



Health for All Schools E-Newsletter

Renfrew County and District Health Unit

“Optimal health for all in Renfrew County and District”

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Online Teaching Resources

It's Easier Than You Think!

This resource is intended for parents to assist them with talking with their children about sexual health and well-being. It will guide them so they can become their child's most trusted source of information about sexuality.

Active For Life

Designed for parents but applicable to educators, Active For Life is a national initiative created to help children get the right start in life through the development of physical literacy. You will find activity ideas and lesson plan modules that could inspire some creative Daily Physical Activity ideas.

Sunsense

Skin cancer is one of the most common forms of cancer and the incidence is increasing.

The SunSense program supports schools in creating a sun safe environment and developing a SunSense policy to protect staff and students through education and awareness of sun safe practices.

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.

Local Spotlight: Fellowes High School's Fresh Food Project

The Fellowes Fresh Food Project has grown out of an attempt to increase awareness about local food production and food security issues.

The project includes a greenhouse, outdoor garden, food preparation and preservation. Last year's harvest produced an astonishing 1739 lbs of vegetables. All of which ended up on the plates of staff and students.

Students from Special Education, Green Industries, Science, Physical Education, Hospitality, Tourism, Small Engines and Manufacturing programs have all contributed to the project.



Pictured: Students load up their compostable bowls with taco salad, while Hospitality students and teacher Wanda Hilts oversee the Fresh Pickin's Salad Bar. Most of the ingredients were grown at the school.

Click [here](#) for more information about the Fresh Food Project.



Teaching Helmet Safety

Many Renfrew County and District schools choose to host a bicycle rodeo in partnership with the health unit and their local police to educate students about road and helmet safety.

To ensure a child's bicycle helmet fits their head properly follow the [2V1 Rule](#).

Let your school's contact at the health unit know if you'd like to organize a bicycle safety event for the next school year.

Pictured: Renfrew County and District Health Unit Public Health Nurse, Kayla Schutt inspects a child's helmet and provides advice on how to wear it properly.

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