



Bi-monthly updates, ideas and resources for elementary and secondary schools from Public Health.

April 2019 - Vol. 2 Issue 4

Events

Spring into Spring (month of April)

Encourage your students and families to welcome spring by planning a “Spring into Spring” walking/wheeling event at your school this **April**. Get students to experience the seasonal changes outdoors by planning a school walk, assembly or class activities.

Click [here](#) for event and activity ideas, posters and more. Link your event with other environmental celebrations like Earth Day (April 22).

Mental Health Week

Celebrate Mental Health Week during **May 6 to 10** with your class and school. Check out activity ideas in our e-Bulletin.

Grant Opportunities*

PC School Grants

President’s Choice Children’s Charity is offering [2 grants](#) to publicly funded schools for the 2019-20 school year.

1. School Nutrition Grant

Funds to purchase food and consumable supplies. Application period runs from April 1 to May 11.

2. School Equipment Grant

Funds to purchase equipment to prepare food and adhere to safe food handling requirements. No deadline indicated.

*Wellington-Dufferin-Guelph Public Health does not endorse any specific listed funders.

School Communications Survey

Public Health is updating its communications materials for schools, and we want to know what types of health information school staff find most relevant and how they prefer to receive this information during the school year.

Fill out our 10 minute survey to tell us what you think about our e-Bulletin and other materials.

The survey is open to **ALL elementary and secondary staff** (e.g. teachers, support staff, admin).

Complete the survey by April 18 for a chance to **win 1 of 10 \$20 Indigo gift cards!** Access the survey [here](#).



Health Resources & Services

April is Oral Health Month!

Good oral health is an important part of a child’s health, self-esteem and overall well-being. Check out these resources to celebrate Oral Health Month:

- [Oral Health Education Guide](#) – Resources, fact sheets and games linked to several curriculums (Grades 1-8). Search “oral health education guide” at [halton.ca](#)
- Get students to fill out this [Monthly Brushing Chart](#).
- Borrow an interactive kit from our Dental Team – Our kits help students understand how much sugar is in everyday foods and drinks (Grades 2+). Call **1-800-265-7293 ext. 2661** to book a kit.
- For more resources and information on dental services visit our [website](#).

Mental Health Week (May 6-10)

We all have mental health, and practicing good mental health is as important for our well-being as practicing good physical health (e.g. being active, eating nutritious foods, getting quality sleep).

Celebrate Mental Health Week with these activity ideas:

- [Stress Lessons Resiliency Toolkits](#) by the Psychology Foundation of Canada – Toolkits with class activities on understanding emotions, problem solving, healthy coping strategies, etc. (Free for K-9).
- [Youth Anxiety Canada](#) – Information and activities on anxiety, positive thinking, relaxation and healthy habits (Grades 9-12).
- Ask your school’s support staff (CYC, Social Worker, Guidance Counsellor) and board’s Mental Health Lead for more ideas!



Contact us

For information and support with H&PE curriculum topics, resources and school health initiatives contact our:

School Health Curriculum Resource Line

1-800-265-7293 ext. 4111

schoolhealth@wdgpublichealth.ca

Connect with us

 [@WDGPublicHealth](https://twitter.com/WDGPublicHealth)

 [@WDGPublicHealth](https://www.facebook.com/WDGPublicHealth)



 [@LetsTalkParents](https://twitter.com/LetsTalkParents)

 [@LetsTalkParenting](https://www.facebook.com/LetsTalkParenting)

Have comments or suggestions for the School Health e-Bulletin? Let us know what you think by emailing schoolhealth@wdgpublichealth.ca.

For more information about Public Health's school services, visit our [For Schools](#) webpage.

Screen Time and Cell Phones

Youth who get too much screen time can develop poor sleep habits, be less focused at school, and can develop symptoms of depression and anxiety.

Technology is here to stay and provides many benefits but practicing healthy screen use is important. Here are some [tips](#) for educators:



- Ask students to track their screen time for a week. Then ask them when they use it the most and why. Self-reflection can be an eye opener! Use this to identify opportunities for screen-free time.
- Discuss the benefits of limiting screen use during certain times of day (e.g. 1 hour before bed to promote better sleep).
- Role model good screen behaviour at school. Staff can lead by example!
- Review the [24 hour Movement Guidelines](#) with students, which advises no more than 2 hours of recreational screen time a day.

Healthy Schools

Ophea's Healthy Schools final report is **due April 26 at noon** (steps 4-6). Here are some reporting tips and tricks to help you earn all your points:



- **Submit the *plans* for an activity or celebration that will occur after the report deadline.**

You don't need to rush to complete all your activities before April 26. Instead, upload a document that shows the activity is *planned* to take place later on (May, June). For example: an email chain with the event details, a promotional flyer, school newsletter or PA system announcement. Anything that demonstrates the activity or celebration is set to take place will work!

- **Check out Ophea's Reporting Guide for technical tips.**

Not sure which documents to submit or have a technical question? (e.g. how to submit more than 1 photo?). Ophea has a guide with examples of what and how to submit your school's information. Access it [here](#).

- Have questions? Contact Ophea (healthyschools@ophea.net) or Public Health (schoolhealth@wdgpublichealth.ca) for more help.