

# School Health Matters

Volume 13 - Issue 2  
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## Inside this Issue...

Free Cycle Café

The Daily Mile

Car Free Wednesdays

Your Class Can Cook!

School Gardens

Radon Gas

Resource Corner

## FREE CYCLE CAFÉ

- Food
- Relationships & Support
- Clothes
- Personal Care Items
- Resources



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](http://www.peterboroughpublichealth.ca)

# COVER STORY

## Partnerships Support “Free Cycle Café” At Queen Elizabeth Public School

What do a cup of Starbucks coffee, a pair of gently used jeans, and a bottle of shampoo have in common? They’re all items that are available at the Queen E Free Cycle Café! Families at Queen Elizabeth Public School can drop in at the new monthly “Free Cycle Café” thanks to the school’s strengthened partnerships with community services and organizations.

The greatest influences on a person’s health are the social determinants of health including (but not limited to) income, education, living environments, employment and social supports. Health and education are closely connected, and the impact of the relationship starts early. Early childhood is a crucial period for brain development and requires adequate nutrition, exercise, sleep and support to reach optimal outcomes. For the education sector, the well-being of pupils (and teachers) is key to success at school. Having enough nutritious food to eat, a safe place to play and be active, and feeling good about yourself are all important factors for children to be ready to learn. Unhealthy students are less able to concentrate and learn, have increased levels of absenteeism and may eventually drop out of school. The higher education a person obtains, the more resources they will likely have to support their health and well-being. By improving students’ literacy and health literacy we can change inter-generational patterns of disadvantage that are associated with health inequities. The Free Cycle Café is one strategy to provide the best possible foundation for learning to all students at Queen E.

The Free Cycle Café provides a one-stop shop on the first Tuesday of the month where parents and students can:

- access free cycle clothing;
- pick up personal care items;
- find out about community programs such as recreation and child/youth organizations;
- talk to public health and school staff about parenting, relationships and child development;
- taste-test healthy snack recipes... and more!

“Kids grow so fast! Who doesn’t need the next size up of clothes and shoes?” says Corystall DeWitt, Child & Youth Worker. “It seems that they hardly get to wear clothes before they’re too small. One thing the Free Cycle Café offers is gently used clothing that still has a lot of wear in it!” The Café also provides a variety of hygiene products, recognizing that these items can be expensive to purchase but can significantly contribute to a person’s well-being.

Starting this fall, Queen E families will be able to purchase the Peterborough YWCA’s monthly Fresh Produce Box at the Free Cycle Café. The Box makes a wide variety fresh produce available at a very reasonable cost, and subsidies are available. Families that purchase the Fresh Produce Box at full cost (a bargain at \$22/large and \$14/small box) contribute to a subsidy for those who need it; everyone wins! Fresh Produce Boxes are delivered directly to schools that order four or more. “The Free Cycle Café has been a great success in helping us connect with more families in our school community”, says Principal Julie Hoyt. “We’re excited to continue meeting with parents at the Café this year. Along with our community partners like Peterborough Public Health, we’re here to listen and respond to parent needs. We’re building our community.”



### ***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.



The Daily Mile is an initiative that is quickly gaining momentum in the UK and other European countries.

The aim of The Daily Mile is simple - children get fit by running, jogging or walking for 15 minutes a day. The great thing is that this daily exercise is not scheduled. Teachers take their class out at a time of their choosing and it only takes 15 minutes. It is not PE, sport or cross-country but a physical activity which is aimed at improving the children's physical, social, emotional and mental health. These 15 minutes of uninterrupted activity can help children to focus and concentrate in the classroom... and it's a craze we hope catches on in Peterborough!

## 10 Core Principles:

-  15-minute turnaround from desk to desk
-  100% participation including all children
-  Children run in their school clothes
-  It's not competitive, it's social and fun
-  It happens outside in almost all weather
-  Children can run, jog, walk or wheel at their own pace
-  Keep it simple
-  Mark out a path; 5-10 laps works well
-  Risk assess your path – involve the children for 'active learning'
-  There's no need to warm up, no set-up, and no tidy-up – straight outside and off they go!

Information taken from:

- <http://thedailymile.co.uk/>
- [www.participaction.com](http://www.participaction.com) search This is why 60 minutes of physical activity should be mandatory in schools



## Car Free Wednesdays

We know that children don't get enough physical activity in a day. 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. Active and Safe Routes to School Peterborough's Car Free Wednesdays program is available to help your school encourage active transportation.

### How can I get involved?

Last spring in Peterborough, 4000 students at 13 elementary schools, actively participated in Car Free Wednesdays. Schools can use the simple promo packages to remind students to walk, roll or bus every Wednesday or register for prizes by completing quick monthly surveys that track student travel choices. This year we are bringing back the Golden Sneaker Challenge, rewarding the top class in each registered school with a pizza party provided by Active and Safe Routes to School Peterborough. Plus watch for Cool Captain Climate to pop up at Car Free Wednesdays schools for some fun active transportation promotion.

If you are a teacher, principal, staff member, student or parent who would like promotional materials or to register for prizes, please contact: Jaime Akiyama, Coordinator, Active and Safe Routes to School at 705-745-3238, ext. 210 or [Jaime.akiyama@greenup.on.ca](mailto:Jaime.akiyama@greenup.on.ca).

Check out [peterboroughmoves.com](http://peterboroughmoves.com) for more information.



# Nutrition Matters

## Keeping Green Thumbs Engaged All Winter

Putting your school garden to bed for the winter doesn't mean that gardening needs to stop. Here are some ideas to keep your gardening students engaged over the fall and winter months:

- Plant a fall crop of vegetables that like cooler weather and mature quickly such as lettuce, kale, beets, spinach and radish. Kale will be perfectly edible even after a snow fall!
- Plant garlic now for harvesting next year! This is a great opportunity to teach your students about how nature works through the seasons, and how to plan now for future outcomes.
- Look at the window space available in your school - do you have south facing windows that get sun all winter? Try growing window sill container gardens of herbs and micro-greens.
- Investigate the feasibility of a grow tower or indoor portable "green house" to keep growing students' favourite crops all year.
- Plan to save seeds from some of this year's harvest, to be planted next year.
- Use the winter months to dream a little and plan for next spring's garden. What do students want to grow? When do the plants need to be started, and can you do that at school? What materials do you need?
- Collect soil samples from your garden area (or planned garden area) and have students analyse the samples with magnifying glasses and microscopes.
- Build your garden soil this fall using "[lasagna gardening](#)", composting, collecting and mulching with leaves.

## Your Class Can Cook!

Cooking with students is not only fun, but links across curriculum, and equips students with confidence, life skills, and healthy habits. Students can follow or create recipes in groups, using the base hummus recipe below, or other recipes. Try adding ingredients from your school garden, or local market/grocery store.

Here are some "tried and true" ways to boost veggies and fruit by linking cooking with curriculum:

### Math

- Add, subtract, multiply or divide fractions or whole numbers to modify the recipe yield
- Convert recipe measurements between different units
- Calculate the cost of ingredients

### Language

- Write out the recipe instructions
- Present recipe to peers

### Art

- Draw what the final recipe will look like, or design the packaging
- After cooking, plate the recipe in an attractive way, identifying colours and shapes

### Science

- Practice sustainability and stewardship: Recycle packaging and compost food scraps
- Incorporate liquids and solids into the recipe
- Incorporate a root, stem, leaf, and fruit into the recipe

## Chef's Hummus Dip (Base Recipe)

### Base:

- 1 (15 ounce) can garbanzo beans (chickpeas), drained
- 2 tablespoons oil (e.g., olive or canola)
- 1 tablespoon fresh lemon juice
- 3 cloves garlic, crushed
- 3 tablespoons seed butter, such as tahini (sesame seed butter) - optional
- 1/4 cup water (or more, as needed to achieve a thick dip consistency)

### Possible Add-ins:

zucchini, roasted beets/squash/sweet bell peppers, tomato, dill, basil, oregano, parsley, paprika, cumin, onions (and more!).

### Serve with:

fresh vegetable sticks such as carrots, cucumbers, celery, zucchini or peppers. Spoon into a tortilla with leafy greens, or use as a salad dressing.



### Do you need equipment to start gardening or cooking with your class?

Contact Anne at [agallant@eterboroughpublichealth.ca](mailto:agallant@eterboroughpublichealth.ca) for help with finding resources.

### Can't wait till November?

Find FREE resources to boost veggies and fruit in your classroom at [www.healthykidsptbo.ca](http://www.healthykidsptbo.ca) or [www.brightbites.ca](http://www.brightbites.ca).



# HEALTHY KIDS

## COMMUNITY CHALLENGE

### PETERBOROUGH

Peterborough City, County and neighbouring First Nation communities are among the 45 communities in Ontario taking part in the **Healthy Kids Community Challenge** (HKCC) until 2018. HKCC involves partners from different sectors working together to implement activities to promote healthy behaviours for children age 0-12 years.

Find us here: [www.healthykidsptbo.ca](http://www.healthykidsptbo.ca)

 [HKCC Peterborough](#)  [@HKCCPtbo](#)

## Thank You for Your Participation in Theme 2 Water Does Wonders, July 2016 – March 2017!

The second theme of HKCC was “Water Does Wonders!”, focused on promoting water as the best beverage choice for children. There were many exciting HKCC-supported projects for school children, educators and families during theme 2. These included:

- “HKCC Water Month” in schools during February, with opportunities to win prizes. Integrated activities with the “Sip Smart!™ Ontario” badge on [www.brightbites.ca](http://www.brightbites.ca).
- Researched and shared the relationship between healthy hydration at school, self-regulation and student learning outcomes (Partnering with the MEHRIT Centre).
- Nibi Giinwiindawan (We Are Water) curriculum developed collaboratively with staff from the Nourish Project and children and families in Curve Lake First Nation. The curriculum focuses on water with emphasis on traditional Indigenous knowledge.
- Hosted an educator professional development day to share water resources above.
- Created a “[Nutrition at School For Healthy Kids](#)” video available at the “Ptbohealth” YouTube channel.
- Shared resources and support materials with schools, including hundreds of water bottles!
- Supported the “Drink More, Use Less” module of the Wonders of Water program through GreenUP/Peterborough Children’s Water Festival.



You can find many of our resources at [www.healthykidsptbo.ca](http://www.healthykidsptbo.ca) click the “Water Does Wonders” link.

## BOOST VEGGIES AND FRUIT: Garden and Cook with Your Class!

The current theme for the Healthy Kids Community Challenge is “Choose to Boost Veggies and Fruits” which is about encouraging children and families to make vegetables and fruits a part of every meal and snack. This fall, local programming and initiatives in the community, schools, recreation centres and local businesses will be working to support kids in eating more vegetables and fruits by:

- Increasing access and availability in the places where children spend time and
- Improving their knowledge, skills and behaviours around healthy eating.

Schools gardens and curriculums that involve hands on activities are great ways to improve students’ knowledge and attitudes around healthy eating. See page 6 for some great examples of local schoolsthat are doing just this.



## SAVE THE DATE: Friday, November 17, 2017 Educator Workshop Integrating Veggies and Fruit across the Elementary Curriculum

The Healthy Kids Community Challenge is offering a morning of professional development for educators on Friday, November 17 at Peterborough Public Health in downtown Peterborough. Hear what others are doing to boost veggies and fruit at their schools through cooking and gardening, participate in hands-on demonstrations, and receive free resources. Release time and light lunch is provided!

This FREE workshop is made possible by Healthy Kids Community Challenge.

For more information or to register, contact: Claire at [ctownshend@peterboroughpublichealth.ca](mailto:ctownshend@peterboroughpublichealth.ca)

## A SCHOOL GARDEN STORY

### R. F. Downey School is Green!

Submitted by Miss Parsons and the R. F. Downey Green Thumbs

Listen to this tale of a group of enthusiastic gardeners at R. F. Downey known as the Green Thumbs. Together, this lively group weeds, dead-heads, plants seeds, digs in dirt, manages the garden shed, hauls soil and compost, among many other gardening activities.

In the fall, we put in shallots and prepped our garden beds for winter. We also enjoyed time just playing in our beautiful habitat. We talked about plans for our spring gardens for the time after they had enjoyed a long winter's nap.

This spring we were fortunate enough to receive plant donations from community members, especially rhubarb, to rebuild our rhubarb patch which was taken from our yard last summer. A variety of herbs, tomatoes, and vegetables have found their way into our garden as we carefully sowed seeds and planted flowers in our school gardens. Miss Taylor, a student tutor, helped us make bee homes to put in the trees around the yard so we could show our care for the bee population.

With two new raised beds this spring, we are learning to prepare the beds to maximize moisture protection with plastic sheeting on the ground, layered with newspapers and cardboard before adding a combination of soil and compost. This will be the new home for our rhubarb patch and yummy vegetables such as squash.

Lia, Emma, Kaitlyn, Ryan, Madison, Lily, Abi, Madison N., Emily, Edana, Aislin, and Miss Parsons enjoy sharing personal gardening experiences. Miss Parsons gave each gardening club member a packet of wildflower seeds to take home to plant. From all the trays of seedlings planted, our gardeners were able to take home a selection of different plants and flowers to create their own home gardens.



### St. Anne School Gardens

Submitted by M. Lavoie

Our school has various types of gardens: a flower, a butterfly, a shade and a vegetable garden. This year we plan on adding a First Nation garden and a pumpkin patch. Our vegetable garden consists of three large raised beds and one smaller raised box for herbs. We grow peas, beans, lettuce, broccoli, tomatoes, carrots, peppers, cabbage, kale, potatoes and more. We usually have a garden day in late May where students and volunteers come out to help beautify and add new plants. We order compost from the city and mulch from a local company. Students get busy with buckets, shovels and wheelbarrows. Part of the harvest in the fall is sold at our open house in September and some of it is used for cooking in the classroom. We hope to be able to make our own spaghetti sauce for a dinner gala in September. We purchased cooking supplies this year to be able to cook with students. Next year we plan on buying grow lights and installing a grow tower to extend our growing season during the winter months.



## School-Based Vaccine Program

Registered Nurses will be in the schools starting in September to administer the publicly-funded school-based vaccine program. This program includes the following vaccines:

- Human papillomavirus;
- Meningococcal; and
- Hepatitis B.



### Benefits of 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 recommended when travelling to some countries and for certain professions (i.e. health care provider, etc.).
- The Menactra 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 for clinic day:

- Remind students to return the completed consent forms to the school prior to the clinic day.
- Remind students to eat breakfast and have an extra juice or small snack the morning of clinic.
- If it's cold outside, remind students to wear a short-sleeved shirt under their clothing.
- Refer concerned parents to Peterborough Public Health for more information and answers to questions about immunizations.
- There are options available for anxious students or students with special needs; please discuss this with the nurse prior to the start of the clinic.

Information will be sent home with students in the fall, along with consent forms for these vaccines.

For more information, please visit

- [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca)
- [www.ontario.ca/vaccines](http://www.ontario.ca/vaccines)
- [www.immunize.ca](http://www.immunize.ca)

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

# Teachers' First

## Radon Gas

Radon gas – you can't know if it's there if you don't do the test. It's simple: purchase a do-it-yourself kit and place it in your basement for three months then mail it to the lab and compare your results to the Health Canada guideline.



Radon is an invisible, radioactive gas that comes from the ground.

- Radon is the second leading cause of lung cancer.
- 3000+ people/year die from radon-induced lung cancer.
- Radon is in all buildings.
- The only way to know how much radon is in your home is to test for it.
- Radon is easy to test and easy to reduce.

### How to Reduce Radon in your Home

Buy a kit at your local hardware store and test your home and if your level is above the guideline of 200 Bq/m<sup>3</sup> there are several things you can do to lower it:

- Ventilate the basement (typically performed by a contractor).
- Increase home ventilation.
- Seal all cracks and openings in the foundation.

**TEST and REDUCE RADON** to protect against lung cancer - **Take Action on Radon Now** visit [www.takeactiononradon.ca](http://www.takeactiononradon.ca)

For more information on radon, visit [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca) go to My Home Environment | My Environment | Health Hazards | Radon or contact Wanda Tonus, Public Health Inspector at 705-743-1000, ext. 285

More ways to stay informed!

Protect yourself with the right health information. Follow PPH on Twitter and Facebook @PTBOhealth



# Resource Corner

## Why was Cinderella never part of the basketball team?

Because she ran away from the ball...

Teachers... want to know a great way to ensure your little Cinderellas and Prince Charmings will never run away from the ball or other physical activities?

### Bring the Healthy Pals Program to Your School!

Healthy PALS is a playground program that encourages children to be active at recess and/or lunch hour. The aim of the program is to increase physical activity, decrease conflict and reduce playground bullying while providing a leadership opportunity for grades 5 to 8.

Spaces for Healthy PALS leader training are limited so please contact Anne Gallant [agallant@peterboroughpublichealth.ca](mailto:agallant@peterboroughpublichealth.ca) to register for this awesome workshop!



## Need help teaching the 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**.

To learn more, go to [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca) | For Professionals | Schools | Educators under Class Presentations in the right sidebar.

To book a class, contact: [info@peterboroughpublichealth.ca](mailto:info@peterboroughpublichealth.ca) or call 705-748-2021



## TEACHERS: Free curriculum-linked resources are available on the PPH website.

Go to [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca) | For Professionals | Schools | Educators then choose your grade level, and download from a choice of topics.

**Can't find what you're looking for?**  
Contact Anne Gallant, School Health Liaison at [agallant@peterboroughpublichealth.ca](mailto:agallant@peterboroughpublichealth.ca).

