

Web Tools For Educators

www.kidsmentalhealth.ca

Children's Mental Health Ontario (CMHO) works to improve the mental health and well-being of children and youth and their families.

They represent and support the providers of child and youth mental health treatment services throughout Ontario.

www.eatrightontario.ca

EatRight Ontario has been designed to help you improve your health and quality of life through healthy, nutritious eating. This service provides easy-to-use nutrition information to help make healthier food choices easier.

www.ovhealth.ca

Ottawa Valley Health launched in 2008 as a way to promote the businesses, services and organizations that offer health care assistance in the Ottawa Valley.

www.ophea.net

Ophea.net is an online community of individuals and organizations committed to improving the physical health and well-being of children and youth.

New Resource for Parenting Teachers

The Renfrew County and District Breastfeeding Network has completed a new teaching resource to complement the current curriculum!

This new "Breastfeeding Curriculum Course" will help students identify breastfeeding as an important health decision, provide information on the health benefits of both mom and baby, as well as outline the basic needs of the newborn related to feeding. This resource includes a powerpoint presentation, overheads, activities and community resources related to breastfeeding.

To access this resource or the list of community members available to assist or provide this presentation, please contact the Health Info Line at 613-735-8666 or 1-800-267-1097 Ext. 666.



Attention Senior Media Arts Teachers! 5th Annual Commercial Competition

Would you like to offer your students a practical and rewarding media project? If so, have your class participate in the Healthy Choices Commercial Competition. Commercials related to healthy eating, physical activity, tobacco-free living, safe partying, impaired driving prevention and rape drug awareness are all possible topics.

This competition is sponsored by Renfrew County's Healthy Living Partnership and the Renfrew County and District Health Unit.

The highest quality commercials in each category will be aired on A-Channel Pembroke in 2009. For more information please call 613-735-8651 ext. 545.

Are there new health initiatives at your high school that you would like the other teachers in the county to know about? Call Brian Brohart, Health Promoter at 613-735-8651 or 1-800-267-1097 ext. 545, or email bbrohart@rcdhu.com.

Health for All High Schools

Produced by Renfrew County & District Health Unit



"Health Promotion Strategies for Educators and Learners" 2009

The Renfrew County & District Health Unit is pleased to present this annual edition of Health for All High Schools. We hope that you find it useful and welcome your comments and feedback. Enjoy!

Health Unit School Team

Mackenzie and Fellowes Got W.I.T.H It!

For the third consecutive winter in Deep River and the second in Pembroke, the Get WITH It! walking program is being offered as one way for hundreds of people to stay active and beat the winter blues. Thanks to the overwhelming support of community sponsors and a core of dedicated volunteers the program has become an incredible success story. Based on this success, schools from



across the country have been expressing their interest in following the Get W.I.T.H. It! model.

StepsCount, which is a health promotion company from Deep River has been an incredible partner during the development of the program and their support has been instrumental to its success.

If you are interested in starting this program in your school, please call the Renfrew County and District Health Unit to discuss bringing Get W.I.T.H. It! to your community next year.

WORTH QUOTING:

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it"

- Plato

ABOUT THE HEALTH UNIT

As mandated by the Ministry of Health Promotion, we support teachers, students and parents with health-related programs and services that are congruent with the expectations of the Ontario curriculum.

A Public Health Nurse or Health Promoter is assigned to each high school to assist you with:

- School curriculum
- Healthy school policies
- Teacher workshops
- Teaching materials and resources
- Health fairs and other events

Health Unit staff also provide:

- Immunization clinics
- Food safety consultations
- Tobacco control

WHAT'S INSIDE

- Health News
- Workshops for teachers
- Upcoming events
- Free Resources Websites
- Resource List Insert

Did You Know?

Video games that incorporate physical activity demonstrate progress, but this "virtual" experience of physical activity does not provide the same energy expenditure, skill development, social interaction or outdoor benefits that can be found in actual physical activity experiences.

Canada's Report Card on Physical Activity for Children & Youth (2008)

Both boys and girls take approximately 20 percent more steps during school days when physical education is required.

Using Pedometers to Promote Physical Activity in Physical Education Programs (2003)

20% of drivers in grades 10 to 12 had driven a motor vehicle at least once in the last year, within one hour of using cannabis.

Ontario Student Drug Use Survey (2003)

Close to 63,000 cases of Chlamydia were reported in 2004, the highest number of cases since the disease became reportable in 1990. This makes Chlamydia the most commonly reported sexually transmitted infection in Canada.

Public Health Agency of Canada. Canadian Communicable Disease Report (2004)

A Matter of Health

Communicable Diseases

Under the *Health Protection and Promotion Act*, 1990, Chapter H.7, Ontario Regulation 559/91, school principals and child care facilities must report to the local Medical Officer of Health any student who, in his or her opinion, is or may be infected with a communicable disease. The report must include the following information:

1. Student's name and address.
2. Student's date of birth.
3. Student's sex.
4. Name and address in full of the school that the student attends.



The following documents can be obtained from the Renfrew County and District Health Unit website:

- Reportable Communicable Diseases List.
- Reportable Disease Reporting Form for Schools and Child Care Facilities.
- Guidelines for Reportable Diseases in Schools and Child Care Facilities.

For more information contact the Public Health Nurse for Reportable/Communicable Diseases at Renfrew County and District Health Unit at 613-735-8653 or 1-800-267-1097.

Looking for New Fundraising Ideas?

More and more schools are moving away from fundraising strategies that contradict the values the school has instilled for a healthy school environment. For example, selling chocolate bars or foods with minimal nutritional value can send a mixed message to students. Instead, more schools are meeting their fundraising goals by selling more nutritious foods like citrus fruits or popcorn or non food items like greeting cards or sporting equipment. Suppliers for these items can be found by searching online.

Another idea from a Peterborough based company is Toothbrush Fundraising. This program provides a quality product at a reasonable price and it's something all people buy anyway. For more information visit their website: www.toothbrushfundraising.ca.

Stepscount has also launched a new fundraising initiative that is designed to encourage healthy eating and being physical active through the use of items such portion plates, pedometers and walking vests. For more information visit their website: www.stepscount.com.

Introducing the Champlain Healthy School-Aged Children Initiative

This initiative aims to address childhood obesity by enabling children in the Champlain District to make healthy choices about nutrition and physical activity on a daily basis and by providing them with the skills to develop healthy food and activity behaviours for life. A multi-faceted approach that engages stakeholders from several sectors has been adopted to target the school, home and community environments through the use of intervention strategies including policy, social marketing, skills and knowledge training and environmental support. Watch for more information regarding upcoming activities or visit www.ccpnetwork.ca.

The Champlain Healthy Schools Summit

In the fall of 2007 the Champlain Healthy School-aged Children Summit brought together leaders from the nine Champlain School Boards, four public health units, the recreation sector, health care settings and the community to begin planning for unified actions in the Champlain District that will improve the physical activity and eating behaviours of children and youth. This gathering offered the opportunity to initiate discussions, share successes, identify potential areas for collaboration, and begin the action planning process. Thank you to the following delegates who represented Renfrew County: **Jeannie Armstrong, Christina Brown, Patti Kinghorn, Wanda Hilts, Tracy Gilchrist and Lesley Levinski.**

The Parental Attitudinal Study

A total of 1940 parents of children aged 4 to 12 living in the Champlain District took part in a telephone survey in June 2007 that was conducted by Compustat Consultants. The survey was designed to examine parent's perceptions about their children's physical activity levels, eating habits and body weight. The survey findings suggest that parents often perceive their children to be more physically active, eat healthier, and be less overweight than we know to be the case. Data collected will be used to guide the development of a communications campaign aimed at parents in the Champlain District.

I didn't KNOW

In many cases where children have been injured or killed in an ATV incident, the parents were unaware that ATVs:

Roll over easily:

- ATVs have a high centre of gravity, making them more likely to roll over and land on the rider.

Are not meant for passengers:

- Most ATVs are meant for one person.
- Passengers can affect the stability and control of the ATV, causing them to tip more easily.

Can weight up to 800 lbs:

- Adult sized machines pose a high risk to children under 16 due to the drastic differences in weight between the child and the machine.

Are responsible for multiple childhood injuries and deaths:

- In 2005/2006 the Eastern Ontario region had about 1,000 emergency department visits and 90 hospitalizations for all ages.

ATV riding is not child's play

For "I didn't KNOW" posters and campaign materials please call 613-735-8666 or 1-800-267-1097.

If you would like more information, please call your Health Unit School Contact.