

Virtual School Nurse

Your connection to Public Health information



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Alternate formats of this document
are available upon request.

It is time to celebrate!

As the school-year end approaches, it's time to celebrate, reflect and plan for the next year! Here are three Healthy Schools stories to celebrate and inspire student well-being—**Building resiliency and student leadership through trying new things!**

FITGO and Try-It Days

Nine elementary schools in the St Benedict's Family took part in a FITGO challenge by completing 25 activities related to DPA, Healthy Eating, Physical Activity, Positive Mental Health and Injury Prevention. For some students this was an opportunity to try a green vegetable for the first time, a new dance for DPA and Christian Meditation.



Also in partnership with Active Cambridge, students in grades 7 and 8 from five elementary schools had the opportunity to try out new activities including: gymnastics, volleyball, cardio kick boxing, Zumba and self-defense guided practices. St. Benedict Catholic School hosted the event offering a great leadership opportunity for secondary students as well as show-casing their school spirit to future students!

For Healthy Schools support please visit the [School Health website](#).

It can be easy to “Walk the Walk” to Well-Being!



Central Public School launched “Walk/Ride to School Wednesday” in December 2015. It all started with a teacher getting the students excited by promoting the benefits of walking on the school bulletin board. Soon, other teachers added “Walking Wednesday” to their monthly calendars. A school-wide challenge was

announced to motivate students, with the winning classroom receiving a Golden Shoe trophy and of course “bragging rights”. Parents were encouraged through on-going communications to participate in the challenge. Alternatives for those that are not able to walk the entire distance to school were provided and the whole school was walking together!

Haven't registered yet for STEP IN Walk & Roll Program?
Contact healthyschools@regionofwaterloo.ca.

Enjoying the Outdoors Safely

Sun Awareness

The weather is getting warmer and that means students (and teachers) want to enjoy being outdoors. Whether it's outdoor break times, sports activities, outdoor classes, or planned events – students and staff need to be protected from the [dangers of ultraviolet radiation](#) (UVR) exposure from the sun.

Check out the School Health's [Skin Cancer Prevention page](#) for:

- curriculum resources on sun protection (See our [magnetic three panel table top display](#) that you can borrow)
- fact sheets and resources on UVR and skin cancer
- resources on creating shade on your school grounds

Rabies Awareness

Recently there has been an increase in raccoons and skunks testing positive for rabies in the Hamilton, Haldimand and Perth County regions. There have been no human interactions with animals that tested positive for rabies in Waterloo Region in 2015 (one bat). The overall risk of rabies in Ontario to the general public remains low. In Ontario, the animals that most often transmit rabies are bats, skunks, foxes, cats, livestock, and raccoons.

To learn more about how to protect yourself, what to do if you are bitten or scratched and to download lesson plans visit:

www.regionofwaterloo.ca/rabies.

Teaching Resources

Visiting the Dentist

This kit includes a brightly coloured puppet (alligator or dog), oversized toothbrush, DVD, and picture books to teach children about visiting the dentist and taking care of their teeth. (JK to Grade 2)



Keeping Smiles Bright

This kit includes a set of teeth and toothbrush, dental floss and timer, picture books, a DVD and more to teach children about brushing and flossing their teeth.

(Two versions: K to Grade 1 or Grade 2 to 3)

Kits may be booked in advance. For more information about our booking, borrowing, and courier delivery contact the **Public Health Resource Centre**: 519-575-4400 ext. 2256.

phrc@regionofwaterloo.ca or visit www.regionofwaterloo.ca/phrc



Board Courier available for delivery and returns



Updates

CHANGES TO HEALTHY SMILES ONTARIO

Healthy Smiles Ontario (HSO) is a no-cost dental program for eligible children 17 and under who meet the income eligibility requirements.

Since January 2016, the dental benefits for children included in the following programs are now included in HSO:

- Ontario Works
- Ontario Disability Support Program
- Assistance for Children with Severe Disabilities Program

Children that are members of any of these programs are automatically registered in the new HSO program. Other families can apply for HSO online or obtain a hard copy application from Public Health or Service Ontario.

To find out more information or find your eligibility visit www.ontario.ca/healthysmiles or contact Region of Waterloo Public Health and Emergency Services at 519-575-4400.

GRANTS

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

[TD Friends of the Environment Foundation](#) – Deadline July 15, 2016

[Kitchener Waterloo Community Foundation](#) – Pre-screen
Deadline: August 14, 2016

[Dare to Dream](#) – Deadline:
October 31, 2016