



Renfrew County and  
District Health Unit

"Optimal Health for All in Renfrew County and District"

VOL. 3, NO. 1 | OCTOBER 2019

# Health for all Schools E-Newsletter

For Educators in Renfrew County and District



## Healthy Eating = Healthy Minds Workshop

What does the new Canada's food guide mean for teachers? The Renfrew County and District Health Unit dietitian is offering workshops for educators to:

- Introduce Canada's Food Guide, highlight changes and offer ideas on how to incorporate it into the curriculum.
- Review the link between nutrition and mental health, and how teachers can foster a healthy relationship with food.
- Offer tips on how to discuss nutrition with students and families in a positive way.
- Provide suggestions for curriculum resources to support teaching about healthy eating.

To schedule this workshop at your school, contact Carolyn Froats-Emond, RD at [cfroats-emon@rcdhu.com](mailto:cfroats-emon@rcdhu.com). We encourage schools to partner with/invite teachers from other schools in your area.

## You're The Chef

Chopping, dicing, sauteing and blending... it has been a busy time in the ten area schools that completed the You're the Chef! cooking program pilot with one-time grant funding from the Renfrew County Healthy Kids Community Challenge. Trained leaders worked with students age 10 to 14, supporting them to learn basic cooking and safe food handling skills with a focus on fruits and vegetables. Students learned how to use kitchen equipment, follow recipes and make healthier choices. Each session ended with students sharing their tasty creations with the class - perfect parfait, berry crumble oatmeal, pizza quesadillas, and fajitas to name a few.

The pilot evaluation feedback from leaders, teachers, students, and principals will be compiled to identify school successes, challenges and overall satisfaction with You're the Chef, as well as ongoing supports needed to maintain the program. For now, the overwhelming opinion is 'students loved it!'

The health unit thanks the schools, leaders and parent volunteers for their dedication, time and effort in supporting You're the Chef in its first year - despite the challenges posed by numerous snow days!

Training is currently being planned for new leaders. For more information about You're the Chef contact Carolyn Froats-Emond, RD, Public Health Dietitian at [cfroats-emon@rcdhu.com](mailto:cfroats-emon@rcdhu.com).

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613-732-3629 1-800-267-1097, Ext. 545 [www.rcdhu.com](http://www.rcdhu.com)

# Kindergarten Vision Screening

RCDHU has completed piloting the Vision Screening Program with 150 senior kindergarten students in Renfrew County and District Schools.

During the 2019-2020 school year, every SK student will be offered a vision screening. For more information, visit [RCDHU's website](#).

**Vision Screenings  
for Senior  
Kindergarten  
Students!**

**New!**



## Prevent Concussions this School Year

With the beginning of a new school year, sports and activities are well underway. This is a good time to remind students and their supervising adults about concussion prevention and wearing proper safety equipment.

A concussion is a brain injury that cannot be seen on routine X-rays, CT scans or MRIs. It affects the way a person may think and remember things, and can cause a variety of symptoms. Any blow, to the head, face or neck, or a blow to the body that jars your head, could cause a concussion.

Visit the [Parachute Canada](#) website for information for parents, caregivers, coaches, trainers and athletes. You'll also find recommended Back-to-School and Back-to-Sport Strategies using their six-step approach.

[Ophea](#) also has an e-learning module that you might find informative.

Have a safe and active school year!

Promoting and protecting the health and well-being of school aged children and youth is a provincial public health priority. RCDHU is using the Foundations for a Healthy School approach, which includes: creating supportive social and physical environments; supporting teaching and curriculum implementation; engaging children and youth; building home, school and community partnerships; and, protecting the health of students.

We look forward to collaborating with you.

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