



Hints for Healthy Schools

Spring 2024

March is Nutrition Month

Things schools can do to celebrate:

- Check out our [Promoting Positive Body Image](#) educator resource.
- Elementary schools can take part in the Great Big Crunch on March 7th – register your crunch and find resources here: [Great Big Crunch | Coalition for Healthy School Food | Canada](#).
- Offer the You're the Chef program! It's a five-session program suitable for grades 4-8 that teaches basic cooking and food handling skills. For more information email nutrition@nwhu.on.ca.
- Find some new nutrition lesson plans for elementary classrooms at <https://brightbites.ca/>.
- Encourage secondary students to come up with ideas on how to celebrate and promote Nutrition Month in their school, then help them put those ideas into action. Email nutrition@nwhu.on.ca to connect them with a Registered Dietitian.

April is Dental Health Month

NWHU invites you to celebrate Dental Health Month in your classroom! Good oral health habits improve overall health and well-being. We will be sharing information and resources with elementary schools to support learning about oral health.

Did you know? NWHU offers dental programs and services to eligible people of all ages. Learn more about our school services and free dental programs on our [website](#). If you have students that may need dental care, please contact us: 1-855-407-6453 or dentalhealth@nwhu.on.ca.

Youth Grant Opportunity! 2024 Tobacco Reduction in Youth Partnerships (TRYPs)

The Northwest Tobacco Control Area Network (NWTCCAN) aims to build and enhance partnerships with community, youth, and school groups by supporting activities through its Tobacco Reduction in Youth Partnerships (TRYPs) program. These activities have a focus on reducing smoking and vaping among youth and young adults in Northwestern Ontario.

TRYPs provides:

- Support for program planning and evaluation
- Financial support of up to \$1000.00
- Education to assist planning team

Learn more here: [TRYPs Flyer](#)

If interested, please complete this [expression of interest](#) and a health unit staff will follow-up to discuss and assist with application.

PHE Canada At My Best Play Day \$1000 grants for K-6

At My Best Play Days provide an opportunity to celebrate schools and students being at their best while promoting healthy habits through a day of fun and games. All schools that register will receive the At My Best Play Day Toolkit, offering a variety of physical and health activities and other free downloadable resources to support you, your class, and your school with the celebration. Register before April 12, 2024 for a chance to receive a \$1,000 grant! <https://www.atmybest.ca/en/teachers/my-best-play-days>



Northwestern
Health Unit

www.nwhu.on.ca



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Staying Safe with Needles

The snow is melting early this year, and discarded needles may appear. Talking to students about needles may be uncomfortable, but it is important to know what to do if they find a needle or other sharp objects on the ground.

Remind children that there are many things on the ground that can harm them and teach them not to touch anything that they find on the ground that does not belong to them. Visit our [website](#) for more information.

Solar Eclipse Safety

A partial solar eclipse will be visible in our region on April 8th, 2024. During any solar eclipse, it is imperative to wear special glasses with filters designed for eclipse watching (ISO 12312-2 international standard) to prevent eye damage. Regular sunglasses will not protect your eyes sufficiently. For more information see this [guide to solar eclipses](#).

Access a [toolkit for educators](#) and youth on lunar and solar eclipses.

NEW! Curriculum supports:

[Health Equity E-Lesson](#) (Grades 7-12)

In this four-part lesson, students learn all about health equity to understand how equity is different from equality. They develop context for this issue by examining vaccine inequity as a case study, and one of Science North's Indigenous Interns talks about the challenges of achieving health equity in Indigenous communities. In the final section, the Many Nations, One Voice for Wellness team at Telus Spark takes students through a workshop on Dr. Christopher Emdin's "Science Genius" method, with health equity as the theme. Students will learn how to put their thoughts, feelings and experiences about this complex issue into rap and song. A [lesson plan](#) accompanies the E-Lesson.

All About Food Allergy (Grades 4-6)

Research shows kids with food allergy face bullying and social exclusion solely because of their medical condition, and that there are substantial gaps in the understanding and management of food allergies. Teachers can play a pivotal role in closing these gaps and empowering the next generation. [All about food allergy](#) is a free, medically-reviewed and curriculum-linked program from Food Allergy Canada for grades 4-6 that will help develop the knowledge and skills students need to support the health and well-being of self and others.



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