

SCHOOL NEWSLETTER



SUMMER 2026

Stop the Bite: Ticks and Mosquitos

Outdoor activities are a great way for students to enjoy the summer months, but it's important to be aware of tick and mosquito bites. These insects can transmit infections, such as Lyme disease and West Nile virus. Taking simple steps can help keep students and families protected!

Follow this **checklist to reduce the risk of insect bites:**

Before going outdoors:

- Dress in light colours
- Wear long sleeves and long pants
- Tuck pants into socks
- Wear closed toe footwear
- Consider wearing permethrin-treated clothing/gear

Use the Right Repellent:

- Use Health Canada approved insect repellent containing DEET, Icaridin, or oil of lemon eucalyptus (for ages 3 and up)
- Apply to exposed skin and/or clothing following label directions



Daily tick checks:

- After being outdoors, perform a tick check on people and pets - pay attention to scalp, behind ears, under arms, waist, and behind knees.
- Remove attached ticks promptly with fine-tipped tweezers.

Take a shower:

- Shower as soon as possible after being outdoors to wash off any ticks.
- Kill ticks that might be on clothing by putting clothes in a dryer on high heat for at least 10 minutes before washing them.

Reduce mosquito breeding:

- Empty, cover, or remove containers that hold water (plant saucers, buckets, used tires, toys, birdbaths) around schools and homes.
- Keep gutters clear and maintain swimming pools with adequate disinfectant.

Protect indoor spaces:

- Repair window/door screens
- Use air conditioning when possible
- Cover strollers/playpens with netting for infants when outdoors



Enjoy the Sun Sensibly!

Too much sun can damage skin—even on cloudy days. Childhood sun exposure increases future skin cancer risk.

Simple Sun Safety Tips:



Use Sunscreen

Apply a SPF 30 or higher broad-spectrum sunscreen generously before going out and every 2 hours, or sooner if sweating heavily or swimming.



Cover Up

Wide brim hats, UV-protective sunglasses, and lightweight clothing help protect skin.



Seek Shade

Find shade between 11 a.m. and 3 p.m. Let kids know about the "Shadow Rule" - if your shadow is shorter than you are, the UV rays are at their most intense!



Stay Hydrated

Drink water often in hot weather.

Learn more at:

- [Sun Safety Tips for Parents](#)
- [Sun Safety](#)
- [Sun Safety for Every Day](#)



Staying Hydrated During Extreme Heat

Summer can sometimes bring periods of extreme heat and young children have a higher risk of experiencing health effects from heat. One of the most important ways to protect against heat-related illness is by staying properly hydrated!

Water is the best choice to help children stay cool and hydrated, especially during hot weather and outdoor play. Caffeinated drinks such as energy drinks, iced coffee, and some soft drinks are not recommended for children or youth.

Drink plenty of water - even before you feel thirsty - to decrease your risk of dehydration. You may be dehydrated even if you are not thirsty.

Tips to stay hydrated:

- Drink water regularly throughout the day, especially before, during, and after physical activity
- Send a refillable water bottle to school or camp and remind children to take regular sips
- Keep water visible and easy to access, such as leaving a glass by the sink
- Choose water instead of sugary or caffeinated drinks
- Eat more fruits and vegetables, as they have a high water content
- Add fruit or herbs to water for flavour, if desired

Learn more at: [How to protect yourself from the health effects of extreme heat](#)





Keep Kids Safe around Water

Water fun is part of summer, but **safety always comes first**. Drowning can happen quickly and silently, even in shallow water.

Practice these water safety tips:

- **Always supervise closely** – keep young children within arm's reach and always in sight
- **Assign a "Water Watcher"** – one responsible adult who is fully focused - no distractions
- **Wear lifejackets** – use properly fitted, approved lifejackets or personal flotation devices for kids and weaker swimmers in and around water
- **Be visible** – bright swimwear helps you spot children quickly
- **Avoid unsafe water** – stay away from boating areas, fast-moving rivers, strong currents, and sudden drop-offs
- **Check local conditions** – before you swim, check beach water testing results & blue-green algae advisories by visiting RCDHU's page: [Safe Water](#)

- **Choose safe places** – swim at supervised beaches/pools and stay within marked swimming areas
- **Use floaties safely.** Floaties are swimming aids, NOT safety devices - active supervision is always needed.

Learn more at:

- [Health Canada - Swimming Safety](#)
- [Water Safety - Canadian Paediatric Society](#)

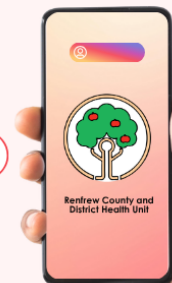
Did You Know?

RCDHU is on

INSTAGRAM!

Making it easier to
Stay Connected!

 [@RCDHealthUnit](#)



Public Health Summer Clinics!



This summer, Renfrew County and District Health Unit is offering **free community clinics** for children and families! These are **joint clinics**, where you can connect with a Registered Dental Hygienist and/or a Public Health Nurse. The following services are available:

Dental Clinics: All Ages Welcome



- ✓ visual screening of teeth & gums
- ✓ fluoride treatment (optional)
- ✓ assistance applying for:
 - Ontario Seniors Dental Care Program
 - Canada Dental Care Plan
 - Healthy Smiles Ontario



Getting Ready for Kindergarten



For children **ages 18 months to 4 years**. Get support with your child's growth and development, including:

- catch up on missed infant vaccines (2-18 month vaccines only)
- milestone checks
- tips and guidance
- connections to local resources



No Appointment Needed!

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| Killaloe & District Public Library 1 John St, Killaloe | July 7, 2026 11 am - 2 pm |
| Eganville: Bonnechere Union Public Library 74 - A Maple St, Eganville | July 13, 2026 10:30 am - 2 pm |
| Petawawa Public Library 16 Civic Centre Road, Petawawa | July 14, 2026 10 am - 2 pm |
| Arnprior Public Library 21 Madawaska St, Arnprior | July 21, 2026 10 am - 2 pm |
| Deep River Public Library 55 Ridge Road, Deep River | August 11, 2026 10 am - 2 pm |
| Calabogie: Greater Madawaska Public Library 12629 Lanark Road, Calabogie | August 12, 2026 10 am - 2 pm |
| Renfrew Public Library 13 Railway Avenue, Renfrew | August 17, 2026 9:30 am - 12 pm |
| Pembroke Public Library 237 Victoria St, Pembroke | August 18, 2026 10:30 am - 2 pm |

For **clinic inquiries**, contact dentalservices@rcdhu.com or 613-735-8661.

