

School Health Matters

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Peterborough
Public Health

Serving the residents of **Curve Lake** and **Hiawatha First Nations**,
and the **County** and **City of Peterborough**

Electronic version available at: www.peterboroughpublichealth.ca

Walkin' and Wheelin'

We know that kids don't get enough physical activity in a day¹. One way to meet the recommended 60 minutes per day goal for children is to incorporate physical activity into daily routines. Using human-powered modes of transportation, or active transportation, to get to and from school is one way to increase physical activity. Walking, cycling, skateboarding, and in-line skates are just some of the ways that children can get active. In Peterborough, there are many programs available to help your school encourage active transportation through Active and Safe Routes to School.

Spotlight on Pedal Power

Pedal Power is a Bike Safety and Skills course for grade 5 students that is offered by B!KE and GreenUP each spring through funding from the Ontario Trillium Foundation. The curriculum covers bike handling skills and traffic safety through a variety of on-bike drills and games delivered in the schoolyard. Each student receives over six hours of on-bike instruction, allowing students to practice new skills in a positive, safe environment.

In addition to promoting physical activity, Pedal Power gives students the skills and knowledge to navigate their community on bikes, and helps them to become safer and more confident riders. For some students, this is the first time they have the opportunity to ride to and from school. This experience shows them how easy and fun it can be. This year, Active and Safe Routes to School provided 25 bike racks to 13 schools in the City and County of Peterborough, with support from the Healthy Kids Community Challenge, to ensure that when the bike riders got to school they had a safe place to lock their bikes.

How can I get involved?

Last spring, 200 students participated at local schools in the City of Peterborough. In 2016/2017, we have funding to reach even more classes, and would also like to discuss with County schools and teachers how best to bring the program to them. If you want to bring this exciting program to your school, contact Lindsay Stroud at 705-745-3238, ext. 209 or email Lindsay.stroud@greenup.on.ca.

1. ParticipACTION. Are Canadian kids too tired to move? The 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. Toronto: ParticipACTION; 2016.

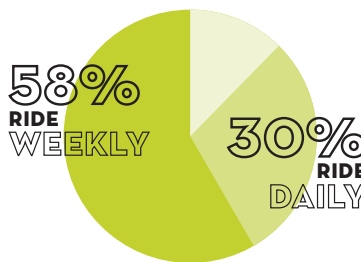
PEDAL POWER

RESULTS FROM THE 2015 BIKE HISTORY SURVEY AND PARTICIPANT EVALUATION

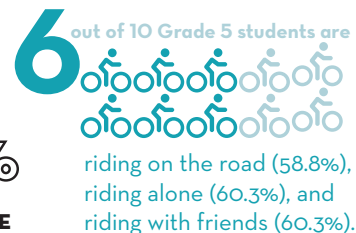
By Grade 5, students have been riding a bike for an average of



Grade 5 students are riding their bike a lot!



By Grade 5, students are frequently riding on roads without adult supervision.



Grade 5 students think Pedal Power is an important course for kids their age.



We want to hear from you!

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

Nutrition Matters

Nutrition Resources

Sip Smart Ontario Classroom Education Program

Sip Smart is a free classroom education program for grades 3 to 7:



- Teach your students how to make healthy drink choices.
- Promote healthy drink choices at school and at school events.
- Take action to reduce intake of sugary drinks!

Visit www.brightbites.ca to sign up free, and access great resources for your class.

Participating schools can win badges, receive recognition, and watch their school transform – one sip at a time! BrightBites leads schools through four steps to earn badges on topics such as water promotion and reducing intake of sugar-sweetened beverages.

Contact your local Public Health Dietitian to get your **FREE School Water Kits:**

- Printed copy of the Sip Smart!™ Ontario Teacher's Resource Guide
- Copies of the Sip Smart!™ Ontario Flavoured Water Recipe Pages
- Water bottles to use as incentives or prizes
- Stickers to label water bottles
- And more!

For information contact

lkennedy@peterboroughpublichealth.ca



Nutrition Education

Water is the best choice to satisfy thirst, for everyone.

Why water?

- Water is free, natural and healthy, and has no sugar.
- Water keeps us hydrated and feeling energetic and alert.
- Want some variety? Add a handful of frozen berries, slices of orange, cucumber or fresh mint in their water bottles for flavour without added sugar.

Encourage your students to bring a water bottle every day!

Did you know?

Sugary drinks, including those sweetened with artificial sweeteners, are the largest source of sugar in children's diets. They "bump out" healthy choices. This makes it hard for children to get the nutrition they need. Some have additives like acid and caffeine that are not good for children.

Whole fruits and vegetables are a better choice than juices. They give more nutrition and fibre, and keep children satisfied longer.

Drinks can be classified into three categories:

Everyday Choices:

♦ Water ♦ Plain milk ♦ Unsweetened fortified soy beverage
These drinks have no added sugar and are the healthiest choices for growing children. Enjoy several times a day!

Sometimes Choices:

♦ 100% Fruit Juice ♦ 100% Vegetable Juice ♦ Flavoured Milks
These drinks have sugar, which children don't need. If offered to children, limit to ½ cup (125ml) a day. Whole fruits and vegetables give more nutrition and fibre, and keep children satisfied longer.

AVOID:

♦ Sports drinks ♦ Fruit drinks ♦ Slushies ♦ Pop & Diet Pop
♦ Energy Drinks ♦ Iced tea ♦ Coffees ♦ Flavoured Coconut Water
♦ Vitamin Enhanced Water

These drinks have added sugar, few nutrients and bump out healthy choices. They are not appropriate choices for children.

Teachers can help make the healthy choice the easy choice!

- Serve water or plain milk at school celebrations.
- Encourage students to bring water bottles, and allow them to refill during the day.
- Set a good example: choose healthy drinks yourself.
- Encourage healthy fundraising – rather than fundraising with pop, freebies, and candy, consider healthier alternatives such as cheese or vegetables and fruit, school apparel, magazines, and balloon-o-grams.
- Healthy rewards – rather than rewarding good behaviour with treats, consider healthy alternatives like extra outdoor or gym time, be a helper in another class, getting a treasure item such as stickers, pencils, marbles, skipping ropes, or hacky sacks.

For more information on sugar sweetened beverages, visit brightbites.ca.

NUTRITION FOR ACTIVE CHILDREN

Sports Nutrition Tips for Children

Fall and winter activities are in full swing, and keeping our young athletes properly hydrated and fueled is key to their success. Share this expert advice from PPH dietitians with your students.

Water is the best hydration choice for:

- light to moderate activities of 90 minutes or less (e.g. baseball, dancing, track and field);
- high intensity activities of 60 minutes or less (e.g. soccer game, hockey game, swimming).

Here are some tips to support your athletes to perform their best

Snack Ideas: cucumbers and crackers; trail mix with nuts, cereal, fruit; vegetables and hummus; cheese and apple; fruit and yogurt smoothie.

Meal Ideas: hummus and veggie wrap with a yogurt; rice, fish, salad and milk; spaghetti with meat and veggie sauce with cheese

- Meals should have foods from all 4 food groups.
- Snacks should have foods from at least 2 food groups.
- Vegetables, fruit, grains, milk and yogurt give athletes energy.
- Milk, cheese, yogurt, meat, eggs, nuts, fish, and beans give children protein to build and repair muscles.
- Children do not need sports drinks. These drinks add extra sugar and salt to the diet and do not impact performance. A small healthy snack and water before the event will help young athletes perform their best.

Pre-Game

- Drink water to stay hydrated, prevent muscle cramps and tiring quickly.
- Offer vegetables and fruits high in water (e.g. cucumber, celery, watermelon, oranges and grapes).
- 2-3 hours before an activity, eat a meal OR 1 hour before, eat a snack.
- Avoid fried foods: fat takes more time to digest and can slow you down.

Mid-Game

- Children do not need a snack: they should arrive with enough stored energy.
- Offer water; sweetened drinks are harder to absorb and can cause upset stomach during sports.
- If a snack is offered, give vegetables and fruit high in water.

Post-Game

- Within 30 minutes after the activity:
- Drink fluids: water, milk, or 100% fruit juice.
- Eat a healthy meal or snack.

For more sports nutrition information, speak to a Registered Dietitian for free by calling 1-877-510-5102 or visit www.EatRightOntario.ca.



UPDATE

Healthy Kids Community Challenge

Peterborough City, County and neighbouring First Nation communities are joining 45 communities in Ontario who are taking part in the Healthy Kids Community Challenge (HKCC) over the next two years. HKCC involves partners from different sectors working together to implement activities to promote healthy behaviours for children age 0-12 years. The first theme of HKCC was **“Run. Jump. Play. Every Day.”**, which focused on increasing opportunities for physical activity and ran until June 30, 2016.

There were several exciting events and projects with local schools:

- HKCC Launch - February 11, 2016
Basketball “Shoot Out” Game @ Highland Heights Public School
Team Mayor Bennett vs. Team Warden Jones
- HKCC Launch Week - February 15 -18, 2016
Featuring...

Swim to Survive

Curve Lake First Nation School



Car Free School Day

St. Alphonsus CES, Peterborough



School Skating Program

Millbrook/South Cavan Public School



HKCC Funding Expanded the Following Programs:

- Spark Bike program at St. Anne CES
- Swim to Survive
- Car Free School Days
- Pedal Power
- YMCA after school programming

HKCC Funded:

- An evaluation of the Healthy PALS recess program
- 20 new bike racks for schools
- “Ski school on wheels” to 20 different schools
- Active Together presentations to 23 classes through the Council for Persons with Disabilities

Special Features

- Promoted the “Peterborough Gets Active Month” April calendar – a calendar filled with FREE activities for children of various ages through schools and the grade 8 March Break Transit Pass
- Promoted the 2016 Central East Physical Literacy Summit for Educators

UPCOMING OPPORTUNITIES

Theme 2: “Water Does Wonders”

The next nine-month long theme is “Water Does Wonders” running until March 31, 2017. This theme promotes water as the best beverage choice for children. See the Nutrition section of this newsletter for Sip Smart™ Ontario and Tips for Teachers supported by HKCC.

HKCC also supports the following projects:

- Researching the relationship between healthy hydration at school, self-regulation and student learning outcomes. Sharing the role of healthy hydration as part of the Foundations for a Healthy School framework.
- Developing a “drink more water” education module at the Peterborough Children’s Water Festival next spring, as well as incorporating this into their Wonders of Water in-class programming this fall.
- Developing a curriculum to support Indigenous children to become “water ambassadors” through Nourish/YWCA. A group of children and families in Curve Lake First Nation will be involved and presentations will be offered to local schools to showcase their work.
- Expanding a food skills after-school program called “You’re the Chef”.
- Sharing key healthy hydration messages through parent councils.
- Upgrading or installing water fountains/bottle-filling stations at community hubs.

Contact the HKCC Coordinator at dmoher@peterboroughpublichealth.ca or 705-743-1000, ext. 355 for more information or to see how your school or classroom can be involved.



Need help teaching the Grade 8 Sexual Health Curriculum?

Peterborough Public Health can help!

A Public Health Nurse from the Sexual Health program
is available to teach grade 8 classes between October and May.

The unit consists of four comprehensive lessons based on
the grade 8 curriculum.

Topics include:

- Reproductive System Review
- Healthy Relationships
- STI's
- Birth Control Methods

To book a class, contact:

info@peterboroughpublichealth.ca
or call **705-748-2021**

Kits and resources are also available at
www.peterboroughpublichealth.ca under
For Professionals | Schools | Educators



The Canadian Cancer Society (Ontario Division), **Evergreen** and **Ophea** have collaborated to provide easy-to-understand information and free tools that support schools in fostering sun safety. Learning about sun safety and how to enjoy the outdoors in a healthy and safe way is an essential part of every child's education.

There are compelling benefits to children playing and learning outdoors. Appropriate sun safety habits are essential to maximize health and enjoyment all year round and prevent skin cancer, one of the most common and preventable types of cancer in Canada.

Schools can practise SunSense by:

- developing their own school SunSense policy.
- building SunSense into everyday school routines.
- enhancing shade on the school grounds.
- increasing awareness about SunSense practices.

For more information:

sunsense@ontario.cancer.ca or call 1-888-939-3333.

Protect Against the Flu and Other Illnesses in Your Classroom!

Germs are always collecting on your hands - when you open doors, wipe a child's face, move objects/supplies in the classroom. You can't avoid germs, but you can reduce the chance of passing them to others by washing your hands often.

The influenza virus causes illness and outbreaks in Ontario every year, typically between the months of November to April. The flu virus is found in the nose and throat and can be spread in one of three ways:

- direct contact (e.g. holding hands)
- indirect contact (e.g. touching a doorknob or used tissue)
- or through the air (e.g. when a person coughs or sneezes and you breathe in those germs)

The flu vaccine is the best way to prevent influenza. Washing your hands and having children in the classroom wash their hands is also an effective and important way to stop the spread of germs.

How can you prevent the spread of illness in your classroom?

- Get the flu shot every year.
- Stay home when sick.
- Teach children to cough or sneeze into their upper sleeve or elbow.
- Avoid sharing cups, utensils or towels.
- Wash commonly-touched surfaces frequently.
- Remind children in the classroom to perform hand hygiene:
 - ♦ Before eating, handling or preparing food
 - ♦ After using the toilet
 - ♦ After wiping or blowing their nose

Remember:

- Don't use a single damp cloth to wash a group of children's hands. Each child should get a clean cloth.
- Don't use a standing basin of water (such as dirty dish water) to rinse hands.
- Don't use sponges or non-disposable cleaning cloths unless you change them daily and clean them using detergent. Germs thrive on moist surfaces.

For information on hand hygiene:

www.caringforkids.cps.ca/handouts/handwashing

For further information on where to get your flu shot:

www.peterboroughpublichealth.ca or
www.ontario.ca/page/flu-facts

Changes for the 2016-17 Vaccine Clinics in Schools

- Human papillomavirus vaccine (HPV) is now free of charge for boys.
- HPV vaccine will be administered to boys and girls in grade 7 (not grade 8).
- Schedule of vaccines will change to include all three vaccines (hepatitis B, meningococcal and HPV) in grade 7.
- This will be the last year of administering the HPV vaccine to grade 8 girls.

Benefits of these school-based vaccines:

- Research has shown that the HPV vaccine can prevent most cases of cervical cancer if all doses are given before a person becomes sexually active. It is also effective in preventing some other cancers, as well as genital warts in females and males.
- The hepatitis B vaccine is 95% effective or more when given appropriately. Hepatitis B is a virus that spreads easily through blood and body fluids. It can cause damage, swelling or cancer of the liver. It is a recommendation when travelling to some countries.
- The Menactra (meningococcal) vaccine protects against four types of the bacteria that causes meningitis. Meningitis is inflammation of the brain and spinal cord and can be deadly.

Tips on how to prepare your class:

Remind students:

- that information and consent forms will be sent home with them in the fall;
- to return the completed consent forms to the school prior to the clinic day;
- to eat breakfast and have an extra juice or small snack the morning of clinic; and
- to wear a short-sleeved shirt under their clothing if it is cold outside.

Refer concerned parents:

- to Peterborough Public Health, Vaccine Preventable Disease Program for more information and to answer questions about immunizations and the options available to anxious students or students with special needs.

For more information please visit

- www.peterboroughpublichealth.ca
- www.ontario.ca/vaccines
- www.immunize.ca

For more information, call the Vaccine Preventable Disease Program at 705-743-1000.

Help Protect Children's Health and Prevent Suspensions

What is the Immunization of School Pupils Act (ISPA)?

- The ISPA is provincial legislation that requires students to be immunized against tetanus, diphtheria, pertussis, polio, measles, mumps, rubella, and meningococcal diseases.
- Children born after 2010 will be immunized against varicella (chicken pox) also.

What happens in schools?

- Public Health reviews students' immunization information yearly.
- A notice is mailed to parents/guardians of students whose immunization records are not up to date requesting that they forward the necessary information to Peterborough Public Health (PPH).
- If the required information is not returned after a specified period of time, the Medical Officer of Health issues a suspension order to the school principal. This means that the child is NOT permitted to attend school until they are in compliance with the ISPA legislation.
- When suspension orders are issued, Public Health will notify the school daily of the names of students who are not in compliance and who therefore, should still NOT be attending school.
- Students can return to school when PPH receives the required information from the parent/guardian.

Where can students get immunized?

- Parents/guardians can book an appointment with their healthcare provider or if they do not have a healthcare provider, they can make an appointment to have their child immunized at PPH by calling 705-743-1000, ext. 139.

How can you help?

- Refer any questions to PPH and ask to speak to a Public Health Nurse in the Vaccine Preventable Diseases Program.
- Identify any students/families that require assistance with this process early and ask parents to contact PPH.



Resource Corner

The Secret Ingredient to Learning

_____ (2 words)
Hint: lacisyhp ytitvca

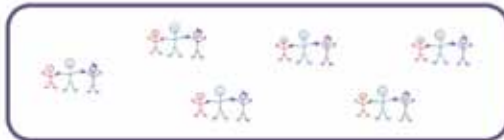
Teachers can support their students by encouraging them to be physically active throughout the school day! According to the newly released 2016 *ParticipACTION Report Card on Physical Activity for Children and Youth* only 9% of Canadian children aged 5 to 17 get the 60 minutes of heart-pumping activity that they need each day. The report highlights the importance of physical activity for healthy brain development, improved learning and academic outcomes. Children who are physically active for as little as 20 minutes a day have more active brains, better standardized test scores, and improved attention in the classroom.

One way to get your students moving is by adding activity to the curriculum such as active math games. Movement will refresh your students while giving them another take on math concepts. These games are super quick and super fun for everyone. Here's a sample game to get you started.

Scramble Groups (time 2-5 minutes)

The teacher calls out a number (3), and the students have 10 seconds to get themselves into groups of that size. It might be impossible for everyone to get in a group every time, but each new number gives everyone another chance. In the basic game, just call out single numbers. Once students get the idea, you can call out addition or subtraction problems (e.g. "get into groups of 7-4."). Don't forget to call out a group of 1 and a group of however many students are in the entire class at some point in the game.

$7 - 4 =$



- ✓ Make sure children never feel ashamed if they don't know the right answer. You can also tweak competitive games to make them collaborative.
- ✓ Your enthusiasm is critical in these games. Figure out your favourites, and expand on them, or get the students to come up with their own variations. If you're having a good time, the students will have a good time too.

For more ideas click:
stage.participation.com search *2016 ParticipACTION Report Card*

Reference:
<http://mathforlove.com> blog *2015/05 Quick Physical Games for the Math Classroom*

Active Brain Breaks

These are great to use any time your students are feeling restless and are struggling to pay attention. Most of these will only take a few minutes, and then you can get back to the lesson with your students ready to focus on the lesson at hand.

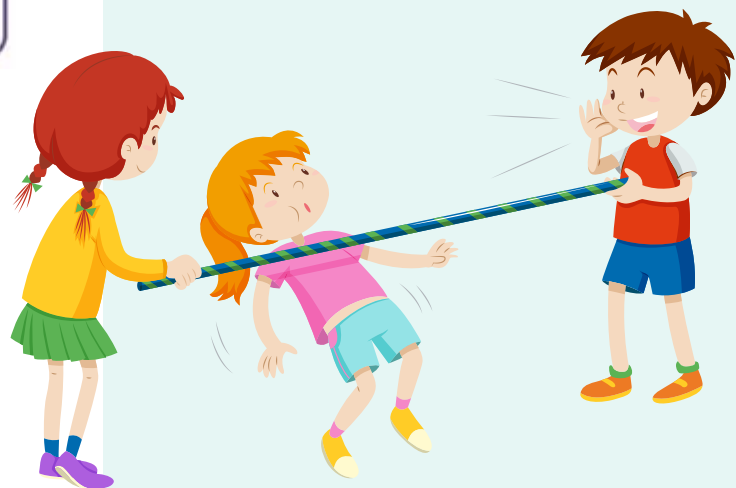
Line Up! Have students line up using a specific criteria such as age (use day and month, not just year), height, alphabetically by middle name, hair length, etc.

Limbo All you need is a long stick and a pair of students to hold it. Music is nice too; better yet, have students choose and organize the music!

Human Knot Divide students into groups of about eight students. Have students each grab right hands with someone who is not directly next to them. Then do the same with left hands. The challenge is to untangle and become a circle without releasing hands.

Jump Skip Counting Have students count by twos, fives, tens etc. while jumping with each count. You could also practice spelling words this way.

Source: www.minds-in-bloom.com search *Three Minute Brain Breaks*



More ways to stay informed!

Protect yourself with the right health information.
Follow PPH on Twitter (www.twitter.com/PTBOhealth),
see us on Facebook (www.facebook.ca/PTBOhealth).

