



CK Public Health

SCHOOL PROGRAM GUIDE

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The Healthy Schools Team

Our School Health team is comprised of Public Health professionals who partner with your school community to support healthy schools. We follow a comprehensive school health approach and believe that creating a healthy school environment is the ideal way to positively affect students' health attitudes and behaviours. The concept of 'healthy schools' is based on evidence that healthy children and youth are better learners and better educated students become healthier, happier, more productive adults. (World Health Organization, 2003)

We offer a variety of programs and initiatives to foster student health such as:

- ◇ Supporting health and physical education curriculum in classrooms
- ◇ Supporting school councils and promotion initiatives
- ◇ Delivering workshops and presentations
- ◇ Fostering leadership skills in young students to become peer leaders
- ◇ Working with schools to develop and sustain wellness committees/clubs
- ◇ Protecting students from preventable diseases through school immunization, sexual health and dental programming
- ◇ Connecting school staff, parents and students to educational resources and community activities

School faculty can connect with their school health nurse to receive recommendations and support to meet your school's health promotion needs. We will connect you to the right resources, community partners and organizations. School nurse assignments are available on our website at www.ckpublichealth.com. School faculty can also contact their school health nurse by emailing us at schoolhealth@chatham-kent.ca.



Comprehensive School Health

We at CK Public Health approach school health through a comprehensive framework based on Ontario's Foundations for A Healthy School (2014). We acknowledge that five key interconnected areas are needed to contribute to a healthy school, classroom and student. We help schools to incorporate the five key areas in all aspects of the school community.

Five Key Areas

- ◇ Curriculum, teaching and learning
- ◇ Schools and classroom leadership
- ◇ Student engagement
- ◇ Social and physical environment
- ◇ Home, school and community partnerships



Our school health nurses are prepared to help support your school in all areas of the foundations for a healthy school. For more information on building a healthy school community please check out our website at www.ckpublichealth.com or contact one of our school health nurses at schoolhealth@chatham-kent.ca.



E = Elementary S = Secondary B = Both  = Teacher/School led  = CKPHU led

For more information, contact us at 519.352.7270 or email schoolhealth@chatham-kent.ca.

Healthy Eating

CK Public Health school health team partners with registered dietitians to help students, faculty and parents adapt a healthy lifestyle through balanced nutrition. Our registered dietitians are able to provide information on the following topics:

- ◇ Healthy eating
- ◇ Healthy weights
- ◇ Picky eating
- ◇ Label reading
- ◇ Budgeting and menu planning
- ◇ Fuel for fun
- ◇ School nutrition
- ◇ Workplace nutrition
- ◇ Food security and food systems
- ◇ Food skills

Bright Bites (Grades K-8) (E)

Available in French and English, Bright Bites is a fun, modern way to boost student nutrition and wellness in your classroom and school. Teachers and other school leaders can use Bright Bites resources to guide their students to promote nutrition in their classroom and school. Schools can earn badges in the following areas:

- ◇ Student food preparation
- ◇ School lunches and snacks
- ◇ Edible gardens
- ◇ Innovative ideas
- ◇ Nutrition campaigns
- ◇ Rewards and incentives
- ◇ Hot lunch programs
- ◇ Vegetable and fruit promotion
- ◇ Water and sugary drinks
- ◇ Celebrations
- ◇ Fundraising
- ◇ Special events
- ◇ Teaching and healthy eating curriculum

Visit <https://brightbites.ca>.

Club V&F: Salad Bar Program (E)

How about offering students a salad bar option for special lunch days! CK Public Health provides funding for equipment and staff to facilitate a two hour training on food skills focusing on vegetables and fruit and simple preparation techniques to set up salad bars. Applications are sent to the schools in October and training starts between November and January.

Youth Food Skills Training (B)

CK Public Health offers a two-hour session for schools facilitated by Public Health staff where students learn simple cooking techniques with a focus on vegetables and fruit, simple meals and food preparation skills. The students trained can help prepare and serve foods for the student nutrition program, farm to school or salad bars. Schools are asked to cover the cost of food supplies and a kitchen space is required.

School Gardens (B)

Is your school interested in growing fresh vegetables and fruit in your schoolyard? With almost half of schools supported, CK Public Health provides startup funding and support to get a garden started at your school. Applications are sent to schools in March.

Student Nutrition Program (B)

A healthy breakfast and/or snack is provided for students at every school across CK. Each student nutrition program is unique to meet the needs of the students and is operated by staff and volunteers.

Veggie and Fruit Program (B)

Tasty Tuesday is part of the student nutrition program and offers fruits and vegetables to students. These products are centrally purchased and delivered directly to the school from March to June.

School Food and Beverage Policy (B)

CK Public Health provides staff support to review foods and beverages sold to students in schools to meet PPM 150 Food and Beverage Policy set out by the Ministry of Education. Talk to your school principal if you are interested in reviewing the list of approved items.

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Physical Activity

Physical Literacy Education (B)

A Public Health representative led workshop with interactive activities where students learn the importance of physical literacy and how to be active in their everyday life.

Story Kits, Play Packs, and Playground Stencils (E)

Story Kits, Play Packs, and Playground Stencils are filled with literacy and movement goodies that can be checked out for weeks to get students up and moving! For more information or to sign out kits contact any Chatham-Kent Public Library.



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Substance Use and Prevention

Protecting your Brain from Nicotine: A Smoking and Vaping Workshop (E)

(Grades 6-8, 45-60 minutes)

Students will explore the health and social impacts of nicotine exposure and use of commercial tobacco and vaping products.

SFOA Diversion Program (B)

Students caught smoking and/or vaping in contravention of the Smoke Free Ontario Act (2017) can participate in a Public Health Unit led educational session in lieu of being fined. Students must be referred by school administration to a CK Public Health Tobacco Enforcement Officer to qualify.

Understanding and Reducing Harms of Substance Use Workshop (B)

A Public Health nurse or Public Health Educator will work with students to learn about a variety of substances (such as alcohol, cannabis, prescription drugs, vaping, tobacco etc.) and the potential health and social harms associated with risky substance use behaviours. Students will learn tangible strategies to reduce risks and prevent problematic substance use, as well as promote strengths to enhance their health and well-being. Understanding the risks and harms of problematic substance use are evidence-based strategies that provide youth with the tools needed to make informed decisions.

Program content meets expectations for the Health and Physical Education Curriculum for primary grades 5-8, and secondary grades 9-12. Material is adapted to meet learning needs based on age and grade, as well as specific school requests or concerns. 60-90 minutes including time for discussion and questions.

Talking Substance Use with Youth Workshop (B)

A Public Health nurse will work with educators and school staff to provide education and enhance understanding of a variety of substances (such as alcohol, cannabis, prescription drugs, vaping, tobacco, etc.) and problematic substance use behaviours. This workshop will include practical ways youth allies can create safe, supportive spaces for youth, as well as provide support for youth allies to have judgement-free conversations about substance use with youth. The information and resources used in this workshop are youth-centered and developed or informed by youth and youth allies. This program can be adapted for parent/caregiver audiences as well. 60-90 minutes including time for discussion and questions.

Cannabis: What Educators Need to Know (B)

A free resource developed in collaboration by School Mental Health ASSIST, Centre for Addiction and Mental Health and the Ministry of Education to provide information and support to educators and schools around the legalization of non-medical cannabis. Accessible online on the Ministry of Education website.

Cannabis: What Parents/Guardians and Caregivers Need to Know (B)

A free resource developed in collaboration by School Mental Health ASSIST, Centre for Addiction and Mental Health, and the Ministry of Education to provide information and support to parents/guardians and caregivers of youth in grades 6-12 about cannabis, cannabis legalization, risks, signs of a problem, and where to get help and more information.

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Substance Use and Prevention (cont'd)

Strategies for Parents to Prevent or Delay Alcohol and Other Drug Use (E)

An educational resource developed by the Southwest Regional Public Health Rethink Your Drinking Collaborative for parents/guardians and caregivers of youth in grades 4-6. A Public Health nurse can provide a train-the-trainer style workshop for school staff on the six strategies to prevent or delay alcohol and other drug use in youth, as well as provide an educational workshop directly to parent/caregiver groups. Other Rethink Your Drinking Parents Matter resources and information can be found online at no cost.

Educator and Parent/Caregiver Resource Package (B)

A take-home package of user-friendly mental health and substance use prevention resources, including communication tools, educational posters, fact sheets, community agency information, youth-based messaging, and where to go both locally and online for help and support. Educators and schools can request these packages to display and use in the library, office, or classroom, as well as provide to parent/caregivers who request information or support. CK Public Health will continually update the information included in the packages and replace any materials that are distributed on an as needed basis.

Partner Organizations:

Chatham-Kent Children's Services

Mental Health Counselling and Therapy Services include a series of planned inter-related interventions focused on reducing the severity of and/or alleviating the emotional, social, behavioral, and self-regulation problems of children and youth ages 0 to 18 years of age. Services are provided within the context of the family, culture and community and can be delivered in a range of settings.

Mindful Moments is a FREE mindfulness-based drop-in group for youth ages 10-17 years! Learn skills to accept big emotions, shift your thinking, and gain a new perspective. For more information, including upcoming program dates, call 519.352.0440 ext. 2.

Door of Hope walk-in clinic focuses on reducing the severity of and/or alleviating the emotional, social and behavioral and self-regulation problems of children and youth. The walk-in clinic provides quick access to a single therapeutic session to address an immediate non-crisis need. Children/youth and/or their families may come to the clinic without an appointment during walk-in clinic hours. Appointments are available on a first come first served basis. For more information, call 519.352.0440 ext. 2 or visit www.ckcs.on.ca.

Chatham-Kent Health Alliance Youth Addictions Treatment

Call 519.351.6144 or visit www.ckha.on.ca.

Western Area Youth Services (WAYS)

WAYS Mental Health Support is a not-for-profit, community-based, accredited agency that supports children, youth and families in London-Middlesex and Chatham-Kent who face challenges such as trauma, emotional or behavioural problems, mental health issues, conflict with the law and relationship difficulties. Call 519.354.2065 or visit www.ways.on.ca.

Restorative Justice

Restorative Justice Chatham-Kent is a thriving community-oriented, incorporated, non-profit and charitable organization that provides alternative pathways for at-risk youth, restoring a positive connection with the community, thereby creating a safer, healthier Chatham-Kent. Call 519.380.0931 or visit www.rjck.org.

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Personal Safety and Injury Prevention

Concussions

Brain Waves (E) (gr. 4 to 6)

An interactive workshop based on the 'Brain Day' program created by Parachute Canada. In this 90-minute session, students learn about neurons and brain anatomy, functions of the brain, protecting the brain, concussions and helmet safety.

Adventure Trails—ATV Safety

Adventure Trails interactive CD and activity book from **Canadian Off-Highway Vehicles Distributors Council (COHV)** to teach young ATV riders the rules around riding safely. Free teacher led resources for grade one and two. To receive a copy of the Adventure Trail Activity book and CD for your classroom, please contact the Injury Prevention program or your school nurse.

UV Radiation

UV Detecting Beads (E)

CK Public Health provides UV detecting beads and lesson plans to teach your students about ultraviolet (UV) light and sun safety.

Impaired Driving

Experience the Evidence Video (S)

Arrive Alive DRIVE SOBER® has partnered with the Ministry of Transportation of Ontario and CAA South Central Ontario (CAA SCO) to create Experience the Evidence, a 13-minute road safety resource offered to schools for free to address the myths, dangers, consequences and facts about drug-impaired driving.

Mental Wellness

CK Public Health currently collaborates and supports community and school-based mental health programming. CK Public Health school nurses and health educators can help staff connect students to mental health services and resources. CK Public Health staff are also available to support school faculty in planning mental health based events and assist in mental health policy and lesson plan development. Special circumstances would be assessed on an individual basis to assist in providing mental health education sessions. For more information related to mental health services, resources and programs, contact our school health team at schoolhealth@chatham-kent.ca.

ACCESS Open Minds

Community youth hub brings together existing community partners who are committed to working in a new, collaborative and innovative way, offering a 'one-stop shop' for young people aged 11-25 and their families looking for mental health support.

Call 519.437.6329 or see their website at www.accessopenminds.ca for more information.

Mind Your Mind

Youth mental health and engagement program that works in partnership with youth, emerging adults and the professionals who serve them to co-develop innovative tools and resources. Resources are designed to promote wellness, reduce stigma, and increase access to community supports, both professional and peer-based. Through active engagement, best practices and technology, youth are encouraged to reach out, get help and give help. For more information, visit www.mindyourmind.ca or call 1.866.531.2600.

Beyond the Hurt

Online course offered by the Canadian Red Cross to help learners understand and gain tools to effectively prevent and respond to bullying and harassing incidents in schools, organizations and the community. Program directed for educators, health professionals, community workers, parents, caregiver and other adults who work with children and youth.

FRIENDS for Life & My Friends Youth Skills

A 10-week school program that teaches resiliency to grades 4 and 6. The FRIENDS for Life program has a focus on feelings, coping, thoughts, social support networks and problem solving. The My FRIENDS Youth Skills for Life goes more in depth on the above mentioned topics plus additions of mindfulness, confidence, and self-talk. Program available through the Chatham-Kent Community Health Centre, visit www.ckchc.ca or call 519.397.5455 for more information.

Healthy Relationships and Sexual Health

Grades 4-6 Puberty (E)

Resources provided to the teachers are related to puberty changes, personal hygiene and reproduction. See our web site pages on **Getting Ready to Teach Sex Ed...** and **Talking to your Kids about Sexual Health** at www.ckpublichealth.com.

Grades 7-8 Sex Ed Presentation (E)

These Public Health nurse led 60-120 minute sessions are interactive and cover safe relationships, sexually transmitted infections and birth control.

Grade 9 Sex Ed Presentation (S)

A Public Health nurse led session on sexually transmitted infection (STI) and pregnancy prevention. Topics cover the numerous options to reduce risky behaviours.

Grade 12 Exit Presentation (S)

The **Health after High School** presentation reviews what you need to know about your health card and where to go for help when needed whether you're living on your own or in a college dorm. A review of recommended immunizations, STI and birth control prevention, and the legalities and risks related to consent, alcohol, and cannabis.



Immunizations

School Immunizations (E)

Students in grade 7 are offered immunization at school for meningococcal disease, hepatitis B, and human papillomavirus. Those students in grade 8 who missed one or all of their vaccines the previous year are also eligible.

Prior to School Clinic Day:

In early September, your school will be contacted with potential clinic dates. Your assistance in keeping your confirmed clinic days is appreciated as multiple schools are often booked on the same day. If you require a change of date, please contact us as soon as possible as space is limited.

A signed consent form from the student's parent/guardian is required for school immunization. These forms are to be distributed at the beginning of the school year. Following the return deadline, CK Public Health staff will be collecting the consents from the school office along with class lists for all grade seven and eight students.

Your students may be feeling anxious about getting needles at school. CK Public Health nurses work to minimize the time that students are in the clinic environment and use techniques to reduce pain and anxiety in order to assist the student with the process.

Here are some ways you can help your students prepare for clinic day:

- ◇ Encourage your students to eat a good breakfast and have a snack or healthy lunch available at school.
- ◇ Remind students to wear a short sleeve shirt (sweaters and long sleeve shirts can be left in the classroom).
- ◇ Additional information on reducing pain and anxiety with immunization is available on our website.

On Clinic Day:

A private room with adequate space is required for the safety of students during school immunization clinics. Tables and chairs are also required.

After Immunization:

Fainting after immunization is a symptom of anxiety, not a side effect from a vaccine. It is important that students are observed within the school (including the classroom) after the needle is given for at least 15 minutes. If students are unwell after their immunization, they will be asked to stay with the nurses in the clinic area for observation. It is important that students tell classmates, teachers and nurses if they feel unwell after immunization.

Students returning to class should resume normal classroom activities. It is helpful if they have an assigned task to work on to minimize disruption to peers that may still be awaiting immunization.

Immunization Record Review (B)

CK Public Health is required to assess the immunization records of all students in Chatham-Kent to ensure compliance with the Immunization of School Pupils Act on an annual basis. Students who are not up to date or have not had a medical or philosophical exemption filed are at risk of suspension from school. School Health team nurses work with parents, health care providers and school staff to ensure as many students as possible have up to date immunizations to prevent school suspension.

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Oral Health Services

The dental team at CK Public Health offers dental screening, class presentations and resources upon request. April is Oral Health Month with a focus on grade two and grade seven. Watch for your letter. We encourage you to call early to book.

Dental Screening (E)

Registered Dental Hygienists from CK Public Health provide free dental screening to Kindergarten and grade two students in elementary schools throughout the year to identify oral health problems. Other grades may be screened depending on the oral health risk level of the school.

Each school schedules its own time and date for the visit. We may also screen children upon request of parents, teachers and students themselves. Families can opt out of screening by calling us at 519.355.1071 ext. 5700.

Why do we screen these students?

Children in Kindergarten may not have seen a dental care provider before. This screening ensures all kids get that first visit. Children in grade two have their first permanent molars (back) teeth. This screening can help identify and prevent decay.

What happens during the oral health screening?

The oral health team will set up in a quiet, well-lit private space in your school to conduct dental screenings. Each class will come down when called as a whole. A Registered Dental Hygienist will take a quick look in the student's mouth with a sterilized mirror. A dental screening is a visual assessment only and does not replace the student's regular dental visit with a dental provider. The screening will collect the required data as per OPHS and also identify emergency and essential services for students. A report card will be sent home with each student on the day of screening.

If emergency care is needed

A Parent Notification (PN) form will be mailed home with students identified with urgent needs.

Each student identified as having a need will be offered the Healthy Smiles Ontario (HSO) program. This is a government funded dental program that provides free preventative, routine and emergency dental services for children and youth 17 years old and under from low-income households.

We are obligated to follow-up to ensure treatment is completed and report any cases of neglect.



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Oral Health Services (cont'd)

Healthy Smiles

Dental health is important to general health and overall well-being at every stage of life. Most dental health conditions are largely preventable.

Healthy Smiles Ontario (HSO) is a government funded dental program that provides free preventative, routine, and emergency dental services for children and youth 17 years old and under from low-income households. The services covered by this program may include: exams and routine checkups, preventative services, removal of teeth, fillings, and x-rays. This program does not cover cosmetic dentistry, including teeth whitening and braces.

There are three streams to HSO:

1. HSO - Core
2. HSO - Emergency and Essential Services
3. HSO - Preventive Services Only

HSO - Core is an income-based dental program that provides routine dental services for eligible children. Children are automatically enrolled in the program if they are enrolled in:

- ◇ Temporary Care Assistance
- ◇ Assistance for Children with Severe Disabilities
- ◇ Ontario Works
- ◇ Ontario Disability Support

Eligibility Criteria:

- ◇ Children and youth 17 years of age and under
- ◇ Resident of Ontario
- ◇ Have a household income below a specific threshold

HSO - EESS provides no cost dental care to children and youth 17 years of age and younger who qualify. The services covered by this program include: checkups, x-rays, removal of teeth, fillings, and preventive services.

HSO - PSO provides no cost preventive services to children and youth 17 years of age and younger who qualify. The services covered by this program may include: cleaning and polishing teeth, fluoride treatments, dental sealants, and temporary fillings.

Eligibility Criteria: (HSO - PSO, EESS)

- ◇ Children and youth 17 years of age and under
- ◇ Resident of Ontario
- ◇ Clinical eligibility
- ◇ Financial hardship accessing dental services

How to Enroll:

- ◇ Call CK Public Health to book an appointment at 519.355.1071 ext. 5700
- ◇ Online at Healthy Smiles Ontario
- ◇ Call Service Ontario at 1.844.296.6306 (TTY toll free at 1.800.387.5559)

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Vision Services

Vision Screening (E)

The 2018 Ontario Public Health Standards require Public Health Units to implement a vision screening program for SK students. It is designed to detect potential vision problems at an early age. In Ontario, 15 000 children have trouble learning to read because they need glasses and 7 000 children needlessly lose the use of an eye because they were not treated promptly for a problem.

What grades will be screened?

The goal will be to screen all students in SK. We plan to complete vision screening the same day as our oral health screening.

What are the screening tests?

Vision screening usually takes 10 minutes per child. There are three separate vision screening tests:

- ◇ An HOTV letter chart to check visual acuity/sharpness
- ◇ Looking at a book using 3D glasses to check stereoscopic vision
- ◇ Looking into a machine for a few seconds to check how well the eyes focus

Every child will bring home a letter with their screening results. A child will receive a referral parent notification form when the child does not pass one or more tests. This does not necessarily mean the child needs glasses, but there may be issues with their vision. Children who pass all three tests also receive a letter. Both letters urge the parents to make an appointment with an optometrist for an eye exam.

What are the space requirements?

Three separate stations are set up:

- ◇ One station with a small table and two chairs
- ◇ Two stations with one chair only

What about parental consent?

Parents will be given the opportunity to opt-out of vision screening through our information letter. Screenings will be implemented on a negative consent basis.

What supports are needed from the school?

Information letters will be sent to the school one month before the screening is scheduled. These letters must be sent home to be received by the parents 10 days prior to the screening date. This allows for sufficient opportunity for parents to opt-out of the screening if they choose to.

Grants

CK Public Health wants to help fund wellness in your school. Check out our grants to see how we can financially support your school programs. All grant applications and eligibility criteria can be found on our website at www.ckpublichealth.com. For more information about these grants, please see our school grant page at www.ckpublichealth.com or contact us at schoolhealth@chatham-kent.ca.

School Gardens (B)

School gardens have shown to be a powerful way to improve the quality of nutrition and education in schools. Students who participate in school garden projects discover fresh food, connect with the environment and have an opportunity to make healthier food choices.

CK Public Health gives schools the opportunity to establish their own garden or maintain an existing garden through a grant up to \$1000.00. Applications available April 2020.

Wellness Grant (B)

A one time, \$200.00 grant for the purposes of working with students to develop school wellness. School faculty and students are encouraged to work together and utilize the grant in funding a school wellness initiative.

Applications will be distributed and available online in September.