



Monthly updates, ideas and resources for elementary and secondary schools from Public Health.

February 2018 - Issue 6

Events

Sexual and Reproductive Health Awareness Week

Celebrate SRH Week from February 12 to 16. This year the social media campaign will raise awareness and share resources on the intersections between mental health and sexual health.

High schools can adapt resources from the campaign and other materials on their [website](#).

Winter Walk Day

Host a walking event at your school on February 7 to celebrate Winter Walk Day. Register your school and get free resources to support your event [here](#).

Grant Opportunities*

Youth 4 Action Grant Program

[Funding](#) is available from the Canadian Cancer Society to groups of youth (ages 14-24) to carry out prevention, advocacy and fundraising activities for cancer prevention. Online training, guidance and resources are provided. Applications open February 5 and close February 28.

MEC Access and Activity Grants

A [Funding](#) opportunity is available from Mountain Equipment Co-op (MEC) to reduce barriers to participating in outdoor activities and teach responsible outdoor recreation practices. Applications are due March 10.

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

Health Resources & Services

Internet Safety

Ophea's [Connect\[ED\]](#) (Grades 4-6) and [CyberCops](#) (Grades 7-8) are curriculum linked resources on developing safe and healthy online behaviours. Interactive games, lessons and modules help teach students about online security, privacy, relationships, bullying and criminal behaviours that they can apply in real life situations.

Tips to Reduce the Spread of Cold Viruses in the Classroom

In addition to routine hand washing and respiratory etiquette, below are some tips on cleaning classrooms to reduce the spread of cold viruses.

Note: Please be sure to consult with your administration and/or school board about cleaning product policies.

Influenza (the flu) viruses can live on surfaces for up to 48 hours. Therefore, daily cleaning and disinfection of the classroom is recommended especially during cold and flu seasons. Cleaning and disinfection should focus on surfaces and objects that are touched often, such as desks, computer keyboards, doorknobs, faucet handles, phones and toys.

General household cleaners are sufficient to remove germs. Afterwards, you can use a disinfectant that has a drug identification number (DIN) or natural product number (NPN) and indicates it is effective against influenza A. The DIN and NPN means the disinfectant has been approved by Health Canada. Read the disinfectant label for directions on appropriate use, dilution, mixing, contact times (i.e., how long a surface must remain wet in order for the disinfectant to work), as well as how often the disinfectant should be replaced. Be sure to also check the expiration date on all disinfectant products.

School Health Resource Collection

Our **A Quick Cup of Empty Calories** kit is an interactive game that provides students with visual illustrations of fat and sugar in common hot and cold beverages. Appropriate for Grades 5+. Borrow one from a local library:

- [Guelph Public Library](#)
- [Wellington County Library](#)
- [Orangeville Public Library](#)
- [Shelburne Public Library](#)
- [Terry James Resource Centre](#)





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

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Healthy Schools

Tips for Ophea's mid-year reporting

Ophea's Healthy Schools Certification mid-year reporting is due February 16 at 12pm. Below are some tips to help your team complete their reporting requirements:



- Try to enter your reporting details in advance of the deadline to avoid technical issues caused by overuse of Ophea's website.
- If you use social media tools for communicating (e.g. Facebook chat group) take a screen shot for your records and upload it.
- If you have multiple photos or documents to submit for one reporting requirement (e.g., photos of an activity, meeting minutes), paste them into one document (MS Word or PDF), include descriptions for each photo as needed, then upload that one document.
- Review Ophea's Checklists and Exemplars (in the Deadlines section of your Dashboard) for reporting tips and school examples.
- Contact Ophea if you have questions or technical issues: healthyschools@ophea.net

Need some help? Contact Public Health to learn more about the Healthy Schools process and for ideas and support along the way. Call 1-800-265-7293 ext. 4111 or email schoolhealth@wdgpublichealth.ca.

Visit our [Healthy School webpage](#) for more information.

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.