

New Resources

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.

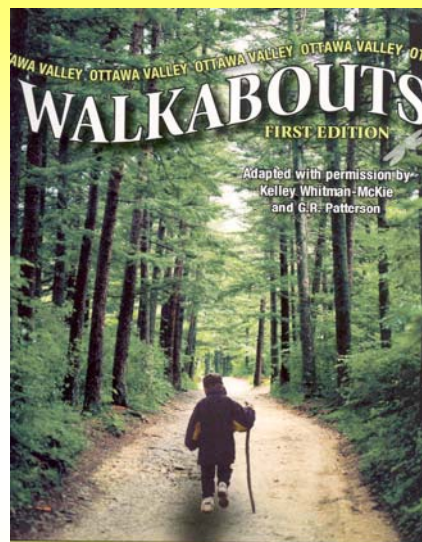
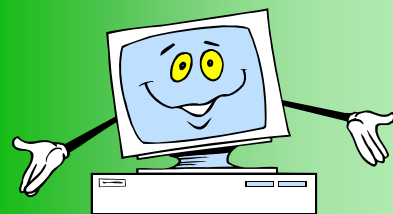
They represent and support the providers of child and youth mental health treatment services throughout Ontario.

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.cahperd.ca

The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) is a national, charitable, voluntary-sector organization whose primary concern is to influence the healthy development of children and youth by advocating for and supporting quality, school-based physical and health education.



Walkabouts of the Ottawa Valley

Recently the Renfrew County and District Health Unit in collaboration with the Healthy Living Partnership distributed *Walkabouts of the Ottawa Valley* Guides to all elementary schools in Renfrew County and District. If you're looking for field trip ideas or would like to combine a history, geography or biology lesson with some outdoor activity and education, the guides can be found in your school's library and your teacher resource room.



Nutrition News Posters



Your school has received a set of nine "Nutrition News" posters with topics related to Canada's Food Guide, healthy snacking, healthy lunches and more. Your school has been encouraged to dedicate a bulletin board to displaying these posters. If you would like extra copies for your classroom, please see your school's secretary for a CD with printable versions of the posters.

Dates to Remember

International Walk to School Day - October 8, 2008
National School Safety Week - October 12-18, 2008
National Diabetes Month - November 2008
National Non-Smoking Week - January 18-24, 2009
Heart and Stroke Month - February 2009
Paint Your Plate Challenge - March 2-6, 2009
TV Turnoff Challenge - April 20-26, 2009

Do you have a story or picture of a healthy happening in your school that you would like to share? Give Brian Brohart, Health Promoter, a call at 1-800-267-1097 or (613) 735-8651 ext. 545, or email bbrohart@rcdhu.com.

Health for All Schools



Produced by the Renfrew County & District Health Unit

"Health Promotion Strategies for Educators and Learners"

Fall 2008

We hope our fall edition of the Health for All Schools newsletter provides you with information that will contribute to both the health of your school environment and the delivery of your Health and Physical Education curriculum.

- The Health Unit School Team

26 SCHOOLS TURNED OFF THE TV AND TURNED UP THE ACTIVITY!



Beachburg Public School students and their teacher, Mlle. Spencer show off the plaque they won for finishing first in Division I of the 7th Annual TV Turnoff Challenge.



Students from Renfrew & District Christian School proudly display the trophy they won for finishing first in Division II of the 7th Annual TV Turnoff Challenge.

Congratulations to the more than 4600 Renfrew County students from twenty-six schools who participated in the 7th Annual TV Turnoff Challenge. All participating schools were presented with a bag of sports equipment to help promote physical activity on their school's playground.

Please continue to encourage your students to reduce the amount of time they spend in front of computer and television screens and increase the amount of time they spend being active. Watch for the next challenge between April 20th and 26th, 2009.

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 and Long Term Care, we support teachers, students and parents with health related programs and services that are congruent with the expectations of the Ontario curriculum.

A health promoter or public health nurse is assigned to each elementary school to assist with:

- ◇ Health and Physical Education Curriculum
- ◇ Teaching Materials and Resources
- ◇ Healthy School Policies
- ◇ Teacher Workshops
- ◇ Health Fairs/School Events

Health Unit staff also provide:

- ◇ Immunization Clinics
- ◇ Dental Screening
- ◇ Food Safety Consultations
- ◇ Tobacco Control

WHAT'S INSIDE

- ◇ Resources for Teachers
- ◇ Workshops for Teachers
- ◇ Upcoming Events
- ◇ "Free Stuff" Websites

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
www.activehealthykids.ca

Both boys and girls take approximately 20 percent more daily steps during school days when physical education is required.
Using Pedometers to Promote Physical Activity in Physical Education Programs.

Each year about 2500 Canadian children aged 14 and under must be hospitalized because they are badly hurt from falls on playgrounds.
Safe Kids Canada



Healthy Happenings



Paint Your Plate Challenge

During nutrition month 18 grade four classes from across Renfrew County and District participated in the Paint Your Plate Challenge, which encouraged students to increase their consumption of fruits and vegetables.



Pictured at the left are students from St. Joseph's Catholic School in Arnprior and Cobden Public School as they celebrate their accomplishments during the challenge with trays of delicious fruit and vegetables.

The next Paint Your Plate Challenge will be held March 2-6th, 2009.

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 use, boasts their website. For more information visit: www.toothbrushfundraising.ca.

The Ontario Safety Guidelines for Physical Education

All sections of the Safety Guidelines including; Curricular Programs, Intramural Clubs and Activities and Interschool Athletics, have undergone a complete review. The 2008 documents are now available to the school boards who are subscribers to the Safety Services Package. Teachers should check with either their Health and Safety or Health and Physical Education Contact within your board to find out how you can obtain the latest version of the guidelines.

To find out who the contacts for your board are you can visit www.ophea.net/safetycontacts.cfm.

A Matter of Health

Get Your Feet on the Street for International Walk to School Month

Traditionally International Walk to School (IWALK) Day is celebrated around the world on October 8, 2008. This has been a tradition in Canada since October 2000. Many schools have participated for several years, extending the event from one day to the entire month. Whether your school participates just for IWALK Day, for one week or for the entire month, we hope that this event will foster a culture of walking in your school and in your community. Please visit the website at www.saferoutestoschool.ca for IWALK resources and activity ideas. Your school's principal also received an IWALK package with this newsletter.



Cold Weather Safety Tips

Living in a cold country can be hazardous to your health. Each year in Canada, more than 80 people die from over-exposure to the cold, and many more suffer injuries resulting from hypothermia and frostbite. Please share the following cold weather coping strategies with your students before the cold weather hits this winter.

Seven Steps to Cold Weather Safety

1. **Check the weather forecast** before planning outdoor activities.
2. **Dress in layers** with a wind resistant outer layer, wear a hat, mittens, scarf or face mask, and insulated, waterproof footwear. When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers, and toes, lose heat the fastest.
3. **Limit your time outdoors** when it is very cold when the wind chill is significant.
4. **Seek shelter** – get out of the wind or go inside periodically to warm up.
5. **Stay dry** – wet clothing chills the body rapidly.
6. **Keep active to stay warmer** – walking or running will help warm you by generating body heat.
7. **Be aware.** Watch for signs of frostbite – numbness and white patches on the skin. Some people are more susceptible to the cold – particularly children, the elderly and those with circulation problems.

Please take the wind chill in to consideration when determining whether recess or outdoor events should be cancelled. For more information visit the wind chill information site at www.windchill.ec.gc.ca.

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.

Tel: 613-735-8666 or 1-800-267-1097, Ext. 666

Website: www.rcdhu.com