. In Ontario, tobacco use is responsible for 13,000 deaths each year (Smoke Free Ontario, 2016). As an educator, you have the ability to provide support and information on the dangers of tobacco use, motivating those youth who use tobacco to consider quitting, and encouraging others to never start smoking. According to a local statistic, 11% of Durham Region Secondary students are current smokers (RRFSS, 2015). Youth also use other forms of tobacco products, such as cigars, cigarillos, water pipes, smokeless tobacco (chewing tobacco) and flavoured tobacco. This is concerning as youth consider these products less harmful than tobacco. As an educator, you can help create a tobacco-free school environment by making tobacco a priority topic, and encouraging students to become leaders in creating a healthy school that supports tobacco-free living.

To access curriculum support resources to help you get started, visit durham.ca/tobacco or contact your school public health nurse.





DURHAM
REGION
HEALTH
DEPARTMENT

For more information on any article in this newsletter please contact your school public health nurse or call Durham Health Connection Line at 905-668-2020 or 1-800-841-2729

Monday to Friday 9:00 am - 5:00 pm

durham.ca/schools

If you require this information in an accessible format, contact 1-800-841-2729

