



Joint Planning for Schools Team **REACHing YOU**



Resources for Educators to Assist in Curriculum Health

This publication provides school health information to teachers on program ideas, upcoming events, resources, and education opportunities.

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Preventive Dental Services

Exciting events happened last school year with our program! We had the expansion of the Children In Need Of Treatment (CINOT) program to children up to and including 17 years of age, the “Healthy Teeth...Happy Me” April dental health month campaign, along with our regular dental screenings and preventive dental clinics.



Our team does its best to provide service with as little disruption as possible to staff and students. Despite our best efforts, we know there are distractions a few times a year. At this time, we would like to thank everyone for your patience and support.

With your continued support and cooperation, we look forward to this being another successful year with the school dental program. We hope to continue to build positive dental attitudes in our children!

Student Nutrition Program

The Student Nutrition Program (SNP) at the health unit provides local schools with funding, resources and other support to operate school-based meal or snack programs.

Funding for the 2009/10 school year has been distributed. The next planned application deadline will be next spring – for the 2010/11 school year. In the mean time, the SNP is here to provide you with information and resources to support your school meal or snack program.

All of our report and application forms for the Student Nutrition Program are now available on our web-site at www.nwhu.on.ca/info4/schools-snp.php.

If you have any questions about the program, contact Alex Berry in our Fort Frances office. You can reach him at 807-274-9827 or 800-461-3348, x 263 or aberry@nwhu.on.ca.



The Joint Planning for Schools Team aims to support and encourage teachers, principals, school boards and councils in the delivery of school-based healthy living promotion.



Guidelines for School Bake Sales

Although bake sale goods are considered “low risk” and rarely associated with food-borne illness, it is important to remember that any food can cause illness if it becomes contaminated or is mishandled. Mom might bake a tasty batch of cookies, but if she is using an egg-based recipe and doesn’t cook it to the proper temperature, there is a risk of causing food-borne illness due to the possible presence of salmonella.

Ideally, all baked goods should be prepared in an inspected food premise under the supervision of a certified food handler who understands the principles of safe food handling. However, if the school decides to accept liability for baked goods prepared in private homes, precautions should be taken to ensure parents understand which foods are acceptable and how they should be prepared, handled, packaged and labeled.

Remember...sponsoring organizations are responsible for the safety of the food products they offer for sale.

For more information on school bake sales, go to www.nwhu.on.ca - Food Safety Program Page - *Guidelines for School Bake Sales.*

Prevent the Flu... Wash Your Hands!



With the return to school, there is a need to take steps to prevent and control infectious diseases. One of the most important methods of disease control is frequent hand washing.

Ensuring that teachers and students know the correct way to wash their hands will help control the spread of upper respiratory infections like colds, coughs, or flu and also intestinal infections that can cause diarrhea.

Other things you and your students can do to stay healthy, to help prevent getting the flu and spreading it to others:

- Cover your mouth and nose with a tissue when you sneeze or cough.
- If you don’t have a tissue, then cough or sneeze into your upper sleeve or elbow – not into your hands.
- Put your used tissue in the garbage.
- Wash your hands with soap and warm water after coughing or sneezing.
- Or use an alcohol based hand sanitizer (gel or wipes) and supervise young children when using this product.
- Avoid sharing food, drink bottles/cups, eating utensils, towels or handkerchiefs.
- Stay home when you have a fever or feel very unwell.
- Maintain distance from those coughing and sneezing.

Here’s a link to a clean hands kit website:
http://www.toronto.ca/health/cdc/clean_hands/index.htm

Looking for Healthy Fundraising Ideas?

Most schools fundraise, but have you ever thought about the impact fundraising has on our children or in the community? Common fundraising items often include chocolate bars, candy or cookie dough. Selling these foods goes against the healthy eating lessons taught in the classroom. Many schools in the province are finding that healthy fundraisers such as cheese, fruit or wrapping paper are making healthy profits for their school and sending healthy messages! Check out www.menuofchoices.ca for healthy food and non-food fundraising ideas!



40 Developmental Assets



Grounded in extensive research in youth development, resiliency, and prevention, the *40 Developmental Assets* represent the relationships, opportunities and personal

qualities that young people need to avoid risks and to thrive. Studies consistently show that the more assets young people have, the less likely they are to engage in a wide range of high risk behaviours and the more likely they are to succeed.

Assets have power for all young people, regardless of their gender, economic status, family, or race. Furthermore, levels of assets are better predictors of high-risk involvement and thriving than poverty or being from a single-parent family.

On average, young people with more assets:

- Engage in fewer negative, high risk behaviours such as using drugs and alcohol, being violent, and having premarital sex.
- Exhibit more positive or thriving behaviours such as succeeding in school, exhibiting leadership qualities and valuing diversity.
- Are more resilient in the face of challenges, stress and difficult situations.

However, the average young person experiences fewer than half of the identified 40 Developmental Assets. Visit www.search-institute.org or www.thrivecanada.ca for more information about promoting asset development in your school or community.

PLAYGROUND STENCIL PROGRAM

Are you interested in helping children become more active?

If so, contact the Northwestern Health Unit to borrow its new playground stencils. Use the stencils to paint fun, well-marked play areas for kids to entertain themselves during recess, lunchtime, after school, and on weekends.

The stencils are free of charge and application and game instructions are included with each stencil.

For more information, call the Northwestern Health Unit (807) 274-9827, ext.238 for Elaine.

7 different games and activities are available on loan.



What's Happening in YOUR School?

We want you and your students to tell us about your healthy school activities! If you would like to highlight initiatives that make your school a healthier place to learn, work and play, send us your story! If it is printed in the REACHing You newsletter, your school will receive a \$100 gift certificate for the purchase of equipment, food or supplies.

Submit stories to Saralyn Semeniuk at ssemeniuk@nwhu.on.ca or call 223-3301, ext.218 for more information.

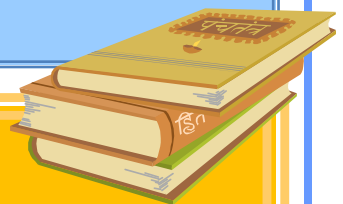


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Thanks to a number of funding opportunities, students at Mine Centre School have plenty of opportunities to eat healthy. For a number of years, students have had access to breakfast and milk at lunch time. This year, with additional funding, we will be offering a mid morning meal as well. General observations and a survey revealed that many foods students were bringing to school had little nutritional value. There were a lot of processed foods and foods high in fat and sugar such as lunchables, pizza pops, fruit roll ups and fruit drinks. It is difficult to learn, work or play when you are hungry or eating unhealthy foods. So, to ensure there are healthy options at our school, the school council, with the help of the NWHU developed a policy entitled 'Creating a Healthy School Nutrition Environment'. The school council felt it was important to establish healthy eating patterns early in life. The policy promotes and supports healthy eating as outlined in Canada's Food Guide. While emphasizing vegetables and fruit, whole grains and lower fat choices, it recognizes that all foods can be part of a healthy meal plan. With an increase of diabetes and an awareness of rising obesity rates, we feel this policy is a good beginning to promoting healthy choices in our school.

Brenda Ferris-Hyatt
Principal - 2008-09
Mine Centre Public School



For more information contact
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Visit our web site at www.nwhu.on.ca