

School Health Matters

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Spring 2017

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In an effort to show and feel the beauty and power of our breath, students were tasked with creating art – using only their breath, straws and paint.



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

#LML ... LOVE MY LIFE:

Exploring Student Health Through the Lens of Their Mind, Body, and Spirit

Commercial tobacco use rates have plateaued, prompting public health to reimagine how our education and awareness initiatives are delivered. Gone are the days of scare tactics and fearful messages and “in” are more holistic approaches that promote critical thinking and media literacy. Students are bombarded with competing messages all day, every day. We need to equip students with the skills they need to navigate their environment as the messages they are receiving have a direct impact on their health.

In an effort to teach students how to critically think about the world and their place in it, students in Grade 8 from Kenner Collegiate Vocational Institute (KCVI) recently participated in the Love My Life (LML) Tobacco Wise program developed by Peterborough Public Health.

To start the conversation, the students were asked “what are you passionate about?” and “how important are your lungs to that passion?” The responses from students were as varied and unique as the students themselves, with participants talking at length about their love of sports, reading, video games, animals and everything in between. The one common denominator was that having healthy lungs was vital to pursuing all of their passions.

And that is exactly what LML aims to achieve – a conversation about health, bolstered by a series of activities designed to foster positive self-expression. LML addresses commercial tobacco use while meaningfully engaging students of varying social identities in creatively reshaping knowledge into something meaningful.

LML explores one’s overall health by breaking health down into three categories; our mind (feelings, emotions, and mental health), our body (physical health) and spirit (the decisions we make that are informed by our environment).

Here’s what LML looked like at Kenner:

Zentangle: Strategies that Support the Mind

Zentangling is an artistic technique that students can use to deal with stress. It’s a creative outlet that allows students to be more present by allowing them to focus, one pen stroke at a time, on their mind and their mood. There are a myriad of other benefits which are described here: www.zentangle.com/zentangle-theory

Coconut and the Coconut Tree: Strategies that Support the Body

Our mental health (coconut) and physical health (coconut tree) are interconnected – in order to have good mental health, we need to have good physical health and vice versa. Exploring this concept further, the students identified the elements in their lives that support the development of a healthy ‘coconut’ and healthy ‘coconut tree’.

Life’s Breath: Strategies that Support the Body

Regardless of their passions (as noted above), good lung health was a central theme explored during our time at KCVI. In an effort to show and feel the beauty and power of our breath, students were tasked with creating art – using only their breath, straws and paint. The results were a stunning reminder about the importance of good lung health.

Active and Aware: Strategies that Support the Spirit

Using pink balloons to represent healthy lungs, and their classmates’ feet to represent harmful choices, the students were tasked with protecting their ‘lungs’ from harmful choices. As time progressed the area of play got smaller, representing the environment that students had to navigate on any given day. A debrief was then facilitated drawing on previous LML lessons, whereby the students made the connection between the decisions they make, and how that might impact their lung health.

Continued.../3



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.

What did the students learn?

Participants completed a pre- and post-LML self-reflection on the following statements:

1. Emotional intelligence and empathy are ways in which I can connect with other people.
2. Tobacco and tobacco products negatively affect my lungs and body.
3. I understand how lung health is important for the health of my body.
4. I understand that mental health can have a big impact on my ability to use coping mechanisms.
5. I know that stress can present itself in many ways, such as tobacco misuse.

Data showed that engaging the students in creative and unconventional ways increased their knowledge across all statements. Other LML Tobacco Wise approaches are promising as well. Students:

- learned skills in resiliency, stress reduction and tobacco-wise living;
- developed knowledge about the interconnectedness of their mind, body, and spirit;
- practiced skills to achieve a healthy mind, body, and spirit;
- demonstrated positive attitudes about the material; and
- had fun and were engaged by the content.

Thanks to Trent University Nursing Students Alyssa Wilkins and Nick Devries for bringing LML to life, and the staff at KCVI, notably Stefanie Kitchen, Sean Hazeldine, Chris Veno, Tara Sharpe, and Ron MacDonald, for being supportive of this initiative.

LML is curriculum-linked as shown in the table:

Curriculum:	LML Linked Expectations:
Health and Physical Education	<ul style="list-style-type: none">• Grade 7 Healthy Living and Living Skills key topics: CT1.5 “creative thinking skills, making decisions”• Grade 8 Healthy Living key topics: CT1.5 “creative thinking skills, evaluation, making decisions”
Language	<ul style="list-style-type: none">• Grade 7 Language and Media Literacy: “purpose, audience”, 1.2 “interpreting messages”, 1.3 “responding and evaluating”, 2.1 “media forms and elements”

Ontario LML Tobacco-Wise curriculum linked resources are available from PPH to support the development of your students’ mind, body, and spirit. For information contact Keith Beecroft, kbeecroft@peterboroughpublichealth.ca or 705-743-1000, ext. 238.

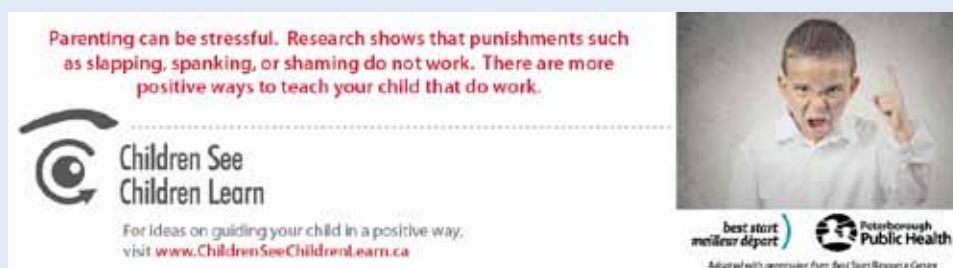
Peterborough Public Health Helps Promote Positive Child Discipline

Parenting can be challenging! It’s sometimes difficult for parents to find ways to guide their children towards appropriate behaviour. Too often, in stressful situations, parents resort to physical and emotional punishments. Children learn that it’s okay to act with others in a similar way. Research clearly shows that physical and emotional punishment can harm children and may have negative lasting impacts on their relationships with others.

Peterborough Public Health (PPH) is taking part in a province-wide campaign to help parents guide their children in a positive way. The central element of the campaign is a new website for parents of children aged zero to six years old: www.ChildrenSeeChildrenLearn.ca. The website offers tips and short videos that show positive discipline techniques.

PPH is offering a local initiative to promote the campaign. During 2017, large billboard-style posters (rink boards) will be on display at several arenas throughout the County and City. The posters encourage parents and those involved with young children to be mindful of their own actions and behaviours in all settings. The website www.ChildrenSeeChildrenLearn.ca is clearly shown on the posters as a resource.

To find out more about this community initiative or to request promotional materials and newsletter content, please contact Public Health Nurses Karly Jessup or Leisa Baker at 705-743-1000, or via email at kjessup@peterboroughpublichealth.ca or lbaker@peterboroughpublichealth.ca.



For individual queries, parents can also be directed to our Family HEALTHline by calling 705-743-1000.

Nutrition Matters

Students Can Learn to Enjoy Vegetables and Fruit!

The *Healthy Kids Community Challenge* theme from April-December 2017 is **“Choose to boost veggies and fruit!”** Schools and school staff can make a big impact when it comes to equipping children with knowledge, skills, and healthy habits. Here are some tips for helping students learn about the enjoyment of vegetables, fruit, and other healthy choices!



- Use a cross-curricular approach to promote the enjoyment and health benefits of choosing vegetables and fruit at every meal and snack. Research skills can be solidified through researching and presenting on an exotic vegetable. Students can develop communication skills through composing letters to the principal to advocate for healthy food options at school events, or writing and filming commercials to “sell” seasonal produce. Math skills can be taught while looking at serving sizes, following recipes, or tasting and graphing preferences of different varieties of fruit, such as apples. Support budding scientists by growing a school garden; students will learn about science and stewardship, and be more inclined to eat what they grow. The possibilities are endless! For more ideas, visit <http://brightbites.ca/badge/zesty-lessons/>
- Use Bright Bites (www.brightbites.ca), a free, web-based program that helps bring healthy eating into the classroom. Bright Bites provides resources and ideas, while allowing schools and classrooms to earn “badges” as they complete easy steps to learn about healthy eating topics. Badges promoting vegetables and fruit include Paint Your Plate, Cook it Up, Green thumb, and more!
- Be a role model. School staff and teachers can influence student behaviour through their own actions, such as eating vegetables and fruit in front of students, or talking about the great taste of fresh produce. Positive role-modelling involves avoiding discussion of weight/appearance, or critique of what students are eating in their packed lunches. Instead, focus on the enjoyment of healthy eating and active living.
- Increase availability of vegetables and fruit at your school. Making vegetables and fruit more available gives students a chance to eat them! Serve vegetables and fruit at school-provided lunches and snacks or promote them as options to bring for classroom celebrations. Sign up your school for the “Fresh from the Farm” fundraiser (www.freshfromfarm.ca), which allows schools to sell fresh Ontario grown produce to raise funds.
- Experiential learning works! You can use any opportunity where food is available at school to expose students to healthy options. Invite students to explore vegetables and fruit with all five senses: touch, smell, hearing, sight, and taste. For example, allow students to feel the skin of a mango, smell its sweetness, see what the inside and outside looks like, and enjoy its texture and taste. Cooking and garden visits are great experiential learning opportunities.

How Our Garden Grows

Gives us food
Air comes from plants
Rain helps the garden grow
Digging in the dirt
Every plant needs to grow
Needs worms, butterflies,
bees, soil, sun, water, air
and love.

*Kindergarten,
Chemong Public School*

For information on nutrition, visit www.eatrightontario.ca or call 1-877-510-5102 to speak with a Registered Dietitian for free.





SUNSENSE

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.
- sharing information with parents, such as "New Family Rule" video.

Why a New Family Rule?

How to keep our kids safe is a big responsibility.

Some rules are non-negotiable: seat belts in the car, helmets for biking, life-jackets for boating and staying off the road. Other rules seem a bit more flexible and as parents we find ourselves giving a little leeway here and there: jumping on the bed and not worrying about proper sun protection.



Sun protection is important because the consequences of not protecting children's skin are serious. Most people are not aware that skin cancer is the most common form of cancer in Canada, accounting for nearly the same number of new cancer cases as lung, breast, colorectal and prostate cancer cases combined. And while the incidence of most cancers is decreasing, the incidence of melanoma, the most serious and often fatal form of skin cancer is increasing.

Skin damage from the sun is permanent. One severe sunburn in childhood doubles ones chances of getting melanoma. The good news is that the majority of melanoma cases can be prevented. Since sun/UV exposure is the primary cause of melanoma and other skin cancers, the best way to reduce one's risk is to protect their skin.

It's time to make sun protection your #newfamilyrule.

For more information about SunSense, contact: sensesense@ontario.cancer.ca or call 1-888-939-3333.

Fight the Bite!

Peterborough Public Health offers interactive educational sessions on Lyme disease and West Nile virus (WNV) to schools within the County and City.

Education is key in preventing the spread of Lyme disease and WNV. These sessions help to create awareness and provide students with the information they need to protect themselves during the summer months.

Presentations are:

- primarily classroom-based;
- focused on prevention and personal protection;
- 30 minutes in length;
- interactive and use a smart board; and
- suitable for Kindergarten to Grade 6/7.

If you are interested in having Peterborough Public Health staff speak at your school, please contact us as soon as possible at 705-743-1000, ext. 240 to book presentations from May 29 - June 23, 2017.



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



Active Ways to Travel to School

Active transportation is a great way to keep kids active. A daily routine including active transportation helps students reach the recommended goal of 60 minutes of activity per day, and kicks off the day with a little fun and fresh air. In the winter active transportation usually means walking, running, maybe even skiing but now that spring is here we can add a little rolling – cycling, scootering, or skateboarding.

Car Free Wednesdays:

Car Free Wednesdays, a yearlong program through Active and Safe Routes to School, encourages active and efficient transportation in Peterborough schools. Schools can participate by using the promotional package to remind students to walk, roll or bus every Wednesday. Schools can also register for prizes by completing quick monthly surveys that track student travel choices.

Educators participating in Car Free Wednesdays have remarked that students arrive to school more alert and ready to learn. Students become more familiar with their communities and routes to school. Active and efficient transportation to school can help the whole family build daily physical activity into a busy schedules, and helps students develop good habits to be active for life.



Pedal Power:

Whether students choose to cycle as part of Car Free Wednesdays, or enjoy cycling in their community, B!KE and GreenUP want students to be confident and competent cyclists. Each spring B!KE and GreenUP, funded by the Ontario Trillium Foundation, team up to offer Pedal Power.



Pedal Power is a bike safety and skills course for grade 5 students consisting of five 75-100 minute lessons. Students learn bike handling skills, traffic safety, and ride preparedness through on-bike drills and games right in their schoolyard. B!KE and GreenUP can provide extra bikes and helmets to ensure everyone is able to participate.

More information about Car Free Wednesdays and Pedal Power is available at www.peterboroughmoves.com, or by contacting Jaime Akiyama at 705-745-3238, ext. 210 or Jaime.akiyama@greenup.on.ca.

Concussion Ed App

Concussion Ed is Parachute's newest mobile application that provides users with best practice, interactive resources and tools around how to prevent, recognize and manage concussions. Supported by the Public Health Agency of Canada, this free app is available in the Apple App Store, through Google Play and at www.ConcussionEd.ca. This app was developed for youth, parents and educators, but covers concussions throughout different scenarios for a wide audience. Available in English and French. **Download it today!**



For more information go to: www.parachutecanada.org/concussion/whattodo



Help Protect Our Children and Prevent School Suspensions

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

- The ISPA is provincial legislation that requires students to be immunized against certain diseases. These diseases include: tetanus, diphtheria, pertussis, polio, measles, mumps, rubella, meningococcal, and varicella (chicken pox) for those born after 2010.

What happens in schools?

- Public Health reviews student immunization records yearly.
- A notice is mailed to parents/guardians of students whose immunization records are not up to date requesting that they forward necessary information to Public Health.
- If no information is returned after a specified period of time, a suspension order is issued by the Medical Officer of Health to the principal of the school. The student is not permitted to attend school until compliance is achieved.
- When suspension orders are issued, Public Health will notify the school daily with the names of students who are not in compliance; these students should still not be attending school.

Where can students get immunized?

- Students can book an appointment with their healthcare provider or if they do not have a healthcare provider, they can make an appointment at Peterborough Public Health's routine immunization clinic by calling 705-743-1000, ext. 139.

How can educators help?

- Refer any questions to Peterborough Public Health; 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 contact Peterborough Public Health if possible.



From the desk of
Dr. Rosana Salvaterra,
Medical Officer of Health



Human Papilloma Virus (HPV) Vaccine Prevents Cancers

So far, only about 60% of eligible students in Peterborough have received full protection with Human Papilloma Virus (HPV) vaccine. Teachers can play an important role in encouraging the health literacy of their students and improving their knowledge and understanding of vaccines.

This past year, Ontario introduced coverage for the HPV vaccine for boys, and moved the timing of the vaccine to Grade 7 – this helps in two ways: it provides more time to ensure that students receive full protection before graduation from elementary schools, and it allows us to use a two-dose schedule rather than the three doses recommended for adults. Gardasil, which is the brand name of the vaccine currently being offered, protects against four strains of HPV: two that cause genital warts and two that cause cancers. A new version of the vaccine protects against nine different strains with the addition of five cancer causing strains. We are hoping that Ontario will offer the HPV-9 vaccine soon.

In North America, about 70% of sexually active persons will become infected with HPV in the course of their lifetime. However, if given before an individual becomes sexually active, the 9-strain vaccine can prevent up to 90% of cervical cancers and anal cancers. The vaccine can also protect against HPV cancers in other parts of the body, like the mouth and throat. Already, in countries with greater than 50% uptake of vaccine in girls, rates of HPV infection are plummeting by almost 70% and rates of abnormal pap tests are falling. In fact, the HPV vaccine has the possibility of doing away completely with pap testing, as more and more cervical cancers are prevented.

Some parents were worried that the HPV vaccine might cause girls to become sexually active at an earlier age. This is not the case. Research has shown no increase in either pregnancy or sexually transmitted infections in girls who have been vaccinated, when compared to non-vaccinated girls. In addition, with millions and millions of doses now administered, we can be confident of the safety of this cancer-preventing vaccine.

For more information, check out reliable sources of information at:

HPV Ontario
www.health.gov.on.ca/en/ms/hpv/
Peterborough Public Health
www.peterboroughpublichealth.ca

Resource Corner

Skills + Confidence + Motivation + Lots of Opportunities = Physical Literacy!

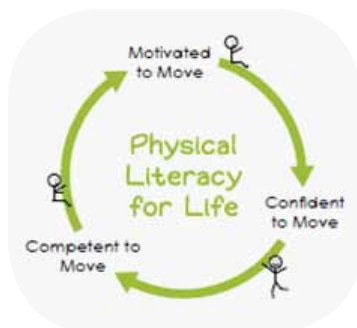
did
YOU
know

...that the 2016 Participaction Report Card on Physical Activity for Children and Youth, gave Canadian children a D+ when it comes to physical literacy? Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. According to the report card only 44% of 8 to 12-year-olds met the minimum recommended level!

Elementary school years are an important time for developing physical literacy. Fun games and active play allow children to develop the movement skills and confidence they need to form a foundation for a lifetime of physical activity and health. Regular physical activity also improves learning and academic outcomes.

Educators can support students by:

- Providing opportunities for children to learn skills like running, jumping, throwing and catching, through games and activities that are non-competitive and inclusive.
- Asking ALL students to identify the types of activities they would like to learn.
- Encouraging individual improvement and avoiding comparison to others.
- Exploring and expanding their own understanding of physical literacy.



Contact Us:
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For more information visit:

<http://northumberlandsportsCouncil.ca/central-east-physical-literacy-partnership>

Add Active Math Games to Your Classroom

Add some physical activity to help your students improve their numeracy skills. These math games are sure to appeal to the kinesthetic learners in your class!

Stand Up/Sit Down

When the teacher says the number 10, students stand up. Any other number, they sit down. Call out addition or subtraction problems such as "7+3" and "14-5"; pick appropriate sums and differences for your students to solve mentally. There are endless variations.



For example:

- stand when the number is larger than 5; sit if it is 5 or below.
- stand when the number is even; sit when it is odd.
- stand if the digit 1 appears in the number; sit otherwise.

Source: <http://mathforlove.com/2015/05/quick-physical-games-for-the-math-classroom/>

Musical Math

Teachers place index cards with math problems around the perimeter of the room (problems face up). Have the students spread out around the perimeter of the room. Start the music and the students walk in a predetermined direction (clockwise or counter clockwise). When the music stops, students freeze and pick up the index card closest to them. The students do the math problem then flip the card over to check their answer. As the music starts, the students place the card face up on the floor and begin walking.



Mathematical Ball Toss

Students will have a partner and a small, light weight ball. The teacher will write a problem on the board. The students will determine the answer and then toss the ball back and forth with their partner the correct number of times.



www.getfit.tn.gov/kids/lessons_math.aspx