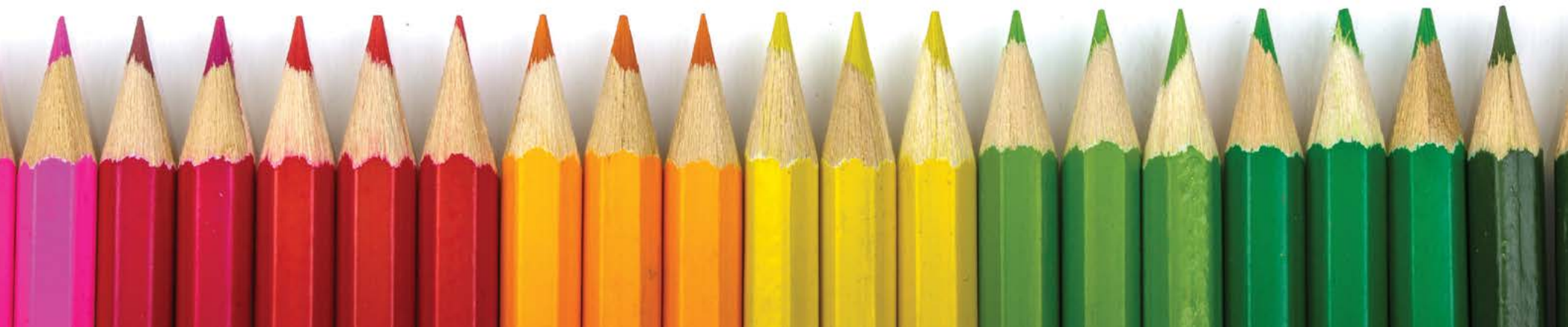




A month-by-month resource of how Public Health supports school health year round

# Supporting School Health

## 2017-2018 School Calendar



# Supporting School Health

The School Calendar includes a list of recommended resources, kits 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 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 resources 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](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)
- **Shelburne Public Library**  
[www.shelburnelibrary.ca](http://www.shelburnelibrary.ca)
- **Terry James Resource Centre** (UGDSB teachers)  
[ugdsb.on.ca/terry-james/](http://ugdsb.on.ca/terry-james/) (search under the Video & Kit Library)

## Ophea HP&E Curriculum Resources

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**

Information about H&PE curriculum topics and resources; and healthy school initiatives.

### 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.

### KIDS LINE **ext. 3616**

Information about child health and parenting for children to age 13; referrals to community services for children to age 6.

### Vaccinations **ext. 4746**

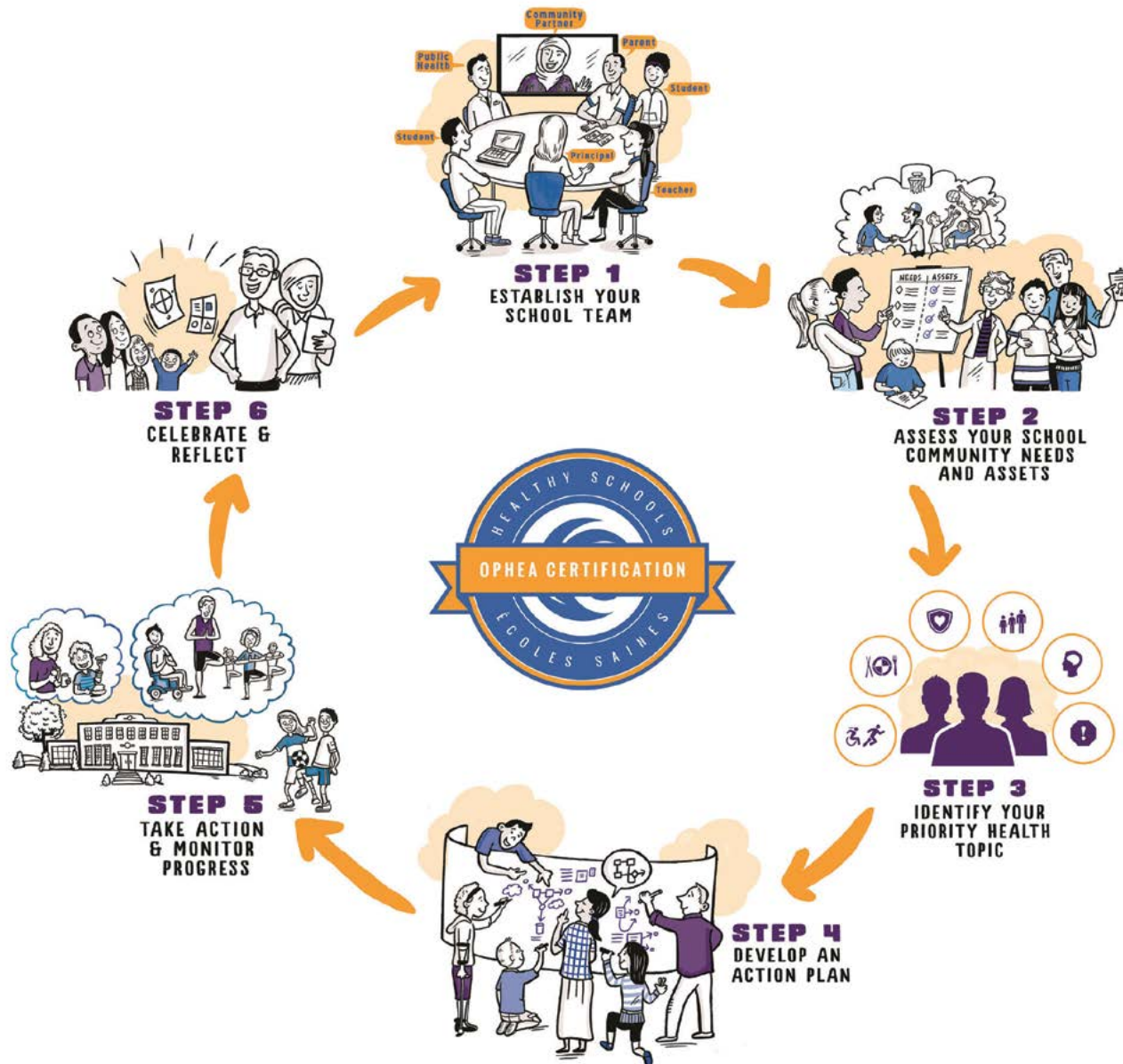
Information about vaccines required for school attendance, publicly funded vaccines and school clinics.

### 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.



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's School Health Curriculum Resource Line at 1-800-265-7293 ext. 4111 or e-mail [schoolhealth@wdgpublichealth.ca](mailto:schoolhealth@wdgpublichealth.ca) for support and resource recommendations.

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

**new**

Apply by Nov. 17, 2017 for a \$100 grant from Public Health to support your school! Visit [wdgpublichealth.ca/healthyschool](http://wdgpublichealth.ca/healthyschool)

# September 2017

sun

mon

tue

wed

thu

fri

sat

					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> Labour Day	<b>5</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>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>	<b>16</b>
<b>17</b> Terry Fox Day 37 <sup>th</sup> Anniversary <a href="http://terryfox.org">terryfox.org</a>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> World Rabies Day <a href="http://wdgpublichealth.ca/rabies">wdgpublichealth.ca/rabies</a> Terry Fox National School Run Day <a href="http://terryfox.org">terryfox.org</a>	<b>29</b>	<b>30</b>

# Physical Activity

A variety of physical activities will help improve students' confidence, motivation and movement competence.



## Programs

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

## Websites

- **24-Hour Movement Guidelines for Children and Youth.** Physical activity, sedentary behaviour and sleep guidelines for children. [csep.ca](http://csep.ca)
- **Active for Life.** Activity ideas to develop physical literacy. [activeforlife.com](http://activeforlife.com)
- **Canadian Intramural Recreation Association.** Programs and intramural resources for school physical activities. [ciraontario.com](http://ciraontario.com)
- **Have a Ball Together!** Physical activity and physical literacy resources for Grades K-1. [haveaballtogether.ca](http://haveaballtogether.ca)
- **ParticipACTION.** The 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. [participaction.com](http://participaction.com)
- **Sport for Life.** Curriculum-linked physical activity and physical literacy resources for Grades K-7. [canadiansportforlife.ca](http://canadiansportforlife.ca)

## Public Library Resources

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

# October 2017

sun

mon

tue

wed

thu

fri

sat

1

2

3

4

5

6

7

Last day to enroll in  
Fresh from the Farm  
IWALK Week  
[saferoutestoschool.ca](http://saferoutestoschool.ca)

International  
Walk to School Day  
[saferoutestoschool.ca](http://saferoutestoschool.ca)

8

9

10

11

12

13

14

Thanksgiving Day

Fresh from the Farm  
orders due

15

16

17

18

19

20

21

World Food Day

22

23

24

25

26

27

28

Food and Friends  
Great Big Crunch  
[foodandfriends@  
childrensfoundation.org](mailto:foodandfriends@childrensfoundation.org)

Ophea Healthy Schools  
registration closes  
[ophea.net/HSCertification](http://ophea.net/HSCertification)

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.



## 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](http://wdgpublichealth.ca/schools)
- **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](http://wdgpublichealth.ca/schools)
- **Immunization Reporting Line.** Parents and guardians can update their children's vaccination records by calling 1-800-265-7293 ext. 4396.
- **Immunization of School Pupils Act.** Information about the vaccination assessment and suspension process. [wdgpublichealth.ca/schools](http://wdgpublichealth.ca/schools)

## Websites

- **Online Immunization Reporting.** Parents and guardians can submit their children's vaccinations to a secure online reporting form. [immunizewdg.ca](http://immunizewdg.ca)
- **Vaccines for Children at School.** Ontario's vaccination schedule for children attending school. [ontario.ca/page/vaccines](http://ontario.ca/page/vaccines)

## Public Library Resources

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



# November 2017

sun

mon

tue

wed

thu

fri

sat

**Please note:** In November, Public Health will start mailing letters to parents/guardians of students who do not have up-to-date immunization records or an exemption on file with Public Health. Questions? Call 1-800-265-7293 ext. 4746.

1

2

3

4

5

6

7

8

9

10

11

Remembrance Day

12

13

14

15

16

17

18

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

19

20

21

22

23

24

25

26

27

28

29

30

# Positive Mental Health

Create a social and physical environment in your classroom that promotes positive mental health and the emotional well-being of students.



## Programs

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

## Websites

- **Canadian Mental Health Association.** Information and resources on stress, mental health and mental illness. [cmha.ca](https://www.cmha.ca)
- **Kids Have Stress Too!** Toolkits with lesson plans developed by the Psychology Foundation of Canada. Click **Program** at [psychologyfoundation.org](https://www.psychologyfoundation.org)
- **Level Up.** Ophea resource on mental health, nutrition, substance use, addictions and related behaviours. Browse **mental health** at [teachingtools.ophea.net](https://www.teachingtools.ophea.net)
- **MindMasters.** Activities to help children build positive living skills. Includes adult instructional videos. Grades K-6. [cyhneo.ca/mindmasters](https://www.cyhneo.ca/mindmasters)
- **Supporting Minds: An Educator's Guide to Promoting Students' Mental Health and Well-being.** Ministry of Education resource about the early signs of mental health issues with strategies that can be used in the classroom. Search **Supporting Minds** at [edu.gov.on.ca](https://www.edu.gov.on.ca)
- **Youth Anxiety BC.** Information and activities on anxiety, positive thinking, relaxation and healthy habits. [youth.anxietybc.com](https://www.youth.anxietybc.com)

# December 2017

sun

mon

tue

wed

thu

fri

sat

					<b>1</b>	<b>2</b>
<b>3</b>	<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>	<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>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>	Christmas Day	Boxing Day	Christmas Break			

# Tobacco & Alcohol

Prevention education in elementary school is designed to give children the knowledge and skills to follow a healthy lifestyle and avoid using drugs, alcohol and other substances.



## Programs

- **Madd.** Educational programs to prevent drug and alcohol-related automobile crashes. Suitable for Grade 8. Search [school programs](#) at [madd.ca](http://madd.ca)

## Websites

- **Centre for Addiction and Mental Health.** Resources and lesson plans about drug use and mental health. Search [school resources](#) at [camh.net](http://camh.net)
- **Drug Facts for Young People.** Resources and information on drug and alcohol misuse for Grades K-8. [drugfacts4youngpeople.com](http://drugfacts4youngpeople.com)
- **Media Smarts.** Lesson plans on tobacco and alcohol marketing for Grades 4-8. [mediasmarts.ca/teacher-resources](http://mediasmarts.ca/teacher-resources)
- **Project ALERT.** Lesson plans and videos to prevent students from experimenting with substances. This evidence-based program also aims to prevent experimenters from becoming regular users. [www.projectalert.com](http://www.projectalert.com)
- **Smoking Isn't Cool Toolkit.** Lesson plans and resources on smoking prevention for Grades K-5. [peelregion.ca/health/tobacco/toolkit](http://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.

# January 2018

sun

mon

tue

wed

thu

fri

sat

1

2

3

4

5

6

New Year's Day

7

8

9

10

11

12

13

14

15

16

17

18

19

20

National Non-Smoking  
Week [www.nnsw.ca](http://www.nnsw.ca)

Weedless Wednesday

21

22

23

24

25

26

27

Deadline for elementary  
students to submit  
up-to-date immunization  
records to Public Health  
to avoid an order of  
suspension.

28

29

30

Elementary  
students who  
still have incomplete  
immunization records are  
suspended on Jan. 31  
until records are updated  
or an exemption is filed.

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.



## Websites

- **Always Changing (formerly "Vibrant Faces")**. Resources on puberty, personal hygiene, self-esteem, body image and overcoming barriers to participation in physical activity. Click [Supplements](#) at [teachingtools.ophea.net](http://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](http://peelregion.ca/health)
- **Dove Self-esteem Project**. Lesson plans, activity sheets, workshop resources and videos for Grades 5-8. Click [For 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. [classroom.kidshealth.org](http://classroom.kidshealth.org)
- **Ophea Teaching Tools**. Curriculum-linked lesson plans, programs and activities. [ophea.net](http://ophea.net)

## 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 and up.
- **The Puberty Game**. Interactive way to help students understand the changes during puberty. Topics include nutrition, exercise, hygiene and physical changes. Grades 5-8.

# February 2018

**sun**

**mon**

**tue**

**wed**

**thu**

**fri**

**sat**

				<b>1</b>	<b>2</b> Groundhog Day	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Winter Walk Day <a href="http://saferoutestoschool.ca">saferoutestoschool.ca</a>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Valentine's Day	<b>15</b>	<b>16</b> Ophea Healthy Schools mid-year report due	<b>17</b>
<b>18</b>	<b>19</b> Family Day	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>			

# Healthy Eating

Positively influence your classroom's learning environment and student well-being by educating students about the importance of healthy, nutritious food choices.



## Programs

- **Food and 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)

## Websites

- **BrightBites.** Earn badges (e.g., Sip Smart!) and boost your class or school's nutrition with fun healthy eating activities. [brightbites.ca](http://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](http://sustainontario.com/work/edible-education)
- **Teach Nutrition.** Healthy eating resources designed by registered dietitians. [ontario.teachnutrition.ca](http://ontario.teachnutrition.ca)

## 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.



# March 2018

sun

mon

tue

wed

thu

fri

sat

				<b>1</b> The Great Big Crunch <a href="http://www.foodshare.net">www.foodshare.net</a>	<b>2</b> Help kids live free from hunger campaign <a href="http://www.livefreecampaign.ca">www.livefreecampaign.ca</a>	<b>3</b>
<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> March Break	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> St. Patrick's Day
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> Good Friday	<b>31</b>

# Oral Health

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



## Programs

- **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 17 years of age and under.
- **School Dental Screenings.** Children are screened and parents are informed of any dental issues (e.g., cavities). Grades vary.

## Websites

- **Canadian Dental Hygienist Association.** Information and activities for school and home. [smilecity.ca](http://smilecity.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)

## Public Health Resources

- **How Much Sugar? Kit.** Demonstrates the sugar content of foods students commonly eat. Includes food samples and their amounts of sugar in tubes.
- **Re-think Your Drink Kit.** Demonstrates the amount of sugar 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 2018

**sun**

**mon**

**tue**

**wed**

**thu**

**fri**

**sat**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

Easter Sunday

Easter Monday

**8**

**9**

**10**

**11**

**12**

**13**

**14**

**15**

**16**

**17**

**18**

**19**

**20**

**21**

**22**

**23**

**24**

**25**

**26**

**27**

**28**

Earth Day

Ophea Healthy Schools  
final report due

**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.



## Websites

- **Action Canada for Sexual Health & Rights.** Information about relationships, gender identity and expression, sexual orientation and STIs for Grades 7-8. [srhweek.ca](http://srhweek.ca)
- **Sex and U.** Teaching Sexual Health Education Manual and lesson plans on puberty, contraception, STI prevention and sexual well-being for Grades 4-8. [sexandu.ca/resources/resource-library](http://sexandu.ca/resources/resource-library)
- **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](http://peelregion.ca/health)

## Public Library Resources

- **Am I Ready? Making Healthy Sexual Decisions DVD.** Health experts and teens discuss the importance of healthy decision making when it comes to sexual activity. Topics include healthy relationships, contraception, unplanned pregnancies and STIs. Grades 7 and up.
- **Before You Hook Up: Dating Rights and Responsibilities DVD.** Video looks at 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 and up learn about different forms of contraception. Only available at the Terry James Resource Centre.

# May 2018

sun

mon

tue

wed

thu

fri

sat

1

2

3

4

5

Fresh From the Farm  
first day to enroll  
[freshfromfarm.ca](http://freshfromfarm.ca)

6

7

8

9

10

11

12

Mental Health Week

13

14

15

16

17

18

19

20

21

22

23

24

25

26

Safe Boating  
Awareness Week  
[csbc.ca](http://csbc.ca)

Victoria Day

27

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.



## Programs

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

## Websites

- **Bullying Prevention.** Resources, books and videos for Grades 4-8. [prevnet.ca](http://prevnet.ca)
- **Canadian Dermatological Association.** Sun safety tips & resources. [dermatology.ca](http://dermatology.ca)
- **ConnectED & CyberCops.** Opeha lesson plans on internet safety and bullying for Grades 4-8. [teachingtools.ophea.net](http://teachingtools.ophea.net)
- **Fire Prevention Canada.** Fact sheets and resources. [firecan.ca](http://firecan.ca)
- **Food Allergy Canada.** Information on common allergens and anaphylaxis. [foodallergycanada.ca](http://foodallergycanada.ca)
- **Ministry of Transportation.** Bicycle, pedestrian, car and school bus safety. Click [safety](http://safety) at [mto.gov.on.ca](http://mto.gov.on.ca)
- **Rabies Colouring Book.** Activity sheets to teach students about 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. Search [Safety with Radar](http://Safety with Radar) at [canada.ca](http://canada.ca)

## Public Library Resources

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

# June 2018

**sun**

**mon**

**tue**

**wed**

**thu**

**fri**

**sat**

**1**

**2**

**3**

**4**

Local Food Week  
Safe Kids Week  
[parachutecanada.org](http://parachutecanada.org)  
Sun Awareness Week  
[saveyourskin.ca](http://saveyourskin.ca)

**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**

# School Health Curriculum Resource Line

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



**Public Health**  
WELLINGTON-DUFFERIN-GUELPH  
*Stay Well.*

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