

School Health Matters

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Peterborough County-City
HEALTH UNIT
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COVER STORY

The Wonders of School Gardens

Stories by Children and Staff in Peterborough County and City Schools

School gardens help young minds grow! To celebrate School Garden Day 2015, the Health Unit invited schools to tell us about their gardens. Read on to see what is sprouting in local school yards!

Chemong Public School

"Oh look! Poop!"

Excited voices rise from the Green Classroom. Violet has found rabbit scat near the Teaching Rocks again. The other kindergarteners come to search for other signs of the visitor.

"I found a corn cob!" cries another. "The raccoons had their dinner here last night."

Slowly, the children drift back to the raised beds and their weeding. It's almost time to plant our sunflowers, potatoes, strawberries, and carrots. There is work to be done before Mother Earth is ready to grow us some food. Some are tired of work, and build a fort in the grapevines.

Suddenly, the game is on pause. A group of Grade 3/4 students have arrived, clipboards and cups in hand. They spread out and scoop soil samples from the beds, the meadow, and the compost. Soon, the older children are gone, off to analyze their samples and prepare reports.

It's time to put the tools in the shed, and the young stewards of the Earth say goodbye as they always do.

"Thanks for letting us visit, Mother Nature!"

The only answer is the wind in the trees.



Havelock-Belmont Public School

In May we were excited to receive, with the support of Nourish Havelock, four large garden beds to be used and maintained by staff/students/community members. Students planted a variety of seeds and began their life-long journey as environmental stewards. This effective hands-on learning opportunity for children is one that we are all excited to be a part of, as it demonstrates our commitment to life-long learning.

Warsaw Public School

We are developing five garden beds. The Grade 3/4 class has two of the plots, and planted popcorn, sunflower seeds, carrots and potatoes. The students planned to harvest the crops in the fall and eat them!

The remaining 3 gardens belong to the Kindergarten, Grade 5/6 class and the last plot is being shared between the Grade 1 and the Grade 2/3 class. At the time of writing, the classes were negotiating and planning what they would plant in the beds.

We are really lucky to have two volunteer parents who help with the gardens: Kathy Hooper is helping with the Grade 3/4 plots and Dawn Dummit is working with the others.

It's awesome!!



St. Alphonsus Catholic Elementary School

At St. Alphonsus school we love our school garden! All of our students have an opportunity to be involved in gardening at our school. Students love digging, watering and planting. We grow vegetables as well as flowers in our schoolyard. We feel it is important for the students to be able to interact with the gardens at recess time. The school garden has a great impact on our school culture. Our students are aware of nature. It has recently been said that is our students' need to have a connection to nature so that they feel like it is worth saving. The students are active and engaged during recess (Doing yard supervision is easier when we have students interested in gardens and gardening). Our school gardens are a work in progress and continue to evolve as an experience for our whole school community.



Monsignor O'Donoghue Catholic Elementary School

Monsignor O'Donoghue School has a beautiful butterfly garden at the front of our school. We have planted shrubs, perennials and ornamental grasses which are drought resistant. We have chosen plants that attract butterflies such as salvia, lavender, spirea, hostas, sedum, echinacea, day lilies and sunflowers. We have also planted many spring bulbs.

For the past five years we have ordered painted lady butterfly larvae. We have watched the larvae transform into butterflies and release them into our butterfly garden.

Our Environmental Club, which is made up of many students from Grade 1-6, have made a peace and prayer garden. We planted some flowering shrubs, roses and decorated stones in the garden. We planted an indoor vegetable garden and will transplant them into the garden.



We have a wonderful custodian, Mr. Condon, who has a keen interest in gardening. He, the Environmental Club and a parent professional landscaper, Melanie Doricott, have helped weed the garden, spread topsoil, mulch and maintain the gardens.

Our School Council has been a tremendous support to our club and they have provided funds for our initiatives and to help maintain the garden.

Immaculate Conception Catholic Elementary School

At our school, Immaculate Conception School, we have started a friendship garden. The garden area use to be a daycare yard. Our school garden is run by the primary division. We like to read in the garden and have picnics. The garden connects the Grade 3 class with the grade 2 class and Grade 1 class, as well as our kindergarten classes donated many of the plants that they started from seeds. The Grade 3 class created a "Poet-tree", the tree has poems about the plants that we have put in our garden. The vegetables that we have planted are crunchy carrots, messy pumpkins, strong tasty cilantro, sour onions, savory basil, fresh mint, "snap-able" peas, crisp lettuce and some pretty flowers. We also have many cool insects that live in our garden (we have a herd of snails). Our teachers are able to plan English lessons, math lessons, science lessons and religion lessons in our garden to help us understand. We hope that you consider us for your donated seeds.



Sincerely,
Bella and Andrew - Grade 3 students

St. Anne Catholic Elementary School

At St. Anne School we started our school garden as part of our Healthy Schools project. In September 2014 we sold vegetables and herbs from our garden at our school open house, and really celebrated our Healthy Schools initiative. We worked on expanding our garden by adding more beds and starting our Outdoor Classroom and Wellness Space. We reached out to the school staff and parent community for support to make our plans come to life, and had many willing hands come out to help during Catholic Education Week.

The outcome has been incredible! We now have three large garden boxes and one half box for herbs. During the growing season, the gardens are lush and full. There are many ideas for our vegetables and herbs; selling them again at our Open House, but also making healthy foods for our students to try, taste and explore. The outcome of the project this year was the building of community! M. Lavoie's Grade 3 class and many parents from that class were the major contributors to the success of our "Garden Day" on May 5th. It was a gorgeous sunny day with all the students from that class, parents, and staff involved.



Our next step is to develop our Outdoor Classroom and Wellness Space. We have all sorts of ideas to implement over the next couple of years!

Does your school garden? Send us your school garden story and we'll send you a School Garden Day 2016 certificate and seeds to sprout. For details go to www.pcchu.ca or contact Anne Gallant, School Health Liaison, 705-743-1000 ext. 314.

What I learned and what was good about the Shade Forum

"A Passion for Trees: Enhancing Shade in Municipal and School Settings"

as told by a St. Catherine School Student - Breanna

"I learned a lot of things from the shade audit meeting. I learned about the dangers of too much sun exposure, such as melanoma skin cancer and sunburns. I also learned about tree ecosystems and how they help everyone by emitting oxygen and sucking in carbon dioxide. They also help us by providing shade. I learned how to perform a shade audit for our school yards, and I saw lots of cool presentations. The food was good and the speakers were eloquent. I really enjoyed this meeting."

The students were enthusiastic participants in the Shade Forum. They practiced doing a table top shade audit; they asked questions; they participated in the evaluation process and presented the seedling trees to the attendees at the end of the Forum.

St. Catherine School students were presented with a large shade tree from Otonabee Region Conservation Authority (ORCA) for their excellent work in their eco-school initiatives. The children used their shade audit knowledge to determine where this new tree should be planted in the school yard.



Nutrition Matters

Fresh from the Farm Fundraiser!

As told by a parent volunteer.

We've been part of a number of fundraisers for our children's many activities—hockey, Scouting, and school fundraisers. We want to support the programs, so we buy the chocolates, candy, cookie dough and popcorn—foods we don't usually have at home because we don't want our kids eating them.



I was so impressed and excited when our child's school participated in the Fresh from the Farm Fundraiser. The Ontario-grown apples, sweet potatoes, onions and carrots were foods that we needed and ate regularly at home. It even saved me a trip to the grocery store that week!

Being the keen parent that I am, I offered to help pack on the day the produce was delivered. The produce arrived and the operator delivered the skids of food to the entrance closest to the gym, where the packing was going to happen. There were about 10 volunteers on hand to haul food to the gym, and pack the bags. In a little over an hour, and with the help of eight students, we had moved all the produce and packed 192 bags of produce. We were all impressed how quickly it went!



Parents then had the remainder of that day (until 6:00 p.m.) and before the bell the next morning to pick up their orders at the school. Any orders not picked up by then were either donated to the breakfast program or Kawartha Food Share.

Forty percent of profits went back to the school, with our school fund raising almost \$2,500. A simple, healthy fundraiser, that makes a good profit? Nothing wrong with that!

To get involved or register your school, or for more information, visit www.freshfromfarm.ca. Information regarding the 2016 campaign will be available by April 1, 2016.

What schools have done this?

St. Alphonsus, St. Joseph, St. Paul's Lakefield and Edmison Heights.

Who sponsors this program?

Fresh from the Farm is an initiative between the Ontario Fruit and Vegetable Growers' Association, the Ontario Ministry of Education, the Ontario Ministry of Agriculture, Food and Rural Affairs and Dietitians of Canada.

What about low income people? Is there a subsidy?

No – this is a school fundraiser, not a food security project. Rather, people on low income can access JustFood boxes through the YWCA. To find out more, visit <http://nourishproject.ca/justfood>

Fresh from the Farm aligns with both KPR and PVNC school board nutrition policies, and reinforces the healthy eating messages that you are teaching students at school.

Healthy and profitable fundraising options:

- Promote literacy with book fairs
- Run auctions, garage sales or penny sales
- Enlist teachers to do silly activities (e.g., tossing water balloons at the principal)
- Sell calendars, travel mugs, water bottles, pencils, t-shirts, hats, shoe laces, reusable lunch or shopping bags branded with your school logo
- Sell stationary/school supplies bought in bulk at a reduced cost
- Sell magazines or gift wrap
- Sell flowers or hanging baskets

Be Allergy Aware!

Allergy Aware (formerly Anaphylaxis Canada) is offering a free, 30 minute online course for educators, administrators and other school personnel.

Learn about anaphylaxis, how you can help reduce the risks for students with potentially life-threatening allergies, and how to manage an emergency situation at your school.

Register at www.allergyaware.ca

March is Nutrition Month!

Take a 100 Meal Journey: Make Small Changes, One Meal at a Time



Think about it:

Canadians consume almost 100 meals each month. Get inspired with ideas to make small, positive changes to your meals and snacks! Teachers are role models to their students, so encourage your colleagues to take the journey with you.

Week 1: Get Ready! Choose a small, meaningful nutrition goal for yourself.

Week 2: Quality Counts! Make decisions that make it easier for you to eat healthy. Switch sugary drinks for water, trade your treat for foods from the four food groups in Canada's Food Guide, or jump start your day with a good breakfast.

Week 3: Prioritize Portion Size! Try strategies for selecting realistic portion sizes. Portion your snacks into containers, choose fibre- and protein-rich foods that fill you up, and split an entrée when eating out.

Week 4: Try Something New! Find a new favourite recipe, try a new spice, and add zing to your water with mint, berries, or citrus wedges.

Week 5: Make It Stick! Find ways to stay on track – read food and menu labels, plan for managing detours along the way, and have nourishing grab & go foods for those busy days!

For daily healthy eating tips to help you reach your nutrition goals, download www.eatipster.com.

Visit www.dietitians.ca for more details on Nutrition Month.

It takes a village...

The Healthy Kids Community Challenge (HKCC) is Ontario's new three-year initiative designed to improve the health of children aged 12 years and under across the province. This program aims to support community-based activities to promote healthier living as a key component of Ontario's Healthy Kids Strategy. Peterborough is one of 45 communities taking part. The HKCC unites communities with a common goal: promoting children's health through physical activity and healthy eating.

The first theme is **'Run. Jump. Play. Every Day'**. This theme encourages physical activity through a mix of active play, sport, active transportation and structured activities. Any form of fun or regular movement is physical activity.

Peterborough area schools will benefit from many of the activities funded through the HKCC. For example, funds will be spent on:

- Promoting more Car Free school days;
- Purchasing bike racks for schools;
- Implementing a stationary Spark Bike pilot program;
- Evaluating the Healthy PALS (Playground Activity Leaders) program;
- Increasing access to the Swim to Survive, Pedal Power and skiing programs for students;
- Supporting a regional Physical Literacy Summit in Peterborough on April 15 & 16 with targeted breakout sessions for educators;
- Expanding the Kids on the Block program offered by CMHA and Active Together;
- Promoting the Heart & Stroke's 60 Minute Kids Club;
- Expanding after school programming offered by the YMCA;
- Exploring policies with schools and child care centres re: use of space; and
- Reimbursing schools for ice time and swim times at local facilities.

Being active doesn't have to mean planned, structured exercise. Children are active by nature. All you have to do is encourage that natural urge to **'Run. Jump. Play. Every Day'**.

For more information, contact Claire Townshend, Healthy Kids Community Challenge Project Coordinator at: ctownshend@pcchu.ca or 705-743-1000, ext. 355.



Walk and Roll Every Wednesday

Car Free School Days is expanding, with new prizes, new travel modes, and new ways to play, thanks to generous support from the Healthy Kids Community Challenge.



Building a little active transportation into the day is a great way to easily increase daily physical activity levels, and we know our children need it. Only 14% of children aged 5-11 meet Canadian activity targets of 60 minutes each day. By walking, biking or riding their scooter to school, children can gain on average 10-40 minutes of activity each day!

To encourage them along, Active and Safe Routes to School has expanded the Car Free School Days program to run every Wednesday, and has created new ways for schools to play. Schools can use the simple promo package to remind students to use active transportation, or they can register for prizes by completing quick monthly surveys that track student travel choices.

We recognize that some families have no alternative to the car, so we have also included a new way to travel to school called 'park and stride'. Families park a few blocks from the school and then stride, or walk, the rest of the way. This helps to reduce congestion and emissions around the school, making for a healthier, safer environment. It also gives children a chance to meet up with friends and get a little exercise before the school day begins. Studies show that even a quick burst of activity in the morning helps to increase focus and improve behaviours throughout the day.

More attentive students is a great reward, but schools can also expect surprise morning visits from Cool Captain Climate, monthly draws for gym equipment, and a chance to win a year-end performance. Keep an eye open for your Car-Free School Days package, or for more information contact: Lindsay at GreenUP - 705-745-3238 or lindsay.stroud@greenup.on.ca.

SAVE THE DATE!

Registration opening soon



**Central East
Physical Literacy Summit 2016**
Physical Literacy for Lifelong Participation

KEYNOTE SPEAKER
» DR. DEAN KRIELLAARS

APRIL 15 6:30 - 9 pm
16 8:30 am - 1 pm

**Holiday Inn
Peterborough, ON**

Contact Us:
info.ceplp@gmail.com



RBC
Learn to Play
Project



Public Health
Agency of Canada

Agence de santé
publique du Canada



GREAT NEWS!!

Changes to Public Dental Programs in Ontario Starting January 1, 2016 six publicly funded dental programs were integrated into the new Healthy Smiles Ontario Program (HSO).

1. Dental services at no-cost to your students.

The new program will provide routine, preventive, and emergency and essential treatment services to eligible children.

2. How can families access the new Healthy Smiles Ontario Program?

Children aged 0-17 who are Ontario residents and who meet one of the following income tests will be eligible:

- Member of a social assistance benefit family (OW, ODSP, or ACSD); or
- Member of a family whose previous year's income is at or below the threshold which provides 90% of the Ontario Child Benefit (OCB) as indicated at ontario.ca/healthysmiles.

Having dental insurance will not automatically deem a child ineligible for the Program.

Children or youth with an urgent dental condition can also access treatment if they meet clinical and financial hardship criteria.

3. How do families apply for the new Healthy Smiles Ontario Program?

Children and/or youth in receipt of social assistance will be automatically enrolled.

Children and/or youth who were enrolled in Healthy Smiles Ontario or who were on the CINOT Program will automatically be enrolled in the new Healthy Smiles Ontario program.

All other families living on a low-income can apply online at ontario.ca/healthysmiles, download a paper copy from the HSO website, get one from a ServiceOntario location, or from any Public Health Unit. Once enrolled, students will automatically be renewed (up to the 18th birthday) as long as taxes are filed and they meet eligibility criteria.

4. How can teachers help?

Please direct questions to Peterborough County-City Health Unit, Oral Health Program at 705-743-1000, ext. 265.

Individuals may also access information at the ServiceOntario INFOLine at 1-844-296-6306 and www.ontario.ca/page/get-dental-care.

Oral Health School Screening

Why does the Health Unit do screening in schools?

All health units in Ontario are mandated under the Public Health Standards to provide oral health screening in elementary schools.

Which grades do you screen?

JK, SK, and grades 2, 4, 6 and 8, depending on the decay rate at the school.

What does "decay rate" mean?

The percentage of Grade 2 students who have 2 or more decayed teeth determines the school's decay rate. The decay rate from the previous year indicates which grades will be screened the following year.

What do you do with the information that you collect?

1. Identify children needing urgent dental care and notify parent/guardian.
2. Inform parents/guardians of preventive services which may benefit their child (services like tartar removal, fluoride treatments or plastic coatings).
3. Provide information to a provincial database called OHISS, for use in children's dental program planning.

What are preventive services?

Preventive services help the child to achieve optimum oral health. Plastic coatings called sealants are placed on adult molars to help prevent decay, fluoride treatments strengthen the tooth enamel making them more resistant to decay, tartar removal helps to achieve healthy gums and oral hygiene instruction can help children improve their oral habits.

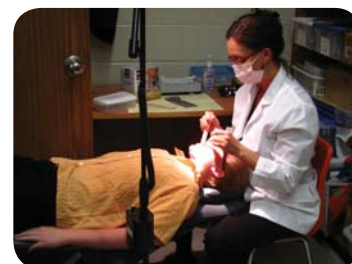
Do you let the parents know what you recommend?

Following screening, every child is given information for their parent/guardian advising if any dental care is recommended, as changes to a child's oral health may occur between visits.

How can we find out more?

For more information contact:

Oral Health Program, Peterborough County-City Health Unit
705-743-1000, ext. 265 or visit www.pcchu.ca.



More ways to stay informed!

Protect yourself with the right health information.

Follow PCCHU on Twitter (www.twitter.com/PCCHU), see us on Facebook (www.facebook.ca/PCCHU1).



We want to hear from you!

The School Health Matters newsletter is published twice a year by the Peterborough County-City Health Unit. If you have questions, suggestions, or stories to share please contact our School Health Liaison at 705-743-1000, ext. 314.

Resource Corner

Food Fun with Your Students!

Cooking helps children develop skills and knowledge in a variety of areas. The hands-on, sensory nature of cooking helps familiarize them with new foods, tastes and tasks. It can also boost their self-esteem as they gain independence.

As an added bonus, cooking offers many curriculum links including:

- measuring and fractioning ingredients;
- reading and following a sequential recipe;
- articulating likes and dislikes;
- observing chemical reactions; and
- learning how history and geography impact food choices around the world.

Visit www.teachnutrition.org for age-appropriate recipes for your students!

Yogurt Sundae – serves 20

You'll need: 20 cups and spoons; ¼ cup measuring cup; small serving bowls and serving spoons

Ingredients:

- 1L (4 cups) fresh or frozen (thawed) chopped fruit and dried fruit (e.g. berries, bananas, apples, oranges, coconut, dried apricots)
- 2 large tubs (650g each) yogurt
- 250ml (1 cup) crunchy whole grain cereal



Directions:

1. Put fruit and cereal into separate small serving bowls.
2. Scoop ¼ cup of yogurt into each cup.
3. Add whatever fruit you like to the yogurt.
4. Top with a spoonful of cereal.

This is a 3 food-group recipe, perfect for breakfast or as a snack!

FREE SKATING FOR SCHOOLS

Want to take your students skating? Now is your chance! The Healthy Kids Community Challenge will be reimbursing schools for ice rentals to encourage students to get out and be active. Elementary schools can book available times directly with their municipality and arena of choice within the City or County of Peterborough. Make sure to indicate this will be part of the Healthy Kids Community Challenge Free Skate Program.



For more information contact Gerry Barker, Manager of Parks and Facilities for the Township of Cavan Monaghan, at gbarker@cavanmonaghan.net or Claire Townshend, HKCC Coordinator at ctownshend@pcchu.ca or 705-743-1000, ext. 355.

Teachers First

Going abroad? Be Prepared. Expect the Unexpected!

Know Before You Go

Standards of safety, hygiene and medical care in other countries may differ from those in Canada. These differences can seriously affect your health and your ability to access medical help while abroad.

Before departure, you should learn about the health risks in the country or countries you plan to visit, your own risk of disease and the steps you can take to prevent illness and injury. If you feel ill, consider delaying your departure. Health, security and avoiding injury are your responsibilities and should be considered before, during and after travelling abroad.

Consult with a healthcare provider or visit a travel health clinic for an individual pre-travel health assessment, preferably six weeks before travelling abroad. Some vaccines require more than one dose and some can't be given at the same time as others. When booking your appointment, allow for delays, as busy travel health clinics may not be able to see you right away. Also, if available, bring along a copy of your immunization record (history of the vaccinations you've received) to your appointment.

Travel Health Advisory:

In 2015, Zika virus was reported for the first time in a number of countries in Central and South America, as well as in Mexico. Past outbreaks of Zika virus infection have been reported in Africa, Asia and the Oceanic Pacific region. There have been travel-related cases of Zika virus reported in Canada in returned travelers from countries where the virus is known to circulate. There have been no reported cases of locally acquired Zika virus in Canada.

For the latest updates on countries affected by Zika virus, please visit the World Health Organization's website. For the latest map of confirmed cases in the Americas visit the Pan American Health Organization's website.

It is recommended that pregnant women and those considering becoming pregnant discuss their travel plans with their healthcare provider to assess their risk and consider postponing travel to areas where the Zika virus is circulating in the Americas. If travel cannot be postponed then strict mosquito bite prevention measures should be followed to protect against mosquito bites. The Public Health Agency of Canada recommends that all travelers protect themselves from mosquito bites when travelling to areas where Zika virus is circulating. There is no vaccine or medication that protects against Zika virus infection.

Peterborough County-City Health Unit runs a travel clinic. The Travel Clinic is open Tuesday, Wednesday and Thursday from 9:00 a.m. to 4:00 p.m. by appointment only and is located at Jackson Square, 185 King Street, Peterborough. To contact the Travel Clinic please call 705-748-2021.