



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 Vol. 2, No. 1

As mandated by the Ministry of Health and Long-Term Care, the Renfrew County and District Health Unit (RCDHU) 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 pillars of Comprehensive School Health: Social and Physical Environments, Teaching and Learning, Healthy Schools Policy, and Partnerships and Services.

Health Unit staff also provide: Immunization Clinics, Dental Screening, Food Safety Consultations, and Tobacco Control.

Online Teaching Resources

Canada's Lower-Risk Cannabis Use Guidelines

Includes messaging tailored specifically for youth and can be found at www.camh.ca



Sip Smart

Sugary drinks can have negative effects on children in numerous ways. Find out how you can influence your students to choose healthier drinks by visiting brightbites.ca and selecting the "Sip Smart! Ontario Teacher Resource Guide"



October 23rd marked The Renfrew County Youth Network's (RCYN) 6th Annual Amplify! Youth Summit at Camp Smitty in Eganville. The summit's goal is to connect and empower youth to create positive change in their school and/or community and this year's theme was "You(th) Lead the way to a Better day". The day was a resounding success with youth representatives from eight high schools and one community youth group partaking in a fun-filled day that was kicked off by an energetic keynote speaker Blake "fly". By the end of the day youth were inspired to use their energy and creativity to develop a leadership project that would benefit their school and wider community. The RCDHU school contacts look forward to the opportunity to support youth in turning their ideas into reality.



Steps Towards A Youth Engagement Strategy: Renfrew County Youth Needs Assessment Report

RCYN, with leadership from the RCDHU, teamed up with The Students Commission of Canada and Three Things Consulting to hear what youth in Renfrew County and District think about their community and what can be done to make the county more youth friendly. The data from The Youth Needs Assessment came from 655 online surveys and 77 youth who participated in six sharing circles. The goal is to build a "Youth Engagement Strategy" to help improve the lives of youth growing up in Renfrew County.



Join Us!

Hear what local youth shared about growing up in Renfrew County, being different, mental health and wellness, and how to support them better. Two youth will be presenting on the Renfrew County Youth Needs Assessment Report at Carefor, 700 Mackay St, Pembroke from 3 p.m. to 4 p.m. on December 17th, 2018. Everyone welcome.



Renfrew County Youth Network

You're the Chef

This is an opportunity for students aged 10-14 to gain cooking skills and confidence in the kitchen, with an emphasis on creating meals with plenty of fruits and vegetables. This program runs over five weeks and is taught by trained volunteers. RCDHU and some Renfrew County schools have begun piloting the program.