

SIMCOE MUSKOKA DISTRICT HEALTH UNIT SERVICES FOR SECONDARY SCHOOLS

2011-2012 School Year

The Simcoe Muskoka District Health Unit provides the following programs and services in partnership with secondary 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.

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Program	Services	Available To:	Grade/Age	When Offered	For More Information	
Child Health - Parenting	Parenting Education	Secondary 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	
	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 secondary 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 secondary 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 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.	All secondary schools	All grades	Year Round	Call 721-7520 or 1-877-721-7520 Extension 8809
Food Safety	Food Safety Education	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.	Secondary schools at their request	All Grades	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection
	Proton – Food Handler Training	Food handler training is available with our self-study course call Proton. The self-study guide can be purchased by individual students or by teachers for instruction to students. Health unit staff are available for consultation with teachers as needed, and will issue certificates to students who successfully complete the program.	Secondary schools at their request	All Grades	Year Round	To purchase the Proton self-study guide, visit a health unit office. To consult with a Public Health Inspector, call 721-7520 or 1-877-721-7520 and ask for Health Connection.

Program	Services	Available To:	Grade/Age	When Offered	For More Information
Health Hazards	Idle Reduction – Turn It Off Campaign 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. Resources are available for those schools who wish to create their own policy; including decals, parking sign graphics, and tip cards.	Secondary schools at their request	All Grades	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection
	Promoting Healthy Lifestyles in Schools Health unit staff are available to work with students, staff, parents and school communities on healthy eating, physical activity, sun safety .	All secondary 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 Lifestyle: Healthy Eating, Physical Activity and Sun Safety	Healthy Foods for Healthy Schools Act (School Food and Beverage Policy) 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: <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/schools with the implementation of these standards	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
	Student Nutrition Programs (SNPs) Eat Well to Excel in Simcoe County, and Student Nutrition Programs Muskoka provide nutritious breakfasts, snacks and lunches based on <i>Canada's Food Guide</i>	All secondary schools and adult education centers	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 A school public health nurse is available to help schools address identified school health issue(s), using the Ministry of Education's Foundations for a Healthy School as a guide. Schools receive this support for up to two years.	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
Healthy Schools	School Outreach 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.	All secondary 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
	GSA School Support School public health nurses can provide support, information, resources and assist with, making community connections. Available to schools with an existing GSA (gay-straight student alliance or similar) or schools interested in starting one.	Secondary schools at their request	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

Program	Services	Available To:	Grade/Age	When Offered	For More Information
Immunization	Immunization – Record Review	All secondary schools	All grades	all year	Call 721-7520 or 1-877-721-7520 extension 8807
	Review of students' immunization records to ensure they are up to date.				
Injury and Substance Misuse Prevention	Injury and Substance Misuse Prevention with Youth	All secondary schools	All grades	2011-2012 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection
	Information, resources and support are available to students, staff, parents and school communities on topics such as alcohol and substance misuse prevention, road and off road safety.				
	Truth and Consequences				
	"T and C" is a day-long, drug and alcohol awareness conference for Grade 9 students, addressing the substance abuse expectations of the Grade 9 Health Living Strand curriculum.				
	Choose Your Ride Home				
	Impaired driving prevention messages are conveyed to high school students through a simulated display featuring a crashed car, police car, ambulance, taxi and hearse.				
Take Action in Secondary Schools	Secondary schools at their request	All grades	2010-2011 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.opheaprograms.net/tasecondary/ for more information on Take Action	
What's with Weed	Secondary schools at their request	All grades	2010-2011 school year	Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.opheaprograms.net/tasecondary/ for more information	
Sexual Health	Sexual Health	All secondary schools	All grades	Year Round	Call 721-7520 or 1-877-721-7520 and ask for the Sexual Health phone line
	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.				

Program	Services	Available To:	Grade/Age	When Offered	For More Information
Tobacco	<p>100% Smoke-Free School Grounds Requirement</p> <p>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, 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.</p>	<p>Secondary school principals and staff, students, parent councils, general public</p>		<p>Community awareness will be conducted</p> <p>Year Round</p>	<p>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</p>
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Promoting Tobacco Free Living					
<p>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.</p>					
<p>All secondary schools</p>					
<p>All Secondary school principals, staff, students, parents councils general public</p>					
<p>Year Round</p>					
<p>Call 721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.simcoemuskokahealth.org</p>					
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Quit Clubs					
<p>An opportunity for schools to offer supports and resources to students who use tobacco products so they can reduce and/or quit.</p>					
<p>All secondary schools</p>					
<p>All Secondary school students via school staff lead</p>					
<p>Year Round</p>					
<p>Call 705-721-7520 or 1-877-721-7520 and ask for Health Connection or click on www.simcoemuskokahealth.org</p>					
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Tobacco-Free Sports					
<p>A guide is available to help schools and teams develop tobacco-free sports policies that promote tobacco-free living (choosing to stay clear of smokeless tobacco such as chew and dip as well as cigarettes and cigars) to ensure athletes can perform at their best. It is available online at www.playlivebetobaccofree.ca with draft policies, implementation tools and the rationale for teams to pledge to be tobacco free both at school and in the community.</p>					
<p>All secondary schools</p>					
<p>Secondary school students via principals, student athletic councils, parent councils</p>					
<p>2011-2012 school year</p>					
<p>Call 721-7520 or 1-877-721-7520 and ask for Health Connection</p>					