



Renfrew County and
District Health Unit

"Optimal Health for All in Renfrew County and District"

Resources for Teachers

Renfrew County and District Health Unit is reviewing Canada's food guide and making updates to programs, tools and resources. We have included links to the food guide's interactive online tools.

- [Food guide snapshot: order your own, fill out the order form on the Health Canada Publications website](#)
- [Healthy eating recommendations](#)
- [Recipes](#)
- [Tips for healthy eating – for various age groups and settings such as schools and home](#)
- [Educational poster – download and print.](#)



HEALTH FOR ALL SCHOOLS E-NEWSLETTER



Canada's Food Guide

Canada's food guide was just released and it takes a fresh approach to healthy eating. Say good bye to the rainbow, and say hello to the Eat Well. Live Well. Plate. The main focus of the new food guide is about food choices and healthy eating habits.

Make it a habit to eat a variety of healthy food choices each day:

- Eat plenty of vegetables and fruits, whole grain and protein foods.
- Limit highly processed foods.
- Make water your drink of choice.
- Use food labels.
- Be aware that food marketing can influence your choices.

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others

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613-735-8666 1-800-267-1097, Ext. 589 www.rcdhu.com

Kids Have Stress Too!

The Psychology Foundation of Canada's Kids Have Stress Too! program provides parents, caregivers and professionals with the awareness, knowledge and skills to help children become more resilient and healthier by learning to manage their stress.

Renfrew County District School Board (RCDSB) and Renfrew County and District Health Unit (RCDHU) are implementing the Kids Have Stress Too! program, in the classroom and in the community.

Workshops for parents of children entering junior kindergarten next school year are being offered to three RCDSB schools as a pilot. If the pilot is successful, the plan is to expand parent workshops across the county. Parents of children who entered junior kindergarten this school year are being asked to complete a survey to provide baseline data, and support workshop planning.

The **Psychology Foundation of Canada's website** is a great way to learn more about this comprehensive, evidence-based program.



Ophea's Concussion Identification, Management, and Prevention for Schools 2018/19 E-Learning Module

Participants will develop increased awareness and understanding of concussions, as well as learn the strategies used for identification and appropriate management of concussions. The module, updated to align with the Ontario Physical Education Safety Guidelines 2018 Concussion Protocol, also includes strategies and resources to assist in the education of concussion prevention. It is intended for all school staff including educators, administrators, and support staff. Included in the module are the following topics:

- Concussion (definition, signs and symptoms, seriousness of concussions)
- How to identify and respond to a suspected concussion
- How to support students returning to school and returning to physical activity after being diagnosed with a concussion
- Strategies and resources to assist in concussion prevention and education

The free module can be found at **www.ophea.net**.

Renfrew County and District Health Unit is committed to supporting teachers to implement health related programs that reflect the Ontario Health and Physical Education Curriculum, and the Ontario Public Health Standards. A Health Promoter or a Public Health Nurse is assigned to your school to assist with implementing the pillars of Comprehensive School Health including; social and physical environments, teaching and learning, healthy school policy, and partnerships and services. RCDHU also provides services that include; Immunization Clinics, Dental Screening, Food Safety Consultations, and Tobacco Control.

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