



2018-2019 School Health Resource Guide & Calendar



PublicHealth
WELLINGTON-DUFFERIN-GUELPH
Stay Well.

**Look
inside!**

You'll find **resources**,
lesson plan ideas, and
activities to help keep your
students healthy all year long!

School Health Resource Guide

The School Health Resource Guide and Calendar includes a list of recommended resources and Public Health services to support elementary teachers and schools in creating a healthy classroom and school environment.

It can be used to support Health and Physical Education (H&PE) curriculum instruction and school health initiatives.

For more information and support with H&PE curriculum topics, resources and school health initiatives contact our School Health Curriculum Resource Line.

School Health Curriculum Resource Line

1-800-265-7293 ext. 4111

schoolhealth@wdgpublichealth.ca

Connect with us online!

Follow Let's Talk Parenting on Twitter and Facebook where public health nurses and staff provide resources, information, videos and more on health topics for kids of all ages.

 @LetsTalkParents

 @LetsTalkParenting

Let's Talk
Parenting



School Health Kits & DVDs

Public Health interactive kits and DVDs are now available for loan from your local library. To book a kit or DVD, visit the online catalogue of your nearest library.



- **Guelph Public Library**
www.guelphpl.ca
- **Wellington County Library**
www.wellington.ca/library
- **Orangeville Public Library**
www.orangeville.ca/orangeville-public-library
- **Grand Valley Public Library**
www.townofgrandvalley.ca/library
- **Shelburne Public Library**
www.shelburnelibrary.ca
- **Terry James Resource Centre** (UGDSB teachers)
ugdsb.ca/terry-james/ (search under the Video & Kit Library)

Ophea HP&E Curriculum Resources

Curriculum-linked lesson plans, assessment tools and resources are available at

hpe.ophea.net.

Create a login account with your school board email address.

Important Public Health Contacts for Schools

1-800-265-7293

School Health Curriculum Resource Line **ext. 4111**

Information about H&PE curriculum topics and resources, and Healthy Schools.

Clinical Services **1-800-265-7293**

Free and confidential sexual health services and counselling; testing and treatment for sexually transmitted infections and HIV; international travel advice (for a fee).

Oral Health Services **ext. 2661**

Information about oral health, school screenings and publicly funded dental programs.

Tobacco Enforcement **ext. 4664**

Report smoking on school property.

Reportable Diseases & Outbreaks **ext. 4752**

Report a communicable disease or outbreak at your school; request an advisory.

Vaccinations **ext. 4746**

Information about vaccines required for school attendance, publicly funded vaccines and school clinics.

Let's Talk Parenting **ext. 3616**

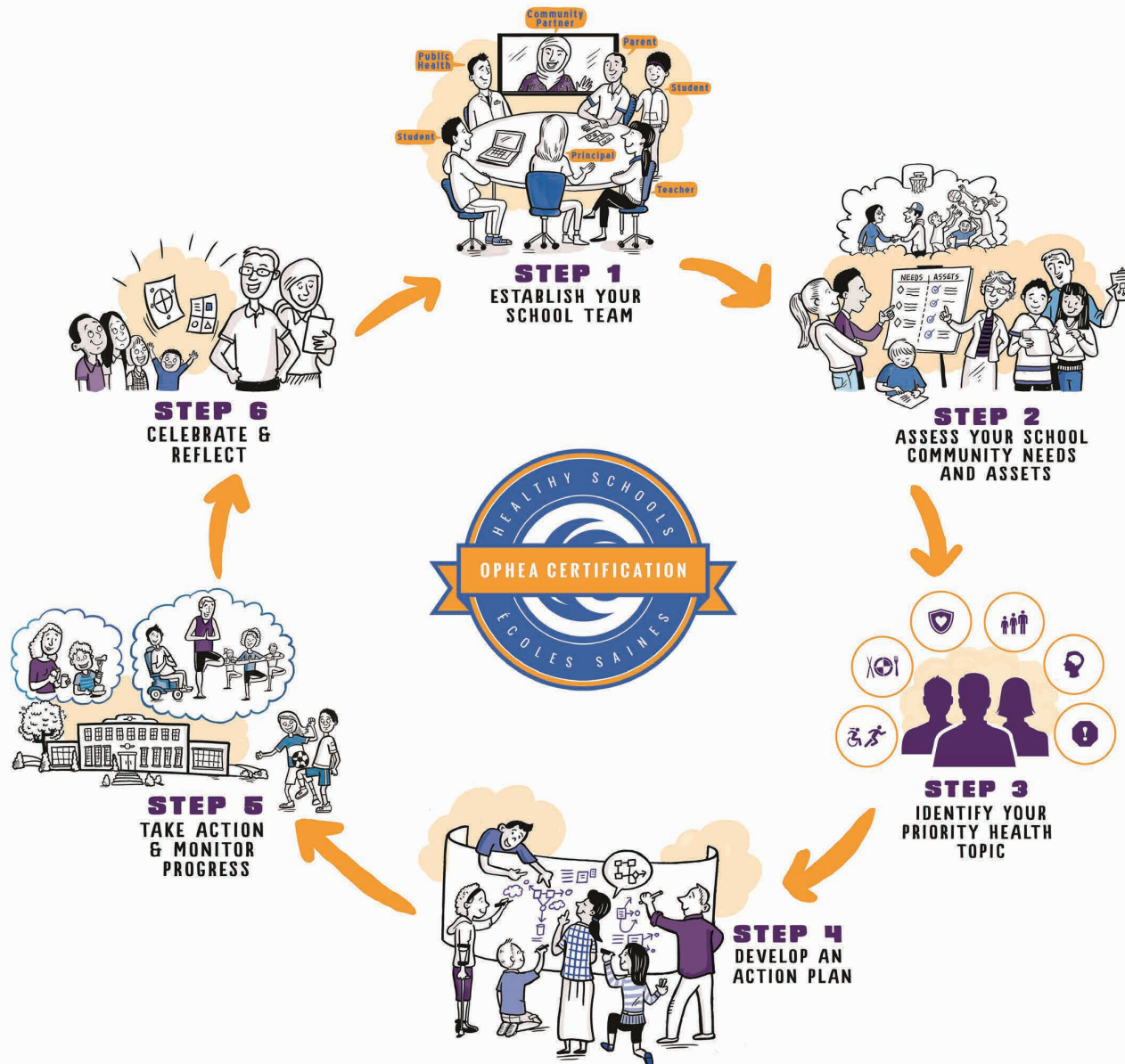
Information about pregnancy, parenting and child health.

Food Safety **ext. 4753**

Food safety information for planning school events (e.g. BBQ, fair).

Healthy Schools

The Healthy Schools initiative is a partnership of educators, students and the community that is designed to promote the physical, emotional and social health of the school community.



Healthy Schools Certification logo and Six-Step Process image reprinted with permission from Opeha.

A Healthy Schools approach follows a six-step process and uses the Ministry of Education's Foundations for a Healthy School framework. The purpose is to engage the whole school community to take action on health topics that are important to them.

Becoming a Healthy School:

- Enhances physical, emotional and social health
- Improves academic achievement
- Improves student, family and community engagement
- Complements school improvement plans

How can your school get involved?

Talk to your school administration and follow the six-step process.

Call Public Health at 1-800-265-7293 ext. 4111 or e-mail schoolhealth@wdgpublichealth.ca for support and resource recommendations.

Register with Opeha's Healthy Schools Certification initiative. Visit opeha.net/HSCertification

To view the Ministry's framework, click Foundations for a Healthy School at edu.gov.on.ca/eng/healthyschools

Don't miss out!

Apply by Nov. 16, 2018 for a \$200 grant from Public Health to support your school. Visit www.wdgpublichealth.ca/healthyschool

September 2018

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2	3 Labour Day	4 Ophea Healthy Schools Registration Opens ophea.net/HSCertification Fresh from the Farm fundraising begins freshfromfarm.ca	5	6	7	8
9	10	11	12	13	14	15
16 Terry Fox Day terryfox.org	17	18	19	20	21	22
23	24	25	26	27	28	29
30				Terry Fox National School Run Day terryfox.org	World Rabies Day wdgpublichealth.ca/rabies	

Physical Activity

Introduce children to a variety of physical activities. This will help improve their confidence, motivation and movement competence, making them more likely to be active and healthy for life.



HERE'S AN IDEA!

Monster Mash

On small pieces of paper write down an activity (e.g. jump like a zombie, run like a mummy). Put all pieces of paper in the basket and ask a student to pick one. Choose a fun Halloween song to boogie to and perform the dance move. Have another student pick a second activity to build upon the last one until you have a full routine!

Programs

- **WDG Active & Safe Routes to School.** Resources and a school travel planning toolkit to encourage walking or biking to school. Visit ontarioactiveschooltravel.ca

Resources

- **24-Hour Movement Guidelines for Children and Youth.** Physical activity, sedentary behaviour and sleep guidelines for children. csepguidelines.ca
- **Active for Life.** Activities and lesson plans to develop physical literacy. activeforlife.com
- **Build Your Best Day.** Interactive tool to help children plan a day with the suggested amount of Sweat, Step, Sleep and Sitting to be healthy. Educator resources available. buildyourbestday.com
- **Canadian Intramural Recreation Association.** Games, videos and programs for recess, classrooms and intramurals. ciraontario.com
- **Have a Ball Together!** Videos, games and teacher strategies for Grades K-1. haveaballtogether.ca
- **2018 ParticipACTION Report Card on Physical Activity for Children and Youth.** participaction.com/reportcard

Public Library Resources

- **Pedometers.** Borrow a class set.

October 2018

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	<p>1</p> <p>IWALK Week ontarioactiveschooltravel.ca</p>	<p>2</p> <p>Last day to enroll in Fresh from the Farm</p>	<p>3</p> <p>International Walk to School Day http://ontarioactive-schooltravel.ca/international-walk-to-school-month/</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Thanksgiving Day</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Fresh from the Farm orders due</p>	<p>16</p> <p>World Food Day</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p> <p>Food and Friends Great Big Crunch foodandfriends@ childrensfoundation.org</p>	<p>26</p> <p>Ophea Healthy Schools registration closes ophea.net/HSCertification</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>			

Disease Prevention & School Vaccinations

Promoting good hand hygiene is one of the most effective ways to avoid getting sick and spreading germs to others.

To attend school in Ontario, all students must have an up-to-date immunization record or an exemption on file with Public Health.

Services

- **Immunization Reporting.** Parents and guardians can view and update their children's vaccinations securely through immunizewdg.ca. For questions about updating vaccination records call **1-800-265-7293 ext. 4396**.
- **Vaccine Information.** Speak with a public health nurse about vaccines required for school attendance, publicly-funded vaccines and school clinics. Call **1-800-265-7293 ext. 4746**.
- **Grade 7 Vaccination Program.** Public Health offers meningococcal, hepatitis B and human papillomavirus vaccines at school. Find out your school's clinic dates at wdgpublichealth.ca/schools.

Resources

- **A Guide to Common Infectious Diseases for Schools.** Information on common infectious diseases in schools, including a section for staff on infectious diseases of concern during pregnancy. wdgpublichealth.ca/schools
- **Vaccines for Children at School.** Ontario's vaccination schedule for children attending school. ontario.ca/page/vaccines

Public Library Resources

- **GlitterBug Hand Washing Kit.** Interactive germ-detector activity that promotes hand hygiene.

New Food Fridays

Introduce New Food Fridays and let students try something they haven't had before, like mango, pomegranate, tzatziki or lentils!

HERE'S AN IDEA!

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4	5	6	7	8	9	10
11 Remembrance Day	12	13	14	15	16 WDGPH Healthy Schools grant applications due wdgpublichealth.ca/healthyschool	17
18 Flu Clinic 15:00 – 19:00 WDG Public Health 474 Wellington Road Fergus	19	20 Flu Clinic 15:00 – 19:00 WDG Public Health 180 Broadway, Orangeville	21	22	23	24
25	26	27	28	29 Flu Clinic 15:00 – 19:00 WDG Public Health 160 Chancellor's Way, Guelph	30	

Positive Mental Health

Create a social and physical environment in your classroom that promotes positive mental health and enhances emotional well-being for students to thrive.



HERE'S AN IDEA!

Kindness Jar

Provide students with a slip of paper and have them write down a kind act they can do at school (e.g. sit by someone who is alone at lunch, pick up trash in the hallway) and then place the pieces of paper in a jar. Have students draw one idea and perform it during the day. The next day, share how performing the kind act made them feel.

Healthy Treats

For classroom celebrations, instead of doughnuts, cake or chips, offer clementines, veggie sticks, or apple wedges sprinkled with cinnamon.

Programs

- **Here 24/7: 1-844-HERE-247.** Intake line for children and youth needing addictions, mental health or crisis services. here247.ca
- **Kids Help Phone: 1-800-668-6868.** Confidential counselling service for children and youth. kidshelpphone.ca

Resources

- **Beyond Images.** Lesson plans for Grades 4-8 on media literacy, body image messaging and building self-esteem. beyondimages.ca
- **Canadian Mental Health Association.** Information and resources on stress, mental health and mental illness. cmha.ca
- **Kids Have Stress Too!** Lessons to help students understand, identify and manage stress in healthy ways. Toolkits for Grades 1-3, 4-6, 7-9. Click "Resources" then "KHST Download" at psychologyfoundation.org.
- **Level Up.** Opeha resource on mental health, nutrition, substance use, addictions and related behaviours. Browse [mental health](http://teachingtools.ophea.net) at teachingtools.ophea.net.
- **MindMasters.** Activities to help children build positive living skills. Includes adult instructional videos. Grades K-4. cheo.on.ca/en/MindMasters2
- **Teach Resiliency.** Practical tools for teachers about creating healthy spaces, promoting belonging, building resilience and mental health literacy. porticonetwork.ca/web/teach-resiliency

December 2018

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23	24 Christmas Break	25	26	27	28	29
30	31 Christmas Day	Boxing Day				

Substance Use

Prevention education in elementary school can prevent substance use by giving children the knowledge and skills they need to make healthy, informed decisions.

Programs

- **Madd.** Educational programs to prevent drug and alcohol-related automobile crashes. Grades 7-8. Search [school programs](#) at madd.ca.
- **Parent Action on Drugs (PAD).** PAD offers a variety of peer-led substance use prevention programs. Click "Programs and Resources" at parentactionondrugs.org.

Resources

- **Cannabis Information Sheet.** Developed by the EDU and CAMH for Grades 6-8. Search "cannabis info" at smh-assist.ca.
- **Media Smarts.** Lesson plans on tobacco and alcohol marketing for Grades 4-8. mediasmarts.ca/teacher-resources
- **Prescription Opioids Educator Information Sheet.** Info sheet with strategies to support and educate students about opioid misuse. Search [opioid misuse](#) at smh-assist.ca.
- **Project ALERT.** Evidence-based program with lesson plans and videos to prevent students from experimenting with substances and from becoming regular users. www.projectalert.com
- **Smoking Isn't Cool Toolkit.** Lesson plans on smoking prevention for Grades K-5. peelregion.ca/health/tobacco/toolkit

Public Library Resources

- **Dr. Crazy DVD & Resource Guide.** Mad scientist tries to trick children into buying tobacco products. Grades 4-6.
- **iDrive: Road Stories DVD.** Video about the risks and consequences of unsafe, aggressive and impaired driving. Grade 8.

People to People

Divide students into pairs. The teacher or a student leader calls out different movement combinations that pairs will demonstrate (e.g. right hand to right hand, left foot to right foot, jump and high five, etc.). When the leader calls "People to People", students change partners and the game continues.

HERE'S AN IDEA!



January 2019

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		1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 National Non-Smoking Week	21	22	23 Weedless Wednesday	24	25	26
27	28	29	30	31		

Human Development

For a healthy understanding of the physical and emotional changes that occur during puberty, children need accurate and reliable information about their growth and development.



HERE'S AN IDEA! Bounce Back Butterflies

Provide paper butterfly shapes to students. Have students write generic, kind messages on them, applicable to all students. Place all butterflies in a container and have each student draw one out. A simple way to brighten a classmate's day!

Resources

- **Always Changing.** Resources on puberty, personal hygiene, self-esteem, body image and overcoming barriers to participation in physical activity. Grades 5-8. Click [Supplements](#) at teachingtools.ophea.net
- **Changes in Me.** Lesson plans, assessment tools and games about puberty, relationships and decision making for Grades 4-6. Search [Changes in Me](#) at peelregion.ca/health
- **Dove Self-esteem Project.** Lesson plans, activity sheets, workshop resources and videos for Grades 5-8. Click [Teachers](#) at selfesteem.dove.ca
- **Kids Health in the Classroom.** Lesson plans on personal health, the human body, relationships and puberty. classroom.kidshealth.org

Public Library Resources

- **Body Talk DVD.** Medical professionals and students challenge societal messages about health, weight and beauty. Topics include body image, self-esteem and healthy eating. Grades 7-8.
- **The Puberty Game.** Interactive game to help students understand the changes during puberty. Topics include nutrition, exercise, hygiene and physical changes. Grades 5-8.

February 2019

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						Groundhog Day
3	4	5	6	7	8	9
			Winter Walk Day ontarioactiveschooltravel.ca			
10	11	12	13	14	15	16
				Valentine's Day	Ophea Healthy Schools mid-year report due	
17	18	19	20	21	22	23
	Family Day					
24	25	26	27	28		

Healthy Eating

Positively influence students' eating habits by: teaching them that healthy, nutritious food provides energy to learn, grow and be active; role modelling healthy eating habits; and avoiding rewarding students with food.



Door Decorating Contest

Have classes decorate their door using interesting facts and pictures about veggies and fruit. Some classes could show local veggies and fruit, while others could feature veggies and fruit from around the world.

HERE'S AN IDEA!

Programs

- **Food and Friends.** School breakfast, lunch and snack program. Contact anita@childrensfoundation.org
- **Fresh from the Farm.** Raise funds for your school by selling fresh, Ontario-grown produce. freshfromfarm.ca

Resources

- **BrightBites.** Earn badges (e.g., Sip Smart!) and boost your class or school's nutrition with fun healthy eating activities. brightbites.ca
- **Ontario Edible Education Network.** Encourage children and youth to eat, grow, cook, and celebrate local and sustainable food. sustainontario.com/work/edible-education
- **UnlockFood.ca.** Information, recipes, videos and resources on children's nutrition and healthy eating. Search **School Health** at unlockfood.ca to get started.

Public Library Resources

- **Buzz in a Bottle: The Dangers of Caffeine-Spiked Energy Drinks DVD.** Grades 7-8.
- **How Does Your Fat/Salt/Sugar Stack Up? 3 separate displays.** Grades 1-8.
- **How Sweet Is This? Interactive Display.** Grades 1-8.
- **The Portion Plate Kit.** Illustrates recommended portion sizes. Grades 1-8.
- **A Quick Cup of Empty Calories Kit.** Fun game about sugar/fat in caffeinated drinks. Grades 5-8.

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					1 The Great Big Crunch www.foodshare.net Help kids live free from hunger campaign www.livefreecampaign.ca	2
3	4	5	6	7	8	9
10	11 March Break	12	13	14	15	16
17 St. Patrick's Day	18	19	20	21	22	23
24	25	26	27	28	29	30
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Oral Health

Public Health has programs to help students with oral health issues that may lead to problems with eating, speaking, playing and learning.



HERE'S AN IDEA!

Inspirational Music

Have students brainstorm a list of inspiring and motivating songs.

Choose a song to start each day and play it during morning arrival, lunch or between classes. Encourage students to think about how they can identify with the lyrics and how the music makes them feel.

Services

- **Preventive Dental Clinics.** Free services for qualifying families including dental cleanings, fluoride, sealants and oral hygiene education. For children 0-17.
- **Public Health Dental Screenings.** Screening for oral health issues. For children 0-17.
- **School Dental Screenings.** Children are screened and parents are informed of any dental issues (e.g., cavities). Grades vary.

Resources

- **Canadian Dental Hygienist Association.** Information to help children learn about good oral health. dentalhygienecanada.ca
- **Ontario Dental Association.** Information on many topics such as healthy snacking and nutrition. youroralhealth.ca
- **Oral Health Education Guide.** Resources, fact sheets and games that support curriculum subjects. Grades 1-8. Search for the guide at halton.ca.

Public Health Resources

- **How Much Sugar? Kit.** Demonstrates the sugar content in common foods. Includes food samples and their amounts of sugar in tubes.
- **Re-think Your Drink Kit.** Demonstrates the sugar content in drinks and how the amount of sugar affects health.

For more information about our dental programs or to book a kit, call the Dental Line: 1-800-265-7293 ext. 2661.

April 2019

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Spring into Spring: Plan an active school travel event during April. ontarioactiveschooltravel.ca/spring-into-spring

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Good Friday

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Easter Sunday

Earth Day
Easter Monday

Ophea Healthy Schools
final report due

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Sexual Health

The goal of sexual health education is to provide accurate information and build skills to enable youth to develop healthy relationships and make informed decisions as they transition into adulthood.

Resources

- **Action Canada for Sexual Health & Rights.** Information about relationships, gender identity and expression, sexual orientation and STIs for Grades 7-8. srhweek.ca
- **Sex and U.** Information, handouts and diagrams on puberty, consent, contraception, STI prevention and sexual well-being for Grades 4-8. sexandu.ca
- **Talk to Me.** Lesson plans on relationships and STIs. Includes a virtual birth control kit. Grades 7-8. Search **Talk to Me** at peelregion.ca/health

Public Library Resources

- **Am I Ready? Making Healthy Sexual Decisions DVD.** Health experts and teens discuss healthy sexual decision making. Topics include healthy relationships, contraception, unplanned pregnancies and STIs. Grades 7-8.
- **Before You Hook Up: Dating Rights and Responsibilities DVD.** Explores the essentials of a healthy partnership; addresses dating abuse and violence. Grades 7-8.
- **Birth Control Kit.** Birth control samples and game to help students in Grades 7-8 learn about different forms of contraception. Only available at the Terry James Resource Centre.

HERE'S AN IDEA!

Healthy "T" Day Challenge

Encourage all students to bring in a healthy snack to eat on days that start with the letter "T" (i.e. Tuesday and Thursday). Remind and encourage students to bring healthy snacks by making announcements and having students create posters of the benefits of healthy snacking that can be displayed around the school!

May 2019

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			1 Fresh From the Farm enrolment begins in May. freshfromfarm.ca	2	3	4
5	6 Mental Health Week	7	8	9	10	11
12	13	14	15	16	17	18 Safe Boating Awareness Week csbc.ca
19	20 Victoria Day	21	22	23	24	25
26	27 Bike to School Week. ontarioactiveschooltravel.ca/bike-to-school-week	28	29	30	31 World No Tobacco Day	

Personal Safety & Injury Prevention

Teaching students to recognize, assess and manage risk prepares them to make safe and informed decisions, from the playground to the internet.



HERE'S AN IDEA!

Physical Activity Alphabet

Choose the name of a physical activity or sport to spell out (e.g. basketball). One student begins by bouncing a ball to another student and saying the letter "B". The ball can only be bounced once per student. The next student continues with "A" and bounces the ball to another student. Repeat until the name is spelled out. If the ball is dropped or bounced more than once, the word is considered 'misspelled' and students need to perform an action from the activity for 30 seconds (e.g. pretend to dribble). Choose another sport or activity and repeat!

Programs

- **Swim to Survive.** School grant program for Grade 3. Teaches deep water survival skills. lifesavingsociety.com

Resources

- **Concussions.** Information for educators and coaches on concussion safety and management: videos, infographics, safety guidelines, policies and tools. Search **Concussions** at health.gov.on.ca.
- **ConnectED & CyberCops.** Interactive lesson plans on internet safety and bullying for Grades 4-8. Click **Lesson Plans** at teachingtools.ophea.net.
- **Fire Prevention Canada.** Fact sheets and resources. firecan.ca
- **Ministry of Transportation.** Bicycle, pedestrian, car and school bus safety. www.mto.gov.on.ca/english/safety
- **Rabies Colouring Book.** Activities on wildlife safety and rabies prevention. Grades 2-3. Download from the Curriculum Resources section at wdgpublichealth.ca/schools
- **Safety with Radar the Dog.** Activity books about indoor and outdoor safety. Grades 1-3. Search **Safety with Radar** at canada.ca
- **SunSense.** School program with tools to educate students about sun safety practices, enhance shade at school, and develop sun safety policies. Search **sunsense** at cancer.ca

Public Library Resources

- **GlitterBug Hand Washing Kit.** Interactive germ-detector activity that promotes hand hygiene.

June 2019

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2	3 Local Food Week Safe Kids Week parachutecanada.org Sun Awareness Week saveyourskin.ca	4	5	6	7	8
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