

Tools for Educators

www.notgonnakillyou.ca

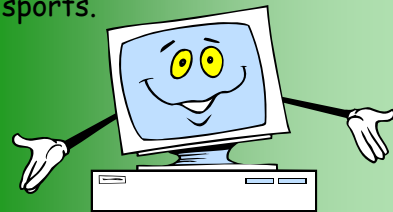
A Government of Ontario sponsored website that provides information and downloads related to physical activity and healthy eating. They are currently hosting a video and poster contest with iPod products as prizes.

www.lungsareforlife.ca

The Lung Association's free school program for smoking prevention. It has been developed especially for Ontario teachers and students - from Kindergarten to grade 12. It includes sections for teachers, parents and students. Hard copies of the resource can also be borrowed from the Health Unit.

www.playsport.net

A website with all kinds of activities designed to teach kids games by playing games. PlaySport allows you to search for activities based on the equipment you have, the skills you want to teach, the complexity of the game or the space you have available. PlaySport games encourage fun, free play while helping kids develop the skills needed to participate in all kinds of sports.



New Resources

Families Rule! Policy Worksheet



If you're teaching a substance use and abuse unit this spring with your students, you may want to order copies of the Families Rule! Alcohol and Drug Use Policy pamphlet. Every family has rules about alcohol, tobacco and drug use. When all family rules are gathered together and written down, as this resource encourages, they become a family policy. If you would like to order copies for students in your class, call 613-735-8651 Ext. 519 or 1-800-267-1097 Ext. 519.

Eating Well with Canada's Food Guide Display

English and French displays depicting the new Canada's Food Guide can now be borrowed from the health unit to promote healthy eating in your school. The health unit can also provide you with copies of the food guide as well as the Backgrounder for Educators and Communicators.

The Health Unit is awaiting new resources that properly address the changes to Canada's Food Guide, but in the meantime you may want to visit the following websites for activity ideas, lesson plans and general information related to the food guide and nutrition education.

www.canadasfoodguide.net, www.dietitians.ca,
www.power4bones.ca, www.whatsonthemenu.ca

Dates to Remember

- National Road Safety Week - May 12 - 18, 2008**
- CAHPERD - It's a Toss Up Challenge - May 22, 2008**
- Safe Kids Canada Week - May 26 - June 1, 2008**
- Sun Awareness Week - May 26 - June 1, 2008**
- World No Tobacco Day - May 31, 2008**
- Clean Air Day - June 4, 2008**
- World Health Organization Day - June 14, 2008**

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" Spring 2008

We hope our spring 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

These Teachers Have The Power To Play!



Nancy Saumure, Liz Richards and Shelley Bryden (l to r) participate in one of the active components at the Power to Play Workshop held at Our Lady of Fatima Catholic School.

Renfrew County and District Health Unit partnered with the Dairy Farmers of Canada to bring the very popular Power to Play Workshop to Renfrew County. All of the grade four teachers in attendance were provided with curriculum-integrated resources and practical ideas to encourage their students to eat healthy and be physically active.

For grade specific programs and resources related to healthy eating and physical activity visit: www.teachnutrition.org.

WORTH QUOTING:

True enjoyment comes from activity of the mind and exercise of the body, the two are ever united.

- Humboldt

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

Healthy Happenings

Did you know?

One quarter of the reported vegetables consumed by children are French fries.

King et al., 1999

The average number of steps taken during school hours is 3,800 for boys and 2,900 for girls. 10,000 steps a day is the target for healthy active living.

Active Healthy Kids Canada

Child pedestrian injuries are the third leading cause of injury-related death for children under the age of 14.

Safe Kids Canada

A school-based study of girls aged 12-18 conducted in Toronto, Ottawa and Hamilton revealed that 23% of the girls were dieting for weight loss, 15% were binge eating, 8% reported self-induced vomiting, 2.4% used diet pills and 1.1% used laxatives.

Jones et al., 2001



World Record Walk Update

Congratulations to **George Vanier Catholic School, Pineview Public School, T.W. Morison Public School, St. Mary's Catholic School in Deep River, St. Martin's Catholic School** and **Our Lady of Grace Catholic School** for participating in the World Record Walk on October 3, 2007. A total of 231,635 people from across Canada took part in the walk and we are awaiting confirmation from Guinness World Records that a new record was set. For more information and official announcements visit: www.worldrecordwalk.ca/.

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 will be adopted to target 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 - October 15, 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 physical activity and eating behaviours of children and youth. The day-long event offered the opportunity to initiate discussions, share successes, identify potential areas for collaboration, and begin the action planning process.

A sincere thank you to the following delegates who represented Renfrew County at the Summit; **Jeannie Armstrong – Our Lady of Grace, Christina Brown – St. Joseph's Catholic School, Patty Kinghorn – Mackenzie High School, Wanda Hilts and Tracy Gilchrist – Fellowes High School and Lesley Levinski – StepsCount/Diabeters.**

Congratulations!

Congratulations to **General Lake Public School** and teacher **Chelsea Burton** for winning a second consecutive Nutrition Innovation Award. This year Ms. Burton's "Class Restaurant" concept was selected as one of the twelve most creative nutrition initiatives in Ontario. For more information regarding General Lake's award winning program or to download teaching resources visit: www.teachnutrition.org/.

Accolades are also in order for **Our Lady of Grace Catholic School** for being the first featured school on the Canadian Association for Health Physical Education and Dance's (CAHPERD) 75th Anniversary Website. The website is being used to raise awareness for the healthy development of children and youth by advocating for quality, school-based physical and health education. To read about Our Lady of Grace and other champion schools in the field of health education visit CAHPERD's Anniversary Portal at www.cahperd.ca/eng/.

A Matter of Health

Spring into Spring and Discover the Joys of Walking

This spring get active and discover a whole new world.

Join the Canadian Walkolution and Spring into Spring by encouraging students to get active by walking (or jogging, skipping or biking) between Earth Week and Clean Air Day (April 21 – June 5). There are lots of ways to participate at school, on the way to school, at home or in your community.

Your school can participate by organizing walking challenges, active field trips (visit www.valleyexplore.com for ideas), skipping and jumping contests or by making walking activities part of special events like Earth Week, TV Turnoff Week, Active Healthy Kids Day or Safe Kids Canada Week. By promoting active transportation and walking teachers can encourage students to take part in a physical activity that most people can do for their entire lifetime.

For **free** stickers, incentives, posters, and the chance to win great prizes see your principal for the information package that was distributed with this newsletter. You can also register online at www.saferoutestoschool.ca.



The Youth Action Alliance is Ready to Assist with School Fun Nights

If your school is planning a fun night, call the health unit to discuss the possibility of Pembroke's Youth Action Alliance hosting a hockey shootout that will target tobacco power wall advertising. On May 31, 2008 tobacco retail displays will be banned in Ontario. The ban on retail displays means children and others will no longer be exposed to tobacco industry advertising at store cash registers or anywhere else in the store.

The Youth Action Alliance is a group of young people who speak out about tobacco and help to prevent other young people from starting to smoke. They also expose how the tobacco industry targets youth through their advertising techniques. For more information call Kim Shalla, Public Health Nurse at 613-432-5853 or 1-800-804-0772.

Helpful Hand Washing Hints

When done correctly, hand washing is the single most effective way to prevent the spread of germs. Alcohol antiseptics are safe to use on the hands of children and can be used in place of hand washing if hands are not visibly soiled. Supervision and direction is important to create proper hand washing habits in children. Encourage and assist them to wash hands. Remind them hands may carry germs even if they look clean. Remember that children learn by example. It is important that they observe good hand washing techniques from those who care for them.

Things to avoid when hand washing:

- Don't use a single damp cloth to wash a group of children's hands.
- Don't use a standing basin of water to rinse hands.
- Don't use a common hand towel. Use disposable towels instead.
- Don't use sponges or non-disposable cleaning cloths. Germs thrive on moist surfaces.

Hand washing resources available at the Renfrew County and District Health Unit:

- Just Wash 'Em
- Glitterbug Hand Wash Show

To reserve/order these resources call Renfrew County and District Health Unit at 613-735-8651 Ext. 516.