

SIMCOE MUSKOKA DISTRICT HEALTH UNIT SERVICES FOR ELEMENTARY SCHOOLS

2011-2012 School Year

Child Health – Parenting	2
Parenting Education	2
Child Health – Healthy Relationships.....	2
Roots of Empathy	2
Dental Health	2
Dental Screening Clinics.....	2
Preventive Dental Clinics in Schools.....	2
The Children in Need of Treatment (CINOT) Program	2
Healthy Smiles Ontario Program.....	2
Communicable Disease	2
Communicable Disease Response	2
School Surveillance	3
Food Safety	3
Food Safety Education	3
Health Hazards.....	3
Idle Reduction – Turn It Off Campaign.....	3
Healthy Lifestyle: Healthy Eating, Physical Activity and Sun Safety	3
Promoting Healthy Lifestyles in Schools.....	3
Healthy Foods for Healthy Schools Act (PPM 150)	3
Nutrition Tools for Schools (NTS).....	4
Student Nutrition Programs (SNPs).....	4
Healthy Schools	4
Healthy Schools.....	4
School Outreach.....	4
Immunization	4
Immunization	4
Record Review	4
Injury and Substance Misuse Prevention	5
Injury and Substance Misuse Prevention with Children and Youth	5
The RACE Against Drugs.....	5
Rabies	5
Rabies Prevention.....	5
Sexual Health	5
Sexual Health.....	5
Tobacco	5
100% Smoke-Free School Grounds Requirement	5
Promoting Tobacco Free Living.....	6

The Simcoe Muskoka District Health Unit provides the following programs and services in partnership with elementary schools and school boards in Simcoe County and the District of Muskoka. In addition, public health professionals are available through *Your Health Connection* at 721-7520 or 1-877-721-7520 to answer questions and to assist you in getting the information and resources you need.

Program	Services	Available To:	Grade/Age	When Offered	For More Information:
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Child Health – Parenting

Parenting Education

Parenting education opportunities for those with children between the ages of 0 and 16 (including Triple P – Positive Parenting Program) are available in partnership with local agencies in each community.

Elementary Schools by request, as negotiated by schools and service providers

All

Year Round

Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.triplep.net/ for information on Triple P

NOTE: Parenting education can also be requested through local COMPASS teams

Child Health – Healthy Relationships

Roots of Empathy

Children observe and interact with a newborn baby and his/her parent(s) in the classroom, learning the principles of creating and maintaining healthy relationships including emotional literacy and empathy. Learning objectives are linked to curriculum outcomes and teacher support resources are included.

Selected schools in SMCDSB and TLDSB, as identified by the Board

Grades involved are negotiated by schools

2011-2012 school year

Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.rootsofempathy.org/ for information about Roots of Empathy

Dental Health

Dental Screening Clinics

Registered dental hygienists screen students in selected grades to assess their oral health. The information will be used for local planning and shared with the Ministry of Health Promotion for provincial oral health information.

All elementary schools

JK, SK, 2, 8 or as requested

2011-2012 school year

SMDHU Oral Health Program: Call 721-7520 or 1-877-721-7520 extension 8804

Preventive Dental Clinics in Schools

Preventive services including fluorides, pit and fissure sealants and scaling may be offered to students as needed with parent/guardian consent prior to treatment.

All elementary schools

JK to grade 8

2011-2012 school year

SMDHU Oral Health Program: Call 721-7520 or 1-877-721-7520 extension 8804

The Children in Need of Treatment (CINOT) Program

Children identified in the screening program with urgent dental conditions are eligible for treatment funding if they have no other coverage and costs prohibit care.

Eligible students from all elementary schools

Ages 0 to 17

Year Round

SMDHU Oral Health Program: Call 721-7520 or 1-877-721-7520 extension 8804

Healthy Smiles Ontario Program

Families with a net family income (excluding child tax benefits) of \$20,000 or less can access free dental treatment services for their children.

Eligible students from all elementary schools

Ages 0 to 17

Year Round

SMDHU Oral Health Program: Call 721-7520 or 1-877-721-7520 extension 8804

Communicable Disease

Communicable Disease Response

The Communicable Disease team responds to individual disease investigations and outbreaks in schools by investigating and managing the outbreak, supporting students, parents and staff with health

All elementary schools

All grades

Year Round

Call 721-7520 or 1-877-721-7520 Extension 8809

Program	Services	Available To:	Grade/Age	When Offered	For More Information:
	<p>education and following up with those who may be affected. CD team provides information on infection prevention and control, student and staff exclusion periods, cleaning and disinfecting, personal protection and hand hygiene.</p>				
	<p>School Surveillance</p> <p>School surveillance is a method to assess absenteeism rates due to illness in school aged children to predict potential rates of illness in the community. This is part of the health unit's pandemic planning for community surveillance for influenza.</p>	TLDSB	All elementary school age	2010-2011 school year	Call 721-7520 or 1-877-721-7520 Extension 8809
Food Safety	<p>Food Safety Education</p> <p>Food safety education is available for staff, parents and students at school functions such as BBQ's and open houses and can include an interactive home kitchen display and handouts.</p>	Elementary schools at their request	Grade 6 to 8	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection
Health Hazards	<p>Idle Reduction – Turn It Off Campaign</p> <p>Health unit staff can work with school staff, parents and students in creating awareness for the adverse health effects and the environmental impacts of idling. Schools are welcome to use our Turn It Off campaign as a resource in creating their own campaign. Resources are also available for teachers to incorporate climate change and idle reduction benefits into their lessons.</p>	Elementary schools at their request	Grade 1 to 8	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection
Healthy Lifestyle: Healthy Eating, Physical Activity and Sun Safety	<p>Promoting Healthy Lifestyles in Schools</p> <p>Health unit staff are available to work with students, staff, parents and school communities on healthy eating, physical activity, sun safety.</p>	All elementary schools	All grades	2010-2011 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.simcoemuskokahealth.org
	<p>Healthy Foods for Healthy Schools Act (PPM 150)</p> <p>The Ministry of Education introduced this Act in 2008 to address healthy eating in all publically funded elementary and secondary schools in Ontario in the following areas:</p> <ul style="list-style-type: none"> Removing trans fat from food and beverages sold in schools Mandatory nutrition standards for food and beverages sold in schools. 	Health unit staff are available to support school boards with the implementation of these standards	School Boards	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.simcoemuskokahealth.org

Program	Services	Available To:	Grade/Age	When Offered	For More Information:
	<p>Nutrition Tools for Schools (NTS)</p> <p>NTS Toolkit provides practical tools and outlines a step-by-step process to help schools create healthy eating environments.</p>	<p>Elementary schools at their request</p> <p>Nutrition Tools for Schools <small>A Toolkit for Ontario Public Health Units to Support Elementary Schools in Creating a Healthy Nutrition Environment</small></p>	All grades	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.simcoemuskokahealth.org
	<p>Student Nutrition Programs (SNPs)</p> <p>Eat Well to Excel in Simcoe County, Food for Learning in Muskoka. SNPs provide nutritious breakfasts, snacks and lunches based on <i>Canada's Food Guide</i>.</p>	All elementary schools	All grades	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.simcoemuskokahealth.org
Healthy Schools	<p>Healthy Schools</p> <p>A school public health nurse is available to help schools address identified school health issue(s), using the Ministry of Education's <i>Foundations for a Healthy School</i> as a guide. Schools receive this support for up to two years.</p>	Schools identify their interest to their school PHN and/or school superintendent Available to a limited number of schools each year.	All grades	2011-2012 school year	Contact your school public health nurse or call 705-721-7520 or 1-877-721-7520 and ask for Health Connection
	<p>School Outreach</p> <p>A school public health nurse is available to assist schools with accessing programs and services of the health unit and the broader community; to provide information and referrals; and to assist in identifying school health needs and solutions.</p>	All elementary schools in Orillia, North Simcoe, Muskoka and Georgian West areas. Other areas as staffing permits.	All grades	2011-2012 school year	Contact your school public health nurse or call 705-721-7520 or 1-877-721-7520 and ask for Health Connection
Immunization	<p>Immunization</p> <p>The health unit provides immunization clinics in schools for students to receive the following vaccines: - <i>Grade 7 students</i>: Hepatitis B and Meningococcal A, C, W, Y conjugate - <i>Grade 8 female students</i>: Human Papillomavirus</p>	All elementary schools	All grade 7 students and grade 8 female students	2011-2012 school year	Call 705-721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.simcoemuskokahealth.org
	<p>Record Review</p> <p>A review of students' immunization records to ensure they are up to date.</p>	All elementary schools	All grades	Year Round	Call 705-721-7520 or 1-877-721-7520 extension 8807

Program	Services	Available To:	Grade/Age	When Offered	For More Information:
Injury and Substance Misuse Prevention	Injury and Substance Misuse Prevention with Children and Youth Information, resources and support are available to students, staff, parents and communities to promote safety and prevent injury in children and youth. Topics may include: Drug and alcohol misuse prevention, pedestrian safety motor vehicle safety (i.e. booster seat use, safe transportation of children), falls prevention and sport and recreation safety (i.e. playground safety, helmet and bike safety, wheeled activities).	All elementary schools	All grades	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection
	The RACE Against Drugs A community based drug and alcohol awareness program offered to Grade 5 students across Simcoe-Muskoka. The RACE (Respect, Action, Courage, and Excellence) has been designed to deliberately reflect the character values and curriculum taught within the Simcoe County and District of Muskoka school boards. This drug education initiative utilizes the sport of auto racing to capture the attention of young people and communicate with them as they move and interact through each pit stop to learn key messages about the importance of a drug and alcohol free lifestyle.	Elementary schools in select communities	Grade 5	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection NOTE: Booking of program occurs one to two years in advance
Rabies	Rabies Prevention Staff are available to supply information to staff, parents and students on rabies prevention at school events such as BBQ's and open houses. Resources are available for teachers to order to assist them in educating students on rabies prevention.	Elementary schools at their request	JK to grade 8	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection
Sexual Health	Sexual Health Curriculum support is offered for educators through the sexual health phone line which includes consultation and provision of resources. Curriculum based workshops are available geared to different grade levels as negotiated with the school boards.	All elementary schools	Grades 7 & 8	Year Round	Call 721-7520 or 1-877-721-7520 and ask for the Sexual Health phone line
Tobacco	100% Smoke-Free School Grounds Requirement The Smoke-Free Ontario Act requires schools and school board to ensure that school property is 100% smoke free 24 hours a day 7 days a week, year round. Tobacco Enforcement Officers inspect schools to check for compliance with the law. The Health Unit can provide signage to post on school property, information for school newsletters and school websites,	Elementary school principals and staff, students, parent councils, general public	Community awareness will be conducted	Year Round	Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.simcoemuskokahealth.org for information on the Smoke-Free Ontario Act

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opening remarks for school functions to remind and inform visitors about the school's smoke-free status as well as other information and resources that support tobacco-free living and 100% smoke-free grounds.



Promoting Tobacco Free Living

Information, resources and support are available to students, staff, parents and school communities to promote tobacco-free living. Topics include: importance of not using any or all tobacco products; promotion of tobacco-free sports and recreation; raising awareness of tobacco industry marketing tactics; protection from indoor and outdoor second-hand smoke exposure; Smoke-Free Ontario Act (SFOA) and other laws; reducing and/or quitting the use of tobacco products.

All elementary schools

All elementary school principals, staff, students, parents councils, general public

Year Round

Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.simcoemuskokahealth.org