



# 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



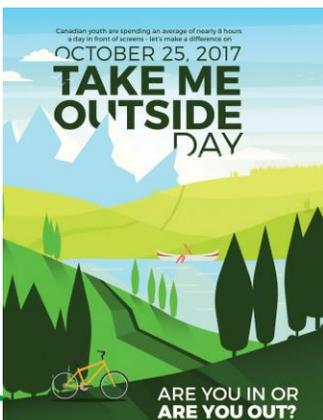
#### Concussion Resources

Parachute has an extensive list of concussion-related resources and tools including a baseline testing fact sheet, information for parents, teachers and coaches, and [curriculum linked programs](#) for grades K-8.



#### Info for Teachers

Active and Safe Routes is primarily a community-based initiative that promotes the use of active transportation for the daily trip to school, addressing health, physical activity, and traffic safety issues while taking action on air pollution and climate change. Their [teacher information page](#) offers ideas for the classroom, curriculum-based teaching resources and lesson plans.



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.



The Renfrew County Youth Network is excited to host their 5<sup>th</sup> annual Amplify! Youth Summit on Oct. 17<sup>th</sup> at Wilderness Tours. This year's theme is "How to Find Your Natural High" and youth reps from each high school will be invited to attend and be empowered to create positive changes in their communities after the summit.

### Upcoming RCDHU Campaigns and Communication

#### Sip Smart!™ Ontario

The health unit will continue to support teachers in grades 3-7 with implementing the Sip Smart!™ Ontario Program to teach their students about sugary drinks and making healthy drink choices. The health unit has supporting displays and can provide Parent Booklets, Fact Sheets, Posters, Flavoured Water Recipes and more.

#### Nutri-eSTEP

We will be distributing flyers asking JK and SK teachers to help us promote the Nutrition Screening Tool for Toddlers and Preschoolers. Nutri-eSTEP is a fast and simple way to find out if toddlers (18 to 35 months) or preschoolers (3 to 5 years) are healthy eaters and to get immediate feedback.

#### Cannabis Talk Kit

The health unit will be distributing [Drug Free Kids Canada's Cannabis Talk Kits](#) as part of a Drug Information Kit to ensure teachers have the most current information when discussing substance use with their students. The kit will contain a Fentanyl Discussion Resource, as well as tips for discussing alcohol use with teens.

### Registration is Open for OPHEA's Healthy Schools Certification

By completing the [6-Step Healthy Schools Process](#) over the course of the school year, schools who have registered in the fall will earn points and can apply to be certified in April as a Gold, Silver, or Bronze level Healthy School. Certification is based on a school's ability to follow and complete the process and not on the type or number of activities chosen so it's flexible and adaptable for all school communities. School certification levels are announced in May of each year and certified schools receive a banner celebrating their level.



If you would like health unit staff to join your school team, please let your school contact know.

Feedback on this publication or suggestions for future issues would be appreciated. Please send your ideas to [bbrohart@rcdhu.com](mailto:bbrohart@rcdhu.com)