

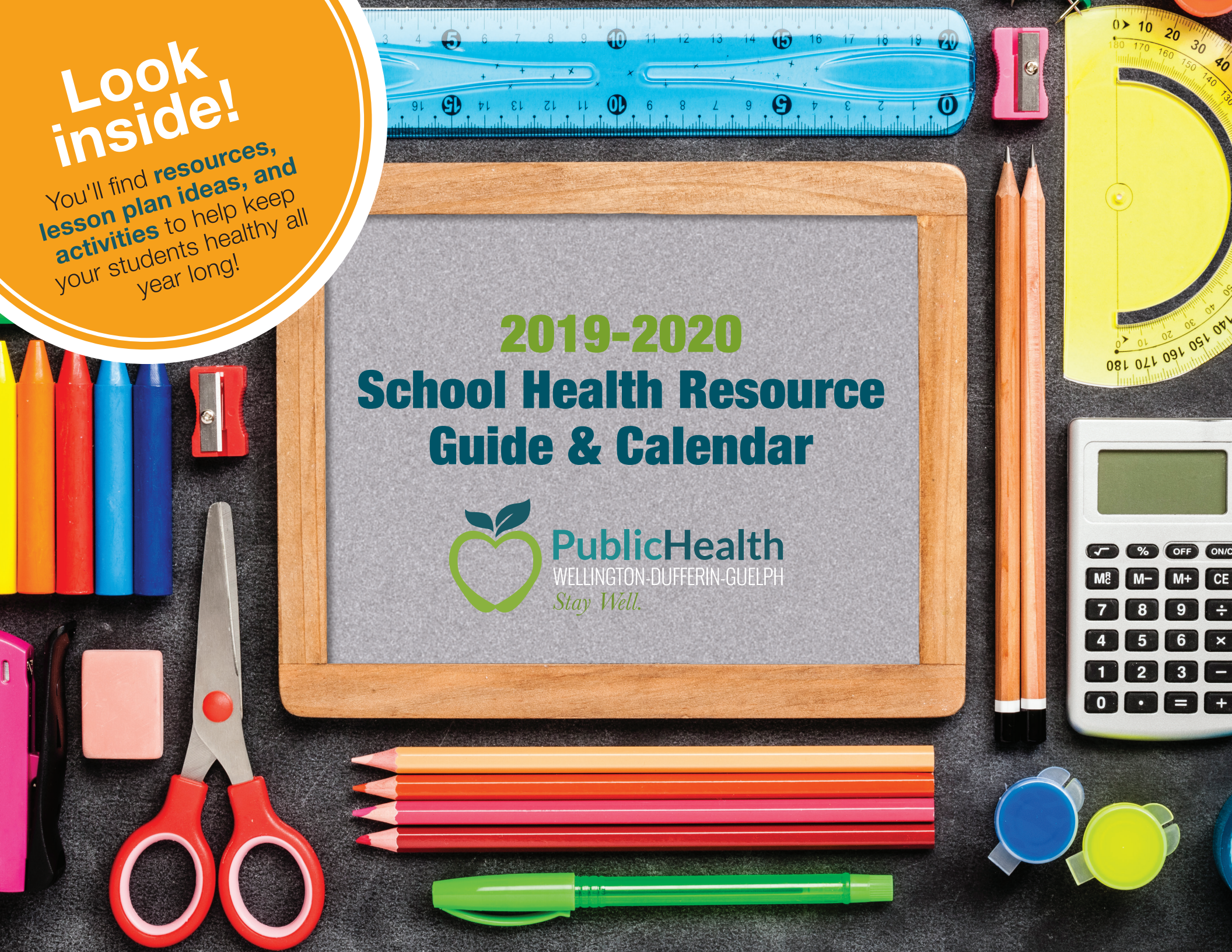
**Look  
inside!**

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

# 2019-2020 School Health Resource Guide & Calendar



**PublicHealth**  
WELLINGTON-DUFFERIN-GUELPH  
*Stay Well.*





# 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.

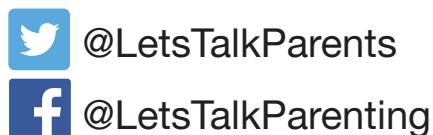
For more information and support with H&PE curriculum topics, resources, and school health initiatives contact our School Health Curriculum Resource Line.

## School Health Curriculum Resource Line

**1-800-265-7293 ext. 4111**  
**[schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca)**

## Connect with us Online!

Follow Let's Talk Parenting on Twitter and Facebook for resources, information and more on health topics for children.



## School Health Kits & DVDs

Public Health interactive kits and DVDs are 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](http://www.guelphpl.ca)
- **Wellington County Library**  
[www.wellington.ca/library](http://www.wellington.ca/library)
- **Orangeville Public Library**  
[www.orangeville.ca/orangeville-public-library](http://www.orangeville.ca/orangeville-public-library)
- **Grand Valley Public Library**  
[www.townofgrandvalley.ca/library](http://www.townofgrandvalley.ca/library)
- **Shelburne Public Library**  
[www.shelburnelibrary.ca](http://www.shelburnelibrary.ca)
- **Terry James Resource Centre** (UGDSB teachers)  
[www.ugdsb.on.ca/terryjames/](http://www.ugdsb.on.ca/terryjames/) (search under the Video & Kit Library)

## Ophea H&PE Curriculum Resources

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

[hpe.ophea.net](http://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**

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Information about H&PE curriculum topics and resources, and healthy schools.

### Clinical Services **ext. 4744**

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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**

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Information about oral health, school dental screenings, fluoride varnish, and free dental care for eligible children and youth.

### Tobacco Enforcement **ext. 4664**

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Report smoking and vaping on school property.

### Reportable Diseases & Outbreaks **ext. 4752**

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Report a disease of Public Health Significance or an unusual increase of illness; obtain information on infection prevention and control.

### Vaccinations **ext. 4746**

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Information about vaccines required for school attendance and grade 7 clinics. Parents/Guardians are responsible for reporting their child's immunizations directly to Public Health. Immunization Connect Ontario can be used to report vaccines and view or print electronic records at [www.immunizewdg.ca](http://www.immunizewdg.ca).

### Visual Health **ext. 3616**

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Information about school-based vision screening for senior kindergarten students and help with accessing visual health services in the community. All children and youth (0-19) are eligible for a free major eye exam with an optometrist every 12 months through OHIP.

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

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Call Let's Talk Parenting to speak with a public health nurse about pregnancy, breastfeeding, parenting, and child health.

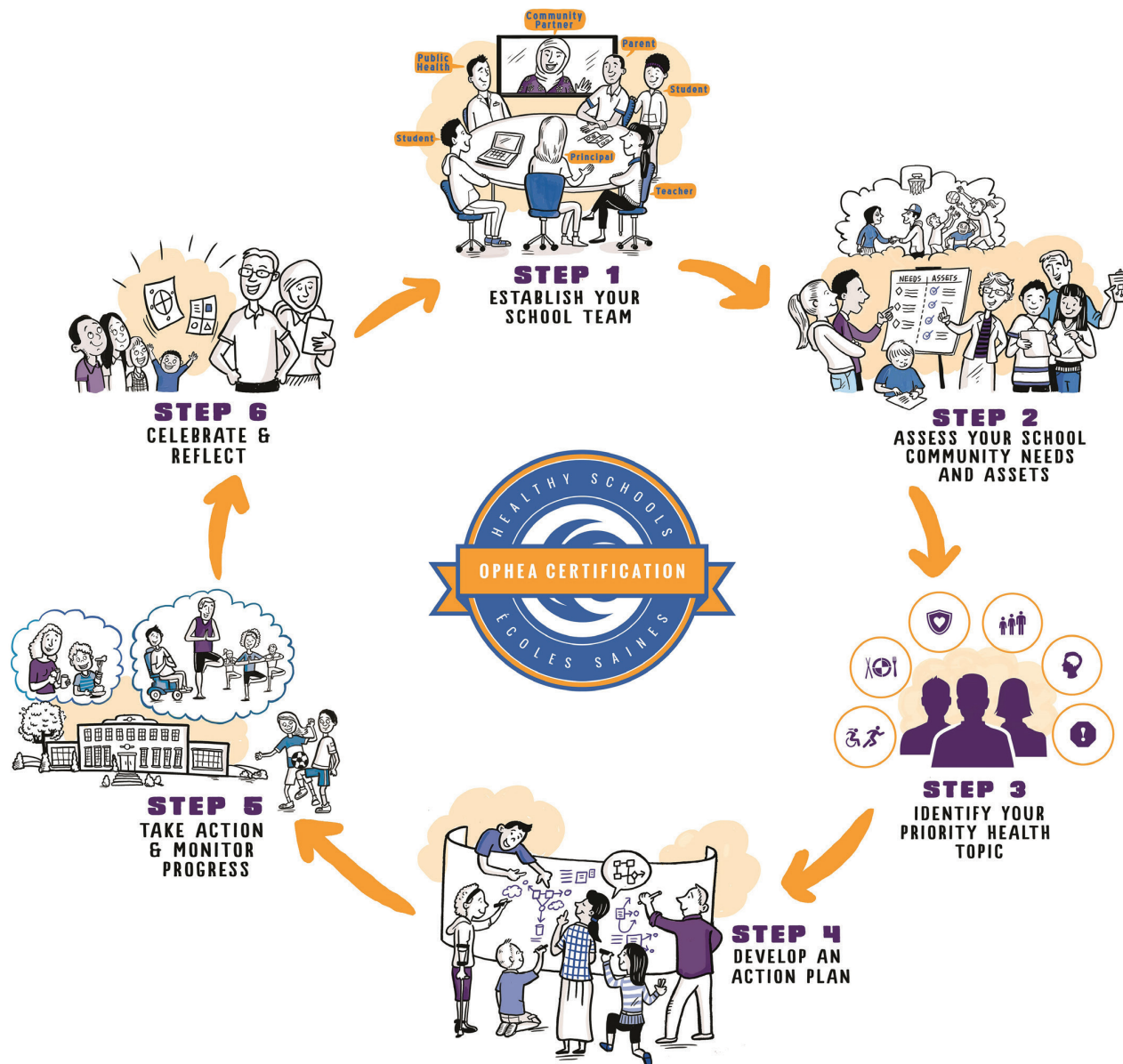
### Food Safety **ext. 4753**

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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 Ophea.

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](mailto:schoolhealth@wdgpublichealth.ca) for support and resource recommendations.

Register with Ophea's Healthy Schools Certification initiative. Visit [ophea.net/HSCertification](http://ophea.net/HSCertification).

To view the Ministry's framework, click Foundations for a Healthy School at [edu.gov.on.ca/eng/healthyschools](http://edu.gov.on.ca/eng/healthyschools).

## Don't miss out!

Apply by Nov. 15, 2019 for a \$200 grant from Public Health to support your school. Visit [www.wdgpublichealth.ca/healthyschool](http://www.wdgpublichealth.ca/healthyschool)



# September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Labour Day	<b>3</b> Ophea Healthy Schools registration opens <a href="http://ophea.net/HSCertification">ophea.net/HSCertification</a> Fresh from the Farm fundraising begins <a href="http://freshfromfarm.ca">freshfromfarm.ca</a>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> Terry Fox Day <a href="http://terryfox.org">terryfox.org</a>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Rowan's Law Day <a href="http://ontario.ca/concussions">ontario.ca/concussions</a>	<b>26</b> Terry Fox National School Run Day <a href="http://terryfox.org">terryfox.org</a>	<b>27</b> Last day to enrol in Fresh from the Farm <a href="http://freshfromfarm.ca">freshfromfarm.ca</a>	<b>28</b> World Rabies Day <a href="http://wdgpublichealth.ca/rabies">wdgpublichealth.ca/rabies</a>
<b>29</b>	<b>30</b>					

# 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.



## Mindful Breathing

Try a mindful breathing exercise with your students. It can be as simple as breathing in slowly, on the count of four, and exhaling slowly, on the count of four. Repeat this five times. Do anywhere, anytime to encourage relaxation and focus.

## Programs

- **WDG Active & Safe Routes to School.** Resources and a school travel planning toolkit to encourage walking or biking to school. Visit [ontarioactiveschooltravel.ca](https://ontarioactiveschooltravel.ca).

## Resources

- **24-Hour Movement Guidelines for Children and Youth.** Physical activity, sedentary behaviour and sleep guidelines for children. [csepguidelines.ca](https://csepguidelines.ca)
- **Active for Life.** Activities and lesson plans to develop physical literacy. [activeforlife.com](https://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](https://buildyourbestday.com)
- **Canadian Intramural Recreation Association.** Programs and intramural resources for school physical activities. [ciraontario.com](https://ciraontario.com)
- **Have a Ball Together!** Physical activity and physical literacy resources for grades K-1. [haveaballtogether.ca](https://haveaballtogether.ca)

## Public Library Resources

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



# October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 International Walk to School Day <a href="http://ontarioactiveschooltravel.ca/international-walk-to-school">ontarioactiveschooltravel.ca/international-walk-to-school</a>	3	4	5
6	7	8	9	10	11 Fresh from the Farm orders due <a href="http://freshfromfarm.ca">freshfromfarm.ca</a>	12
13	14 Thanksgiving Day	15	16 World Food Day <a href="http://fao.org/world-food-day">fao.org/world-food-day</a>	17	18	19
20	21	22	23	24 Food & Friends Great Big Crunch	25 Ophea Healthy Schools registration closes <a href="http://ophea.net/HSCertification">ophea.net/HSCertification</a>	26
27	28	29	30	31		

# 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](https://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](https://wdgpublichealth.ca/schools).

## Resources

- **Childhood Illness Reference Guide for Schools and Child Care Centres.** Information on common infectious diseases in schools, including a section for staff on infectious diseases of concern during pregnancy. **Look for your school copy or visit [wdgpublichealth.ca/schools](https://wdgpublichealth.ca/schools).**
- **Vaccines for Children at School.** Ontario's vaccination schedule for children attending school. [ontario.ca/page/vaccines](https://ontario.ca/page/vaccines)

## Public Library Resources

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

HERE'S AN IDEA!

### You're the Chef

Start a You're the Chef cooking program in your school to help youth ages 10 and up develop confidence and skills while they make tasty recipes emphasizing fruits and veggies! Email [schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca)



# November 2019

Please note that  
all flu clinic dates are  
subject to change. Visit  
[www.wdgpulichealth.ca](http://www.wdgpulichealth.ca).

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Flu Clinic  
15:00-19:00  
WDG Public Health  
180 Broadway,  
Orangeville

**7**

Flu Clinic  
15:00-20:00  
WDG Public Health  
160 Chancellors Way,  
Guelph

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Remembrance Day

**12**

Flu Clinic  
15:00-19:00  
WDG Public Health  
490 Charles Allan Way,  
Fergus

**13**

Flu Clinic  
15:00-20:00  
WDG Public Health  
160 Chancellors Way,  
Guelph

**14**

**15**

WDGPH Healthy  
Schools grant  
applications due  
[wdgpulichealth.ca/  
healthyschool](http://wdgpulichealth.ca/healthyschool)

**16**

**17**

**18**

Flu Clinic  
15:00-19:00  
WDG Public Health  
490 Charles Allan Way,  
Fergus

**19**

**20**

Flu Clinic  
15:00-19:00  
WDG Public Health  
180 Broadway,  
Orangeville

**21**

Flu Clinic  
15:00-20:00  
WDG Public Health  
160 Chancellors Way,  
Guelph

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# 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.

## Coping Kit

Have students build their own "Coping Kit." Play relaxing music and allow them time to write, draw or find pictures of things that represent what they think about or do to cope with stress. Have fun filling up a bag with these items that they can pull out to use at any point in their lives to help get through a stressful time.

## Programs

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

## Resources

- **Beyond Images.** Lesson plans for grades 4-8 on media literacy, body image messaging and building self-esteem. [beyondimages.ca](http://beyondimages.ca)
- **Canadian Mental Health Association.** Information and resources on stress, mental health and mental illness. [cmha.ca](http://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." [psychologyfoundation.org](http://psychologyfoundation.org)
- **Level Up.** Ophea resource on mental health, nutrition, substance use, addictions and related behaviours. Browse "mental health" at [teachingtools.ophea.net](http://teachingtools.ophea.net).
- **MindMasters.** Activities to help children build positive living skills. Includes adult instructional videos (grades K-4). [cheo.on.ca/en/MindMasters2](http://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](http://porticonetwork.ca/web/teach-resiliency)



# December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Christmas Break

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.



## Stressful Times

In small groups, have students discuss how modern-day stressors are different from the stressors that our ancestors had to face (e.g. stress of receiving an upsetting text versus an attacking wild animal). Use this to illustrate how stress can be useful or harmful as well as the role our emotions play in the stress response.

## Programs

- **MADD.** Educational programs to prevent drug and alcohol-related automobile crashes (grades 7-8). Search “school programs” at [madd.ca](http://madd.ca).

## Resources

- **E-cigarette Resources.** Powerpoint presentation, posters and factsheet for grades 7-8. Look under “Curriculum Resources” at [wdgpublichealth.ca/schools](http://wdgpublichealth.ca/schools).
- **Cannabis Information Sheet for Educators.** Search “cannabis info for educators” at [smh-assist.ca](http://smh-assist.ca).
- **Prescription Opioids Information Sheet for Educators.** Search “opioid info for educators” at [smh-assist.ca](http://smh-assist.ca).
- **Media Smarts.** Lesson plans on tobacco and alcohol marketing (grades 4-8). [mediasmarts.ca/teacher-resources](http://mediasmarts.ca/teacher-resources)
- **Project ALERT.** Lesson plans to prevent students from experimenting with substances and from becoming regular users (grades 7-8). [www.projectalert.com/account](http://www.projectalert.com/account)
- **Smoking Isn’t Cool Toolkit.** Lesson plans on smoking prevention (grades K-5). [peelregion.ca/health/tobacco/toolkit](http://peelregion.ca/health/tobacco/toolkit)
- **Talking About....Series.** Activity guides to support discussions on vaping, tobacco and cannabis (grades 7-8). Search “talking about series” at [lungontario.ca](http://lungontario.ca).

## Public Library Resources

- **iDrive: Road Stories DVD.** Video about the risks and consequences of unsafe, aggressive and impaired driving (grade 8). Available online in English and French at [www.arrivealive.org/idrive](http://www.arrivealive.org/idrive).



# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 National Non-Smoking Week	20	21	22 Weedless Wednesday	23	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!

## Freggie

Encourage your students to eat fruits and veggies! Borrow “Freggie”, the produce mascot (costume) for use at a school-wide assembly, in your classroom, or for a special event! Email [schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca)

## 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](http://teachingtools.ophea.net).
- **SHORE Centre.** Information, games, quizzes, activities and videos to support lesson plans on puberty, relationships, diversity and many more topics (grades 4-8). [shorecentre.ca/teachers/](http://shorecentre.ca/teachers/)
- **Dove Self-esteem Project.** Lesson plans, activity sheets, workshop resources and videos for grades 5-8. Click “Teachers” at [selfesteem.dove.ca](http://selfesteem.dove.ca).
- **Kids Health in the Classroom.** Lesson plans on personal health, the human body, relationships and puberty (grades K-8). [classroom.kidshealth.org](http://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 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Groundhog Day	3	4	5 Winter Walk Day <a href="http://ontarioactiveschooltravel.ca">ontarioactiveschooltravel.ca</a>	6	7	8
9	10 Sexual and Reproductive Health Awareness Week <a href="http://srhweek.ca">srhweek.ca</a>	11	12	13	14 Ophea Healthy Schools mid-year report due <a href="http://ophea.net/HSCertification">ophea.net/HSCertification</a> Valentine's Day	15
16	17 Family Day	18	19	20	21	22
23	24	25	26	27	28	29

# 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.



## BrightBites

Boost student well-being one bite at a time! Visit [brightbites.ca](http://brightbites.ca) and start earning fun, easy, healthy eating badges. Free resources and activities will help guide the way.

## Programs

- **Food & Friends.** School breakfast, lunch and snack program. Contact [anita@childrensfoundation.org](mailto:anita@childrensfoundation.org).
- **Fresh from the Farm.** Raise funds for your school by selling fresh, Ontario-grown produce. [freshfromfarm.ca](http://freshfromfarm.ca)

## Resources

- **New Canada's Food Guide.** Order your free supply of Canada's Food Guides as well as posters. Visit [food-guide.canada.ca](http://food-guide.canada.ca) or call 1-866-225-0709.
- **Ontario Edible Education Network.** Encourage children and youth to eat, grow, cook, and celebrate local and sustainable food. [sustainontario.com/work/edible-education](http://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](http://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 Eat Well Plate.** Illustrates how to make healthy meals and snacks (grades 1-8).
- **A Quick Cup of Empty Calories Kit.** Fun game about sugar/fat in caffeinated drinks (grades 5-8).





# March 2020

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Elementary immunization  
suspension orders  
delivered to principals for  
distribution.  
[wdgpublichealth.ca/schools](http://wdgpublichealth.ca/schools)

Help kids live free from  
hunger campaign  
[livefreecampaign.ca](http://livefreecampaign.ca)

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Elementary  
immunization  
suspension day  
[wdgpublichealth.ca/schools](http://wdgpublichealth.ca/schools)

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March Break

St. Patrick's Day

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# Oral Health

Oral health is an important part of students' overall health and well-being. Public Health has free dental programs for children and youth that can help keep their mouth healthy. Oral health issues can lead to problems with eating, speaking, playing and learning.

## HERE'S AN IDEA!

### Balloon Race

Blow up balloons and split the class up into groups. Each group forms a single line and the first student in each line will be given a balloon. The challenge is to see which group can volley the balloon the fastest down the line and back up to the start without dropping it or skipping someone in line. If someone drops the balloon or skips over another student, that group must start over.

## Services

- **Public Health Dental Screenings.** Screening for oral health issues. For children 0-17.
- **Preventive Dental Care.** Free services for eligible children and youth including dental cleanings, fluoride varnish, sealants and oral hygiene education. For children 0-17.
- **Regular and Emergency Dental Care (Guelph location).** Free services for eligible children and youth including check-ups, x-rays, fillings and extractions. For children 0-17.
- **School Dental Screenings.** Dental hygienists check students' teeth and inform parents of any oral health issues (e.g. large cavities). Grades vary.
- **School Fluoride Varnish.** Dental professionals provide fluoride varnish applications at select schools. Fluoride varnish is a protective coating that is painted onto the teeth. It helps strengthen teeth and prevent cavities.

## Resources

- **Canadian Dental Hygienist Association.** Information to help children learn about good oral health. [dentalhygienecanada.ca](http://dentalhygienecanada.ca)
- **Ontario Dental Association.** Information on many topics such as healthy snacking and nutrition. [youroralhealth.ca](http://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](http://halton.ca).

**For more information about our free dental programs, call the Dental Line: 1-800-265-7293 ext. 2661.**



# April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Spring into Spring:</b> Plan an active school travel event during April. <a href="http://ontarioactiveschooltravel.ca/spring-into-spring">ontarioactiveschooltravel.ca/spring-into-spring</a>			1	2	3	4
5	6	7	8	9	10 Good Friday	11
12 Easter Sunday	13 Easter Monday	14	15	16	17	18
19	20	21	22 Earth Day <a href="http://earthday.org">earthday.org</a>	23	24 Ophea Healthy Schools final report due <a href="http://ophea.net/HSCertification">ophea.net/HSCertification</a>	25
26	27	28	29	30		

# 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 (grades 7-8). [srhweek.ca](http://srhweek.ca)
- **Sex and U.** Information, handouts and diagrams on puberty, consent, contraception, STI prevention and sexual well-being (grades 4-8). [sexandu.ca](http://sexandu.ca)
- **SHORE Centre.** Information, games, quizzes, activities and videos to support lesson plans on relationships, consent, diversity, STIs, birth control and many more topics (grades 4-8). [shorecentre.ca/teachers/](http://shorecentre.ca/teachers/)

## 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.

### It's All About Balance

Demonstrate a balance pose for the students to follow (e.g. stand on one leg or stand on the tips of your toes with arms raised above your head). Hold for 10 seconds. Then ask a volunteer to come up with their own pose that the entire class should follow. Repeat.

HERE'S AN IDEA!



# May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Mental Health Week <a href="http://mentalhealthweek.ca">mentalhealthweek.ca</a>	5	6 Fresh From the Farm enrolment begins <a href="http://freshfromfarm.ca">freshfromfarm.ca</a>	7	8	9
10	11 Sun Awareness Week <a href="http://dermatology.ca">dermatology.ca</a>	12	13	14	15	16 Safe Boating Awareness Week <a href="http://csbc.ca">csbc.ca</a>
17	18 Victoria Day	19	20	21	22	23
24 31 World No Tobacco Day <a href="http://who.int/tobacco">who.int/tobacco</a>	25 Bike to School Week <a href="http://ontarioactiveschooltravel.ca/bike-to-school-week">ontarioactiveschooltravel.ca/bike-to-school-week</a>	26	27	28	29	30

# Personal Safety & Injury Prevention

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



HERE'S AN IDEA!

## Let's All Move!

Take a break with the class to act out some animal movements! How may a cow moOove? What about a kangaroo? Ask students to suggest animal movements to act out.

## Programs

- **Swim to Survive.** School grant program for grade 3. Teaches deep water survival skills. [lifesavingsociety.com](http://lifesavingsociety.com)

## Resources

- **Concussions.** Information for educators and coaches on concussion safety and management: videos, infographics, safety guidelines, policies and tools. [ontario.ca/concussions](http://ontario.ca/concussions)
- **ConnectED & CyberCops.** Interactive lesson plans on internet safety and bullying for grades 4-8. Click "Lesson Plans" at [teachingtools.ophea.net](http://teachingtools.ophea.net).
- **Fire Prevention Canada.** Fact sheets and resources. [fiprecan.ca](http://fiprecan.ca)
- **Ministry of Transportation.** Bicycle, pedestrian, car and school bus safety. [mto.gov.on.ca/english/safety](http://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](http://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](http://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](http://cancer.ca).

## Public Library Resources

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



# June 2020

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Local Food Week  
[ofa.on.ca/event/  
local-food-week](https://ofa.on.ca/event/local-food-week)

Safe Kids Week  
[parachutecanada.org](https://parachutecanada.org)

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# School Health Curriculum Resource Line

**1-800-265-7293 ext. 4111**

**[schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca)**



**PublicHealth**  
WELLINGTON-DUFFERIN-GUELPH  
*Stay Well.*

**1-800-265-7293**  
**[wdgpublichealth.ca](http://wdgpublichealth.ca)**