



# Virtual School Nurse

Your connection to Public Health information



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Alternate formats of this document  
are available upon request.

## Welcome to your Virtual School Nurse

Region of Waterloo Public Health is excited to introduce Your Virtual School Nurse, a newsletter to support the well-being of school communities. Each quarterly issue will keep you “in the know” about our services as well as emerging trends, upcoming events and Healthy Schools success stories.

## NEW School Health Website



We are launching our new School Health Website to provide one-stop access to relevant Public Health services available to schools, including:

- Curriculum resources by topic
- Healthy Schools tools, templates and ready-to-use action guides
- Legislation and guidelines that impact schools
- Fact sheets and other valuable information to support school health

Visit [www.regionofwaterloo.ca/schoolhealth](http://www.regionofwaterloo.ca/schoolhealth)

## NEW Services

### Healthy Schools Initiative

Healthy Schools involves a whole-school approach where school administration, teachers, parents, students and community agencies work together to create an environment that will have a positive impact on a student’s well-being and learning. Region of Waterloo Public Health can support your school in this approach.

### Check out this 2 minute video about Healthy Schools:



To access ready-to-use tools please visit [our website](http://our website), or, for consultation with a Public Health Nurse contact us at: [HealthySchools@regionofwaterloo.ca](mailto:HealthySchools@regionofwaterloo.ca) or 519-575-4400



## STEP IN Weekly Walk & Roll Program

In partnership with the Active and Safe Routes to School Committee (ASRTS), we are launching the STEP IN Weekly Walk & Roll Program. The program offers tools, promotional products, themed challenges and other supports to get more students walking and rolling to school. To learn

more contact us at [HealthySchools@regionofwaterloo.ca](mailto:HealthySchools@regionofwaterloo.ca) or 519-575-4400. Join the movement now by completing this very short online [registration form](#).

## Lesson Planning Resources

Are you looking for lesson plan ideas and hands-on resources for your class?

The Public Health Resource Centre has teaching kits, displays, DVDs, laminated posters, books and other resources that can be borrowed free-of-charge and delivered directly to your school via a school courier.

Resources may be requested in advance and include topics such as healthy eating, hand washing, dental health, sexual health, and more. To see the full library of resources visit: [www.regionofwaterloo.ca/phrc](http://www.regionofwaterloo.ca/phrc) or contact us at 519-575-4400 ext. 2256 or by email at [phrc@regionofwaterloo.ca](mailto:phrc@regionofwaterloo.ca).

## Featured Nutrition Teaching Kits:

### Fruit and Vegetable Games and Activities

This kit contains a variety of games and activities with vegetable and fruit themes and a set of fruit and vegetable replica bean bag toys. In the classroom they can be used to supplement, reinforce and enrich lessons and programs or to meet Daily Physical Activity requirements! (Grades K-6)

### Snack Attack Challenge

This interactive jeopardy-style trivia activity enables students to learn about healthy eating, interpret nutrition labels, become more aware of healthier choices and physical fitness. The kit includes food labels and reference materials, a hardcopy version of the game and a PowerPoint version. (Grades 5-8)



Healthy Children = Better Learners!

## Updates

### IMMUNIZATION RECORDS

Public Health will mail suspensions letters to students with incomplete immunization records between October 2015 and February 2016. If you hear from a parent who received a letter, please have them contact Public Health or arrange a visit with their doctor to assess and update their child's immunization record.

How parents can submit immunization records:

- Online at [www.e-immunization.regionofwaterloo.ca](http://www.e-immunization.regionofwaterloo.ca)
- By fax 519-885-7260
- By phoning 519-575-4400, ext. 13009

### UPCOMING EVENTS

[2016 Summit on Children & Youth Mental Health](#) April 7 and 8

[Ontario Healthy Schools Conference](#) April 13 -14

### FUNDING - GRANT OPPORTUNITIES

*Region of Waterloo Public Health and Emergency Services does not endorse any specific listed funders.*

[Farm to Cafeteria Canada](#) deadline March 15, 2016

[OFSAA - Try Day](#) deadline April 15, 2016

