



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

# HEALTH FOR ALL SCHOOLS E-NEWSLETTER

## Supporting Students' Mental Health

As outlined in the new document '[Professional Advisory: Supporting Students' Mental Health](#)', teachers in Ontario are expected to participate in identifying students at risk, helping students to seek help, supporting them on their path to care, and work to create a learning environment that supports recovery and wellness.

## Encouraging Physical Activity

Check out the following links for new resources related to recess and intramural programs:

- [OPHEA](#)
- [PHE Canada](#)



## Mental Health Week is May 6-12, 2019

Mental Health Week is fast approaching! What events are taking place at your school? Find the tools to support your plans for Mental Health week at the [Canadian Mental Health Association Website](#). This website includes social media banners, specific messaging for schools, and images, all designed to provide evidence-based facts about mental health with the hopes of reducing stigma.

## Are You or Any of Your Students Impacted by Flooding?

We have information on our website to help you during this emergency. Visit our [Emergency Preparedness](#) page for information on flood-related health information including hand washing, electrical safety, well water, septic systems, food safety, and taking care of yourself during stressful events.

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613-735-8666 1-800-267-1097, Ext. 589 [www.rcdhu.com](http://www.rcdhu.com)

# Welcome to Kindergarten!

Renfrew County and District Health Unit has developed a resource for parents to help prepare their child for kindergarten. This resource consists of 10 key messages with links to additional information and is available in multiple formats. At this time, we would like to share this resource with you as well as, offer to attend your kindergarten orientation events at your school. Here is what we can offer you:

- An electronic and printable brochure for parents
- A 10 minute presentation for parents
- A booth display with accompanying resources

## Welcome to Kindergarten

### 10 Tips for a Healthy Start



**Bike to School Week**  
May 27-31

Discover the fun of biking.



Cycling – it's healthy, green, fast and fun. At our school, we're joining students and teachers across Ontario to celebrate Bike to School Week 2019.  
[BikeToSchoolWeek.ca](http://BikeToSchoolWeek.ca)  
[@BiketetoSchool](https://twitter.com/BiketetoSchool) [@smartcommute](https://twitter.com/smartcommute)

**BIKE MONTH 2019**

bike to school      Ontario Active School Travel      Smart Commute

## Bike to School Week: May 27-31, 2019

Across Canada cycling is celebrated in May and June, and in 2018 Bike to School Week became a phenomenon across Ontario. Events during this year's Bike to School Week can take place inside or outside the classroom, and everyone is welcome, especially those looking to start riding. Visit [Bike Month 2019](#) to download the [School Guide](#) and register your school to join the fun!

Promoting and protecting the health and well-being of school aged children and youth is a provincial public health priority. RCDHU is working towards using a Comprehensive School Health Approach, which encompasses curriculum, environments, partnerships, and policies. A public health professional is assigned to each school, and they can attend and/or facilitate meetings, provide best practice information, assist with funding applications, and connect with community partners. We look forward to collaborating with you.

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