



HINTS for HEALTHY SCHOOLS

Winter 2023/24

NEW Educator Resources!

Vaping Prevention

Local Compass data shows that rates of youth vaping have increased significantly over the past 10 years. It's important to educate students about the potential harm that vaping can cause. Resources that align with Ontario curriculum requirements and give educators evidence-based tools to teach young people about vaping are now available!

<https://www.nwhu.on.ca/for-professionals/for-schools/vaping-education-and-prevention/>.

Promoting Positive Body Image

This new resource supports school staff and others in promoting positive body image and relationships with food for children and youth. It offers links to teaching tools (in English and French), tips on addressing weight-based bullying and what to do if concerned about a student's eating.

<https://www.nwhu.on.ca/wp-content/uploads/2023/11/Promoting-Positive-Body-Image-A-Resource-for-Educators.pdf>.

You're the Chef Leader E-Module Training for School Staff and Volunteers

NWHU now offers free online training to become a You're the Chef (YTC) Leader. YTC is a 5-session after school or classroom program for grades 4-8 students. Students make tasty and healthy recipes while learning food safety and cooking skills.

Sign up for an account at <https://learning.nwhu.on.ca/> and visit the [You're the Chef Leader Training Online Module](#).

For more information contact your local NWHU office or email nutrition@nwhu.on.ca.

Free Virtual Workshops on Cannabis and Mental Health

The cannabis and mental health program are now offering free virtual workshops, tailored for students, parents, or staff. Topics include the effects of cannabis on mental health, harm-reduction, making safe and informed decisions as well as any specific details you want mentioned for your audience. Book a free workshop for your school here: [Virtual Workshops - Cannabis and Mental Health](#).



Northwestern
Health Unit

www.nwhu.on.ca



HINTS for HEALTHY SCHOOLS

The Respiratory Season is Here

Break the chain of infection and help to keep yourself and others healthy!

- Receive your COVID-19 vaccine and influenza vaccine.
- Wear a tight-fitting, well-constructed mask in indoor public settings, especially if you or someone you are with is at higher risk of severe infection.
- [Screen daily](#) for signs of illness and stay home when you are sick.
- Wash or sanitize your hands often.
- Cover your mouth when you cough or sneeze.
- Regularly clean frequently touched surfaces.

More resources and information for schools and educators:

- Cleaning and disinfection guidance: [Cleaning protocols for schools page](#).
- Illness specific guidance: [School attendance and contagious illnesses](#).
- Vaccination recommendations for your winter travel plans: [Travel information page](#).

Glo Germ kits

Your school has a glo germ kit to help students learn proper handwashing. NWHU offers resources and additional consumable supplies to support the use of the kits in classrooms. Contact your local NWHU office or email healthyschools@nwhu.on.ca for support.

Grant opportunity!

Canadian Tire Community Development Grants

Grants assist groups and organizations to deliver physical activity-based programs. Intake period 2 opens on January 15, 2024.

[Community Development Grants | Jumpstart \(canadiantire.ca\)](#).