



Health for All Schools E-Newsletter

Renfrew County and District Health Unit “Optimal health for all in Renfrew County and District”

613-735-8666 • 1-800-267-1097, Ext. 666 • www.rcdhu.com

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Online Teaching Resources

CyberCops

CyberCops teaches students in Grades 7 and 8 about the risks and safety issues surrounding the Internet and help them to recognize and respond to these situations.

PHE Canada

Visit PHE Canada for excellent physical education, health, recreation and teacher support resources.

Teachers Talk Sex Ed

By accessing this archived Ophea webinar from 2016 you can listen to educators with experience teaching human development and sexual health share effective strategies and practices they have implemented in their classrooms.

Parent Action on Drugs

PAD has a growing bank of programs, workshops, packages and brochures for different audiences. All programs and resources have been researched and tested with the appropriate audience and are consistently reviewed and updated unless noted otherwise.

As mandated by the Ministry of Health and Long-Term Care, the Renfrew County and District Health Unit supports teachers, students and parents with health-related programs and services that reflect the expectations of the Ontario Health and Physical Education Curriculum and the Ontario Public Health Standards.

A health promoter or public health nurse is assigned to your school to assist with implementing components of the four pillars of Comprehensive School Health: Social and Physical Environments, Teaching and Learning, Healthy School Policy and Partnerships and Services.

Health Unit staff also provides:

Immunization Clinics, Dental Screening, Food Safety Consultations and Tobacco Control.

April 24, 25, 26 - Community Sessions: Fentanyl and Overdose



Pictured L to R: Brian Brohart – RCDHU, Highview students Shawn, Maddex and Pearl test out the Sip Smart!™ Interactive Wheel

Highview P.S. Participates in Sip Smart!™ Ontario Campaign

To celebrate Nutrition Month 2017 the health unit encouraged all schools to participate in the Sip Smart!™ Ontario Campaign and take the curriculum-linked classroom program school-wide. Highview P.S. decided to have one class create presentations that highlighted the sugar content in some popular drinks. These presentations were provided to the entire school and the health unit reinforced key messages related to the importance of drinking water.

Teachers are encouraged to continue spreading the Sip Smart!™ message in their classroom and school. Supporting resources can be found on the [brightbites](http://brightbites.com) website and you can contact the health unit to order print copies of some resources. Schools are also reminded that they can take the Water Does Wonders pledge by clicking [here](#).

Healthy smiles Ontario



Healthy Smiles Ontario is a free dental program for children and youth age 17 and under living in families with incomes below a set amount. Healthy Smiles Ontario covers regular check-ups, preventive care, and treatment by licensed dental providers.

There are three different ways you can apply to Healthy Smiles Ontario:

- [apply online](#) or
- [fill in, print and mail an application form](#) or
- Pick up an application form at the Renfrew County and District Health Unit or a Service Ontario office

For more information call Dental Services at 613-735-8661 or 1-800-267-1097 extension 661 or visit the [Dental Services](#) section of our website.

Feedback on this publication or suggestions for future issues would be appreciated. Please send your ideas to bbrohart@rcdhu.com