

School Health Matters

Volume 1 - Winter 2011

Healthy
Schools
In Action:
Queen Mary
Public School
Farmers'
Market Tour



Check out
School Health
Matters
new look!

Peterborough County-City
HEALTH UNIT
...because health matters!

www.pcchu.ca

Table of Contents

When A Child Is Sick	1
Winter Weather Wisdom	1
Queen Mary Public School Farmers' Market Tour	4
Nutrition Tools for Schools: <i>Creating a Healthy School Nutrition Environment</i>	5
Healthy Lunches	5
It's Time to Think Spring and School Gardens!	5
TEACHERS' FIRST Emergencies Can Happen Anytime and Anywhere	2
Peterborough YOUth Talk	2
Vaccinations for Grade 7 Students	2
Peterborough Healthy Families	3
Spotlight on Peer Led Intramural	3
Care for Kids Program	3

When A Child Is Sick

The Canadian Pediatric Society has information for parents and teachers on common communicable diseases at:

www.caringforkids.cps.ca/whensick/index.htm.

Refer to this site for information on:

- symptoms of diseases;
- how diseases spread;
- how to prevent diseases; and
- what parents can do.

The Public Health Agency of Canada also has detailed information on communicable diseases at:

www.phac-aspc.gc.ca/id-mi/index-eng.php.

For more information, call 705-743-1000, ext. 135.

We want to hear from you!

If you have any questions, comments or need help finding health resources, please give our School Health Liaison a call at 705-743-1000, ext. 314 or email us at school@pcchu.ca.

Winter Weather Wisdom



Follow these tips to ensure that the cold doesn't take a bite out of winter fun!

Frostbite is a condition where both the skin and the underlying tissue are frozen.

To prevent frostbite...

- wear a hat that covers the ears;
- use mittens instead of gloves;
- dress in layers;
- make sure clothing stays dry;
- make sure boots are well insulated;
- ensure children wear snowsuits that protect from the wind;
- avoid skin contact with metal objects; and
- be aware of the wind chill factor.

Hypothermia occurs when your body loses heat faster than it can generate it.

To prevent hypothermia...

- ensure children dress appropriately for the weather conditions;
- avoid going outside when wind chill is -26°C or lower;
- encourage children to wear a hat/hood;
- wear wind-proof clothing; and
- provide space for children to dry clothes and mittens between recesses.

Consider having a box of extra clothing available in the school and developing winter dress code practices and guidelines especially when out on winter field trips.

To learn more visit www.pcchu.ca/extremecold.

Peterborough Healthy Families Spring 2011 Workshops

All Workshops are held at:
Peterborough Public Library, Auditorium
345 Aylmer St. North

Controversies Regarding Attention Deficit Hyperactivity Disorder

with Dr. Kevin Nugent, Child Psychiatrist
Tuesday, March 22 from 7:00 p.m. to 9:00 p.m.

All About Eating In 4 to 12 Year Olds: Helping Your Child Become a Competent Eater

with staff of the PRHC Family and Youth Clinic
Thursday, April 7 from 7:00 p.m. to 9:00 p.m.

FREE

Everyone is Welcome to Attend

For more information, call
705-742-3803 OR 1-800-386-6561

Spotlight on Peer Led Intramural Programs



Peer led intramural programs put the focus on fun rather than scoring, and participation rather than competition. Here are five great resources for intramural activities that will get everyone involved!

PROPS (Peers Running Organized Play Stations)

www.durham.ca/departments/health/schools/props.pdf
www.durham.ca/departments/health/schools/propsPostersColour.pdf

Outdoors: The Ultimate Playground

www.toronto.ca/health/playground/index.htm

Winter Active Games

www.ophea.net/sites/default/files/resource/2010/05/winter_active_game_ideas2_pdf_11906.pdf

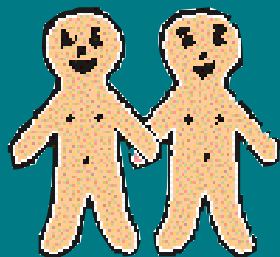
PlaySport

www.playsport.net/en/

Recess Revival

www.ciraontario.com/content/RecessRevival.pdf

For more resources, call 705-743-1000, ext. 330.



Care for Kids Program Early Childhood Sexual Health and Abuse Prevention Workshop

Do you work with children between
the ages of 3 to 8 years?

Would you like to learn more about
effective abuse prevention messages?

Through fun and creative activities, you will
learn how to teach children about their bodies,
babies, feelings and touch boundaries.

Come to a two-session workshop on
Wednesday evenings

7:00 p.m. to 9:00 p.m.

March 23, and March 30, 2011

at Peterborough County-City Health Unit
10 Hospital Drive, Peterborough

The Care for Kids Program has been widely
used in daycares and primary classes in
Peterborough City and County.

Call 705-743-1000, ext. 235 for more information.

Call 705-743-1000, ext. 281
by March 11, 2011 to register.

Queen Mary Public School

Farmers' Market Tour

In October, Queen Mary Public School Grade 5 and 6 students walked to the Peterborough Wednesday Farmers' Market. The students did a scavenger hunt that had them taste prepared foods, meet local growers and vendors, and learn more about the food that grows in our area. The hunt included questions for vendors about their products and produce.

The students had a great time sampling food and the favourite, perogies, nudged out the pakora and spring rolls by a slim margin. After the sampling, the hard work began. The students purchased ingredients to make pizza sauce. In addition to tomatoes, carrots, peppers and onions, we had them pick up zucchini to 'hide' in the sauce and boost the nutritional content. They also bought all fresh herbs including parsley, oregano, basil, and lots of garlic. The students were really amazed at how much fresh produce and food you could buy with \$20.

Once the sauce ingredients were in the wagons, they picked the fall favourite of Ontario, APPLES. They bought seven different types of locally grown apples for tasting in the classroom, and four bushels of Empire Apples from Allin's Orchard to share with the rest of the school.

Back at school, the students taste tested the apples with two different types of locally produced Maple Syrup. The deeper flavour of the medium maple syrup was the winner. The kids were amazed that the apples had been picked just the day before, and at the difference in taste compared to apples from the supermarket.

On Friday October 8, the entire school participated in the Great Big Crunch! Our Grade 5 and 6's washed and distributed apples to the entire school population in our school yard. It was a gorgeous day and all 387 students and teachers bit into an apple at the same time. It was a perfect start to the Thanksgiving weekend.

The following week, both classes took turns washing, chopping, and grating vegetables for the sauce. The boys had a great time cutting onions and garlic and

seeing who would 'cry' first. Everything was simmered into a delicious fresh pizza/pasta. The fresh herbs and veggies made a great tasting sauce, and the kids thought it was great that they couldn't taste the zucchini! Trent Nursing Students doing placements at the school helped with suggestions on making a healthier pizza, and with the preparation.

Students made their own pizza from scratch. They increased fibre by making a whole wheat crust. Fat was reduced by using $\frac{1}{2}$ skim-milk and $\frac{1}{2}$ regular mozzarella cheese. They reduced sodium and fat by using Turkey pepperoni with $\frac{1}{3}$ the salt and $\frac{1}{2}$ the fat of regular pepperoni. They also added peppers and pineapple to their taste.

The pizza was a huge hit. The students loved the taste, and really enjoyed making their own crust, doing all of the measurements, kneading the dough, and watching it rise. They learned how easy, cost effective and delicious it can be to make your own food. Having an economically diverse school can be a challenge for planning field trips.

We are so thankful for the Healthy School Grant and the experience it provided for our students as it helped to give students the experience on a level playing field. Queen Mary Public School has also set up a Healthy School Committee which is looking to expand and add more projects like this.

Many thanks to Chantal VanParys parent volunteer at Queen Mary Public School for submitting this article and photos about their Healthy School Grant Project!

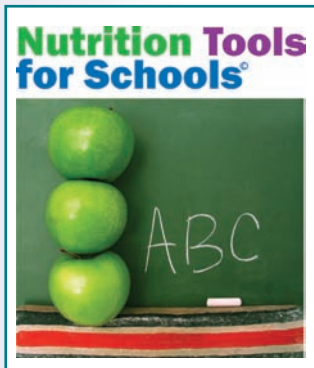
In addition to tomatoes, carrots, peppers and onions, we had them pick up zucchini to 'hide' in the sauce and boost the nutritional content.



Nutrition Tools for Schools®:

Creating a Healthy School Nutrition Environment

Nutrition Tools for Schools® (NTS) is a program to help schools create a healthy nutrition environment. Using a “whole school” or comprehensive approach, the entire school community is engaged in promoting consistent messages about healthy eating during the school day. The program outlines healthy eating:



- in the classroom;
- in the school; and
- in homes and in the community.

NTS addresses all school and community areas where food and/or beverages are offered or sold. This approach aligns with the school board Nutrition Policy and the Ministry of Education's School Food and Beverage Policy (P/PM 150).

Getting the Entire School Involved

To make sure the entire school gets involved and that any changes are long lasting, NTS requires schools to work through four steps:

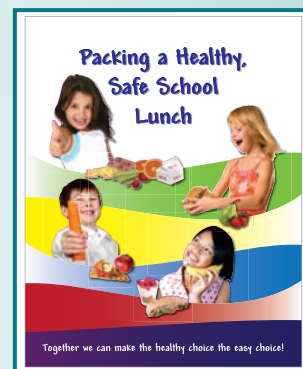
1. Form a School Nutrition Action Committee (SNAC) with an established leader
2. Complete a School Nutrition Checklist to identify priorities
3. Develop and implement a School Nutrition Action Plan
4. Evaluate and celebrate

Public health staff will work with your school throughout the NTS process. For more information about the toolkit as a way to implement Nutrition Policy and support a healthy eating environment at your school, call our Public Health Nutritionist at 705-743-1000 ext. 251.

Healthy Lunches

The Health Unit is pleased to offer schools copies of a revised brochure “**Packing a Healthy, Safe School Lunch**”. This brochure focuses on the messages of:

- a healthy school lunch includes a choice from each of the four Food Groups from Canada's Food Guide; and
- following simple food safety rules can help students avoid getting sick from lunches that were not stored or handled properly.



A Healthy Lunches display can also be booked for school events or for general information for students and parents.

Both the brochure and display are a way to complement in class lessons on healthy eating with a take home message for parents. Call 705-743-1000 ext. 281 for more information.

It's Time to Think Spring and School Gardens!



One of the goals of the Peterborough Community Garden Network is to develop resources and supports that will provide children and youth with opportunities to gain gardening and food related skills.

If your school is considering starting or rejuvenating a school garden, get involved with the local Gardens in Schools movement. Visit <http://ptbocommgardennetwork.blogspot.com> for tips and ideas to help your students to learn firsthand about the production and consumption of locally produced healthy foods.

For curriculum linked gardening activities view the Ontario Agrifood Education Update Newsletter: Saving Our Environment, Preserving Our Future at www.oafe.org and click on “Teacher Resources”.