



# 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



[Teach Resiliency](http://teachresiliency.ca) is designed to support your journey towards engagement and energy at work and school and building healthy futures for yourselves and your students. You can search for tools and resources, compare classroom-and-school-based programs or explore curated resource collections related to healthy spaces, promoting belonging, building resilience and mental health literacy.



Search the [Canadian Active After School Partnership](http://Canadian Active After School Partnership) for more than 1000 fun, safe and engaging activities that are searchable by group size, age, play area and fundamental movement skills.



[Drug Free Kids Canada](http://Drug Free Kids Canada) is a Canadian registered charity made up of volunteer private-sector partners from media, advertising, production, research and corporate industries. Go here for evidence-based information on cannabis, prescription drugs, drugs and driving, alcohol and other substances.

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.



### BRUSH UP ON THE FACTS: KEEP KIDS' TEETH HEALTHY.



Small actions today can affect your child's health tomorrow.



The health unit is promoting the Ontario Association of Public Health Dentistry's Oral Health Month Campaign *Brush Up on the Facts: Keep Kids' Teeth Healthy*. Some of the key messages for the campaign are:



**FACT:** Dental pain can cause missed school and may lead to problems with chewing, sleeping, concentrating and learning.



**FACT:** Cavities are the leading cause of day surgery for children 1-5 years old.



**FACT:** Free dental care is available for eligible children and youth 0-17 years old.

#### Oral Health Education Resources

Follow this link to the [Oral Health Education Guides](#). It's a tool that will help teachers to teach oral health, linking oral health education and resources to learning blocks and strands found in The Ontario Curriculum, Grades 1-8.

The health unit also has teaching resources to borrow to assist with meeting the expectations of the Health and Physical Education Curriculum. They can be found [here](#).



In response to Ontario passing Rowan's Law and establishing concussion safety legislation to protect amateur athletes and make sport safer on the field and at school, the Ministry of Health and Long-Term Care has created a [concussion portal](#). The portal contains best practice information for educators, coaches, officials, athletes, parents and health care providers.

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