

08/09 ELEMENTARY SCHOOL HEALTH RESOURCES AVAILABLE FOR LOAN

GROWTH AND DEVELOPMENT

Just Wash 'Em V	(Gr. JK-2)
See How You Grow B	(Gr. JK-3)
Glitterbug Interactive Show TR	(Gr. JK-8)
Changing V	(Gr. 5-6)
Growing Up TR	(Gr. 5-6)
Kids to Kids Talk about Puberty V	(Gr. 5-6)
Everybody is a Somebody TR	(Gr. 6-8)
Abstinence: Choosing to Wait V	(Gr. 7-8)
AIDS: One Teenager's Story V	(Gr. 7-8)
It's Cool to Know (STI) TR	(Gr. 7-8)
Risky Stuff V	(Gr. 7-8)
Sex: Everyone's Doing IT – Not! V	(Gr. 7-8)
Sexually Transmitted Diseases V	(Gr. 7-8)
Sexually Transmitted Infections V	(Gr. 7-8)
Teens Talk About Alcohol, Sex and Violence V	(Gr. 8)
The Truth About Sex V	(Gr. 8)

SUBSTANCE USE AND ABUSE

Take Action TR	(K; Gr. 1-3)
Lungs Are For Life TR	(Gr. K-8)
Centre for Addiction and Mental Health Curriculum Guide B	(Gr. 1-8)
Why I Won't Do Drugs V	(Gr. 2-4)
Secondhand Smoke: Just Say Know V NEW	(Gr. 3-6)
What About Tobacco? V	(Gr. 4-5)
The Trouble With Tobacco V	(Gr. 4-5)
Safety & substance Abuse Jeopardy-In-Reverse G (CD)	(Gr. 4-6)
Science, Tobacco and You TR	(Gr. 4-6)
Drugs, Your Friends and You: Handling Peer Pressure V	(Gr. 6-7)
Just Say No V	(Gr. 6-7)
Mara's Breathtaking Story V	(Gr. 6-7)
Health in Perspective TR	(Gr. 6-8)
Take 4 – Critic's Choice V	(Gr. 6-8)
Smoking: The Toxic Truth V NEW	(Gr. 6-8)
ACTION Box (Alcohol, Cannabis, Tobacco) TR	(Gr. 7-8)
ACTION: Jeopardy-In-Reverse G	(Gr. 7-8)
Barb Tarbox: A Life Cut Short by Tobacco V	(Gr. 7-8)
I Don't Have a Problem: The Path to Addiction V	(Gr. 7-8)
Family, Friends and Feelings V	(Gr. 7-8)
Heather Crowe's Legacy DVD NEW	(Gr. 7-8)
Stupid.ca DVD NEW	(Gr. 7-8)
Drugs and Teens: The Hidden Problem V	(Gr. 8)
Surprise Party V, TR	(Gr. 8)
Teens, Drugs and Peer Pressure V	(Gr. 8)

PERSONAL SAFETY & INJURY PREVENTION

Sun, Safe Play, Everyday! TR, V	(Gr. JK-2)
Cover Up – It's Sunny TR, V	(Gr. JK-3)
Safe Wheeling K	(Gr. JK-3)
Don't Use Your Brains for Brakes V	(Gr. 1-6)
Mind Masters TR	(Gr. 1-8)
Cycle! Pavement Pointers V	(Gr. 3-5)
Gearing Up V	(Gr. 3-6)
Safety & Substance Abuse Jeopardy-In-Reverse G	(Gr. 4-6)

DENTAL

Visiting the Dentist Teaching Kit TR	(Gr. JK-3)
Dental Pot-Pouri Teaching Kit TR	(Gr. JK-3)
Tooth Wiz V	(Gr. 1-3)
Teacher's Reference Manual of Dental Information TR	(Gr. 1-8)
Keeping Your Teeth Safe & Healthy Through Injury Prevention and Personal Oral Hygiene B	(Gr. 4-6)
Understanding the Influence of Advertisements and Food Labels on your Oral Health B	(Gr. 4-6)

HEALTHY EATING

Eating Well With Canada's Food Guide: A Resource for Educators and Communicators TR NEW	(Gr. JK-8)
Menu of Choices: www.menuofchoices.ca	(Gr. JK-8)
The Cellbertons: What is Diabetes CD NEW	(Gr. 1-4)
The Good Food Diner V	(Gr. 3-5)
Behind Closed Doors V	(Gr. 5-8)
The Weight of the World DVD	(Gr. 6-8)
Everybody Is A Somebody TR	(Gr. 8)
Desperate Measures TR, V	(Coaches & Teachers)
Media Influence on Body Image V	(Teacher Reference)

PHYSICAL ACTIVITY

Movement Activities for Early Childhood B	(Gr. JK-SK)
Sport Fun TR	(Gr. JK-SK)
Workout With Ticker V, CD	(Gr. JK-1)
Jigga Jump TR, CD NEW	(Gr. JK-3)
ACTIV8 TR	(Gr. JK-8)
Exercise in Disguise 1 & 2 TR	(Gr. JK-8)
Everybody Move TR, CD, DVD	(Gr. JK-8)
Sport Play TR	(Gr. K-2)
Adapt, Adopt and Improve: Theme Games for K-6 B	(Gr. K-6)
Intramurals in the Elementary School B	(Gr. K-6)
50 Games with 50 Tennis Balls B	(Gr. K-8)
101 Games to Play in a New Way B	(Gr. K-8)
Active Playgrounds B	(Gr. K-8)
Another Games Book B	(Gr. K-8)
Awesome Asphalt Activities B	(Gr. K-8)
Bang For Your Buck B	(Gr. K-8)
Best New Games B	(Gr. K-8)
Dances Even I Would Do B	(Gr. K-8)
Great Gator Games B	(Gr. K-8)
Great Ideas - Games and Activities for Youth by Youth B	(Gr. K-8)
Mass Appeal – Activities for Groups of 50 or More B	(Gr. K-8)
Not Just Another Games Book B	(Gr. K-8)
Oodles of Noodles B	(Gr. K-8)
Physical Activity Ideas for Action B	(Gr. K-8)
Playday! The Manual B	(Gr. K-8)
Schlockey – An Innovative Recess Game B	(Gr. K-8)
Snow Fun! B	(Gr. K-8)
Treasury of Moga Madness B	(Gr. K-8)
Walking Games and Activities B	(Gr. K-8)
Why Paper Scissors Rock B	(Gr. K-8)
You're It – Tag, Tag and More Tag B	(Gr. K-8)
Zany Activities with a Rubber Chicken B	(Gr. K-8)
Sports Skill Basic TR	(Gr. 3-5)
Getting There is Half the Fun TR	(Gr. 4-5)
Everyone Jump TR	(Gr. 4-6)
Junior High School Intramurals B	(Gr. 7-8)

OTHER

School Bus Safety TR	(Gr. K-8)
Playground Leadership Program TR	(Gr. 5-8)
Student Leadership Development Program TR	(Gr. 5-8)

B = Book	CD = Compact Disc
G = Game	TR = Teaching Resource
V = Video	DVD = Digital Video Disc
K = Kit	

Other curriculum related materials available from the Renfrew County and District Health Unit include:

- Displays
- Pamphlets
- Interactive Materials (e.g. Pig's Lungs, Tobacco Wheel, Popcorn Machine)



NEW RESOURCES FOR 2008/09

The Cellbertons: What is Diabetes? (Grades 1 – 4)

This animated presentation is based on the *Cellbertons*, a family of cells that are part of a human body. As parts of the body, they share the same needs for proper nutrition and physical activity as the entire person does. Children learn about diabetes through the son who has learned about diabetes in school and is now sharing that knowledge with his parents.

JiggaJump (Grades JK – 3)

This fun and active musical adventure has been developed and tested by experts in the field of physical activity. The CD contains 18 songs that correspond with 6 different imaginary adventures. Whether it's a wild jumping kangaroo party in Australia or an exciting trip to the jungle, each adventure gets children up on their feet and moving to a sing-along physical activity program that they will be guaranteed to love.

Tobacco 411© (Grades 7 – 8)

The "Tobacco 411" wheel is an interactive, fun and easy to use educational resource for youth. The wheel is adaptable for several environments such as the classroom, health fairs, student-led events and conferences. It comes with a facilitator's module, instructions for students, question categories and question/answer cards. The wheel assists with educating students about issues related to tobacco prevention, cessation, protection and de-normalization. The wheel is easy to assemble and can be implemented by youth or adult facilitators.

Secondhand Smoke: Just Say Know (Grades 5 – 8)

In this video some of the latest scientific evidence that second-hand smoke causes lung cancer and other serious diseases is highlighted with creative graphics. High school students explain that second-hand smoke causes chronic ear aches, bronchitis, and even pneumonia and a physician explains why the still-developing lungs of young children are the most vulnerable to these problems that can persist throughout the child's lifetime. These facts about the short and long-term dangers of toxic second-hand smoke make it clear - kids need fresh air to breathe. Students model polite assertive phrases requesting respect for their right to breathe smoke-free air.

Smoking: The Toxic Truth (Grades 6 – 8)

Students expose the truth on how smoking affects their life. They explain the irreversible damage that smoking causes, as well as the impact of nicotine and carcinogens on the body. This hard-hitting tobacco prevention program is a powerful tool to deter teens from smoking. Viewers are introduced in graphic fashion to the horrific and heartrending medical consequences of tobacco use, as well as the cosmetic damage.

