



# Health Matters

A newsletter from the Leeds, Grenville, and Lanark District Health Unit

Fall 2005

<http://www.healthunit.org>

## Healthy Choices Program Under Construction!

*Submitted by Tawnya Boileau RN, BScN, Public Health Nurse*

The Healthy Choices Program, previously offered to grades 7 and 8, will not be offered this school year. The Health Promotion Department is currently reviewing the existing program and will be exploring other strategies to address health promotion and the prevention of chronic disease, injury and substance abuse. During the exploratory phase, schools will be consulted in order to determine ways to better meet the needs of the school population.

In the meantime, we are still committed to delivering equitable service to all schools in our Tri-County area. Due to the large number of schools and our limited staff, we are unable to fill teachers' requests for classroom teaching at this time. However, we are able to offer resources to assist you in addressing some of the same material covered in Healthy Choices and the Health and Physical Activity curriculum.



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### We have **Teacher Resource Packages** available on the following topics:

<b>Drug use and Abuse</b>	Grade 1 to 8
<b>Sun Safety</b>	Grades 1,4,5,8
<b>Physical Activity</b>	Kindergarten to 8
<b>Injury Prevention</b>	Kindergarten, 1,2,3,4,6
<b>Smoking</b>	Kindergarten to 8
<b>Nutrition</b>	Kindergarten to 8
<b>Body Image</b>	Grade 1-8

To request a package please contact Lynda Earl at [Lynda.earl@healthunit.org](mailto:Lynda.earl@healthunit.org) or at (613) 345-5685, ext. 2215.

If you have any questions or concerns about the Healthy Choices Program or the review process, please contact Tawnya Boileau, Public Health Nurse at [tawnya.boileau@healthunit.org](mailto:tawnya.boileau@healthunit.org) or at (613) 345-5685, ext. 2226.

## Sabrina's Law

### Sabrina's Law:

### It's An Act To Protect Anaphylactic Students

Sabrina's Law will take effect on January 1, 2006. This new legislation will require school boards to have policies in place that include:

- Training for school staff on dealing with life-threatening allergies on a regular basis,
- The creation of individual plans for students who have an anaphylaxis allergy,
- Having emergency response procedures in place for anaphylactic pupils

For more information pertaining to this law and educational resources regarding anaphylaxis please visit:

<http://www.anaphylaxis.org/>

<http://www.oma.org/phealth/allergy.htm>

### Think About Your Baby's Teeth

prevent early childhood tooth decay



- Brush baby teeth whether breastfeeding or bottlefeeding
- Wipe gums daily from birth and then brush teeth twice daily
- Plain water only in bedtime bottle or sippy cup
- Avoid constant sipping of sweet drinks between meals
- Stop using bottle and sippy cup by 14 months
- Take special care of your teeth during pregnancy
- Severe early childhood decay can affect your baby's health

\* Every sip of a sweet drink causes teeth to be attacked by cavity-causing bacteria for 20 minutes  
 \*\* Sugar content on 1 cup (8 ounces)

### Protect Your Child's Smile

tooth decay is preventable

Call the Health Unit Dental Program for a free dental screening for your child

A fluoride varnish application may be provided at that time (free of charge)



1-800-660-5853 or 345-5685  
[www.healthunit.org](http://www.healthunit.org)

# Rewarding Students in the Classroom

*Submitted by Meena Parameswaran, MAN, RD, Registered Dietitian/Public Health Nutritionist*

As you know, rewards given in the classroom can be an effective way to encourage positive behaviour. Food is commonly used as a reward for good behaviour and academic performance. However, using food to reward students has many negative consequences that go far beyond the short-term benefits of positive behaviour. If you choose to give rewards, it is important that food not be used.

## Consequences of using food as a reward

- ▶ **Contradicts nutrition messages:** Nutrition lessons taught in the classroom are contradicted when children are rewarded with unhealthy food choices. It is important the students receive the same messages in the curriculum and classroom environment.
- ▶ **Contributes to poor health:** Foods commonly used as rewards (i.e. candy, cookies) may contribute to health problems in children including obesity, diabetes and dental caries. Even if “it’s just a little treat”, it all adds up. Taking in an excess of just 50 calories per day (8 gummy bears, 5 jelly beans, 4 gumdrops) can lead to a weight gain of almost 5 pounds per year.
- ▶ **Encourages poor eating habits:** Research has shown that foods used as rewards become more desirable to children than if they had not been used as rewards. Providing food based on behaviour associates food with mood. Children should learn to eat in response to hunger and satiety signals. Eating food rewards during class teaches students to eat when not hungry as a reward to themselves. The association of food with emotion or behaviour may contribute to lifetime habits of rewarding or comforting themselves with food.

## Non-food Rewards

The ideas listed below are suggestions of non-food rewards and can be modified for different grade levels. As a teacher, you have the opportunity to reward students in healthy, creative and fun ways!

### Free

- ▶ Verbal praise
- ▶ Reduced or no homework
- ▶ First in line
- ▶ Walk break from class
- ▶ Extra reading time
- ▶ Help teacher (i.e. distribute handouts, errands to office)

### Low-Cost

- ▶ Stickers
- ▶ Stamps on student’s hand
- ▶ Pencils, pencil toppers
- ▶ Jump ropes
- ▶ Enter draw for paperback book
- ▶ Crayons
- ▶ Trip to treasure box (non-food items)

For more information on making your classroom healthy call 1-800-660-5853.

## REFERENCES:

- OSNPPH School Nutrition Workgroup. Call to Action: Creating a Healthy School Environment. March 2004. (Available at [www.osnpph.on.ca/position](http://www.osnpph.on.ca/position))
- Chief Medical Officer of Health Report. Healthy Weights, Healthy Lives. 2004. (Available at [www.health.gov.on.ca](http://www.health.gov.on.ca))
- Puhl R. and Schwartz, MB. If you are good you can have a cookie: The link between childhood food rules and adult eating behaviours. *Eating Behaviors*, 4, 283-293, 2003.

# Is My Child Getting Enough Physical Activity???

*Submitted by Shannon MacIntyre, RN, BScN, Public Health Nurse*



## Why is physical activity important for children?

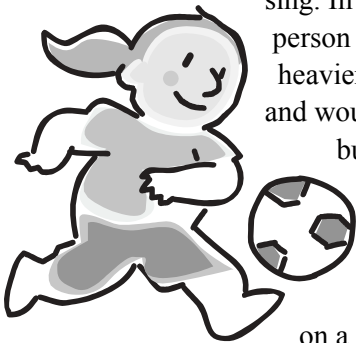
Physical activity is important for growth and development. Physical activity helps build strong bones and muscles, maintain flexibility, promote good posture, and strengthen the heart. Physical activity also improves quality of sleep, memory, concentration and communication, and increases relaxation, alertness, problem-solving and leadership skills. As well physical activity fosters a more positive attitude towards ones self, improves interpersonal skills and can give children an opportunity to meet new friends.

## How much physical activity does my child need?

Health Canada states that children and youth require at least 60 minutes of moderate activity and 30 minutes of vigorous activity for a total of 90 minutes everyday!

## How can I tell if it is light, moderate or vigorous activity?

During light activity, a person is not breathing heavily and would be able to talk and sing. In moderate activity, a person is breathing a little heavier, starting to sweat, and would be able to talk, but unable to sing. In vigorous activity, a person is breathing heavily, sweating, and not able to carry on a conversation. We call this the talk test.



## How do I fit 90 minutes of activity into my child's life everyday?

Check with the school your child attends to see how much physical activity they provide. Some schools in Leeds, Grenville and Lanark have the quality daily physical education (QDPE) program. QDPE provides each child with some physical activity everyday. You can help your child decide how to make up the rest. If your child does not get 90 minutes of activity a day, build up slowly, each month increase the daily amount of activity by 10 minutes. Make it fun; choose activities your child enjoys. Your child can add-up his or her activities in periods of 5-10 minute blocks. Choose a variety of activities to include those that focus on endurance, flexibility and strength.

### Here are a few ideas to help your child become more active:

- ▶ Walk or ride bikes with your child to daycare or school.
- ▶ Encourage outdoor play (balls, skipping ropes and hula-hoops are inexpensive, fun options).
- ▶ Put on some music, and dance with your child/children.
- ▶ Ask your child to help carry groceries.
- ▶ Take the stairs instead of elevators or escalators.
- ▶ Plan an active weekend. Go swimming or skating. Play soccer or play in the park.
- ▶ Discover activity programs available in your neighbourhood.
- ▶ Set limits on your child's screen time (TV, computer, video games).

For more information visit our website at [www.healthunit.org](http://www.healthunit.org), or call 1-800-660-5853.

# Riders and Drivers

*Submitted by Julie Ingleby, RN, BScN, Public Health Nurse*

## Both riders and drivers need to know important safety tips when around school buses.

According to the Ministry of Transportation, almost two out of three school bus related deaths occur outside of the vehicle. Most injuries such as these are predictable and therefore can be prevented by following these clear, simple, positive messages developed by the Smartrisk Foundation. Smartrisk is a national non-profit organization dedicated to preventing injuries and saving lives.

<b>Look First</b>	<ul style="list-style-type: none"> <li>• An adult should accompany children under 9 to the bus stop.</li> <li>• Children should wait for the bus in a safe place away from the road.</li> <li>• Drivers should be alert for school buses and children on the road.</li> </ul>
<b>Wear the Gear</b>	<ul style="list-style-type: none"> <li>• Wear clothing that is visible to drivers (bright colours).</li> <li>• Avoid dressing children in long scarves or other items that may get caught or pulled and be a strangulation hazard.</li> </ul>
<b>Get Trained</b>	<ul style="list-style-type: none"> <li>• Avoid danger zones around the bus where the driver cannot see you. If crossing the road, stay about 3 metres (or 10 big steps) in front of the bus and cross in single file.</li> <li>• Cross in front of the bus when the red lights are flashing and the STOP arm is extended.</li> <li>• According to the law, vehicles in both directions must stop when a school bus has stopped with the alternate red lights flashing, stop arm extended and the red STOP sign out.</li> </ul>
<b>Drive Sober</b>	<ul style="list-style-type: none"> <li>• All drivers, both of school buses and all other vehicles are to operate their respective vehicles free from impairment (drugs, alcohol, drowsiness) and distraction (cell phones, loud music).</li> </ul>

Respecting the safety rules of the road prevents injuries and ensures everyone arrives safely at their destination.

### Sources and more information:

[www.safety-council.org/info/child/schlbus.html](http://www.safety-council.org/info/child/schlbus.html)

[www.mto.gov.on.ca/english/safety/schoolbus/schoolbus.htm](http://www.mto.gov.on.ca/english/safety/schoolbus/schoolbus.htm)

[www.sickkids.on.ca/kidshealth/fall02vol3issue2/safety.asp](http://www.sickkids.on.ca/kidshealth/fall02vol3issue2/safety.asp)

[www.newswire.ca](http://www.newswire.ca)

[www.smartrisk.ca](http://www.smartrisk.ca)

[www.healthunit.org](http://www.healthunit.org)



School Bus Zone



School crossing.



School bus stop ahead where there may not be a clear view.



Lower speed limit during school hours.



On multi-lane roads with no center median, drivers approaching from both directions must stop when the buses' signal lights are flashing.

## "Keep Me Close, Keep Me Safe: Active Supervision is Key to Preventing Injuries"

*By Lois Dewey, RN, BScN, IBCLC, Public Health Nurse*

Being a parent is a very challenging job. A big part of the parenting role is to keep children healthy and safe. There are many things to consider when thinking about children's health and safety, making it hard to know which are the most important issues.

Did you know that each year in Canada, more children die from injuries than any other cause? Safety habits sometimes slip when parents are over-tired, stressed, not feeling well, rushing to get something done or trying to do too much at once.

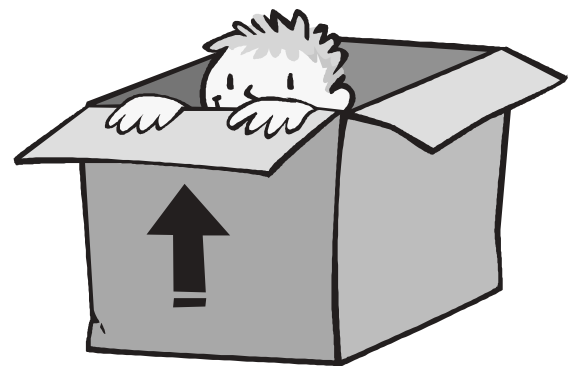
### Consider the following scenarios:

- 1) You are playing in the living room with your toddler when the doorbell rings. While you are answering the door, your toddler makes his way to the bathroom, climbs in the tub and turns on the water.
- 2) Your preschooler is at the kitchen table colouring while you prepare supper. When you run to the nursery to check on your crying infant, your preschooler decides to help you with supper and tries to figure out how the stove works.
- 3) You are folding laundry while your preschooler plays with his toys. The telephone rings and you go to the kitchen to answer it. While you are on the phone your preschooler decides to climb into the dryer.

The above scenarios highlight the number of things that parents try to juggle on a daily basis. While most parents know active supervision is the best way to prevent children from getting injured, sometimes they run out of ideas on how to keep children safe while getting other tasks done. Keeping children close is the best way to keep them safe.

In many situations, taking a toddler with you is the best way to keep them safe. A cordless phone is a good option to increase flexibility in your efforts to keep your child close.

For more information on keeping children close and safe and to receive your FREE supervision tips booklet, call the HEALTHaction Line at 1-800-660-5853 or 345-5685. This information is also available on our website: [www.healthunit.org](http://www.healthunit.org).



## Pap Tests: A Way to Show You Care for Yourself

*Submitted by Bonnie Schnitker R.N., P.H.N., Public Health Nurse*

Take the time to care for yourself. **All women** who are, or have ever been, sexually active should be screened for cervical cancer. The screening method is a Pap test, which is done by your health care provider. Screening is done every 1 – 3 years depending on your previous Pap test results. The Pap test will look for abnormal cervical cells.

### **Risk factors that increase a woman's chance of developing abnormal cervical cells include:**

- \*Sexual activity anytime in their lifetime
- \*Sexual activity before the age of 18
- More than 1 partner in their lifetime
- Human Papillomavirus (HPV)

*(\*Sexual activity includes vaginal intercourse, oral/vaginal sexual activity or digital/vaginal sexual activity)*

HPV is a very common virus usually spread from one person to another through sexual contact. It is so common, that most women have likely been exposed to it at some time. There are many different types of HPV. A few types have been linked directly to cervical cancer. Most people who have HPV will not have any signs or symptoms. It will usually go away on its own. But while it is in the body it can cause cell changes on the cervix that may lead to cancer.

### **Other factors that may influence the development of cell changes on the cervix include:**

- Smoking and exposure to second-hand smoke
- Use of hormonal contraceptives
- > 5 full-term pregnancies
- Other sexually transmitted diseases
- Poor diet
- Weak immune system (your body's defenses)

Unlike other cancers, cancer of the cervix is usually preventable. Cervical cancer is almost 90% preventable. With regular Pap testing, abnormal cervical cells can be detected early (in the pre-cancerous stage) and treated properly.

If it has been a year or more since your last pap test, check with your health care provider about when you require your next pap test.

**Regular Pap Tests Can Save Your Life!**

For further information, contact the Health Unit at 1-800-660-5853.

Have you checked out our **SCHOOL** page recently?



Go to: <http://www.healthunit.org/school/Default.htm>

- ◆ Find helpful program information, schedules, UCDSB and Health Unit contact information for the 2005/2006 school year on our **Master School Calendar**
- ◆ Review **Elementary** and **Secondary school resources**
- ◆ Contact us with comments and requests from the link on the Master School Calendar page

# FREE Influenza Vaccination Clinics



2005

Oct. 26  
Rideau District  
High School  
251 Main Street, Elgin  
2:00 p.m. - 6:00 p.m.

Oct. 27  
Lansdowne  
Senior Building  
43 Centre Street,  
Lansdowne  
10:30 a.m. - Noon

Oct 27  
S.A.I.L. (Gananoque)  
140 Garden Street,  
Gananoque  
1:30 p.m. - 3:00 p.m.

Nov. 1  
Lyndhurst  
Public Library  
Lyndhurst Road  
11:00 a.m. - 1:00 p.m.

Nov. 2  
St. Michael High School  
2755 Highway # 43,  
Kemptville  
2:30 p.m. - 7:30 p.m.

Nov. 3  
South Grenville  
High School  
1000 Edward Street N.,  
Prescott  
1:00 p.m. - 7:00 p.m.

Nov. 4  
Health Unit,  
Brockville Office  
458 Laurier Blvd.  
10:30 a.m. - 3:30 p.m.

Nov. 7  
1000 Islands Mall  
2399 Parkedale Avenue,  
Brockville  
Noon - 7:00 p.m.

Nov. 9  
Athens High School  
21 Church Street,  
Athens  
2:00 p.m. - 7:00 p.m.

Nov. 10  
Pakenham  
Public School  
109 Jeanie St., Hwy. 29,  
Pakenham  
3:00 p.m. - 6:00 p.m.

Nov. 14  
County Fair Mall  
Highway 29 South,  
Smiths Falls  
Noon - 7:00 p.m.

Nov. 15  
Naismith P S  
260 King Street,  
Almonte  
3:00 p.m. - 7:00 p.m.

Nov. 16  
Rideau Vista  
Public School  
9921 Highway 42,  
R.R. #2, Westport  
3:00 p.m. - 6:30 p.m.

Nov. 17  
Maple Grove PS  
151 George Street,  
Lanark  
3:00 p.m. - 7:00 p.m.

Nov. 18  
Prescott Health Centre  
555 King Street West,  
Prescott  
10:30 a.m. - 12:30 p.m.

Nov 18  
Cardinal Resource Centre  
341 New Street,  
Cardinal  
1:30 p.m. - 3:00 p.m.

Nov. 21  
Centennial Public School  
7 Henderson Street,  
Spencerville  
4:00 p.m. - 7:00 p.m.

Nov. 22  
St. John High School  
2066 Scotch Line Road,  
Perth  
1:00 p.m. - 7:00 p.m.

Nov. 23  
Gananoque Secondary School  
175 William Street South,  
3:00 p.m. - 6:00 p.m.

Nov. 24  
Carambeck Public School  
351 Bridge Street,  
Carleton Place  
1:30 p.m. - 7:30 p.m.

Nov. 25  
Health Unit,  
Smiths Falls Office  
52 Abbott Street. North.,  
Unit # 2  
9:30 a.m. - 3:00 p.m.

Nov. 28  
Merrickville Public School  
306 Drummond Street. East.,  
Merrickville  
3:00 p.m. - 6:30 p.m.

Nov. 29  
1000 Islands Mall  
2399 Parkedale Avenue,  
Brockville  
Noon - 7:00 p.m.

Dec. 1  
South Branch  
Public School  
2649 Concession Road,  
Kemptville  
4:00 p.m. - 7:00 p.m.

Dec. 5  
County Fair Mall  
Highway 29 South.,  
Smiths Falls  
Noon - 7:00 p.m.



For More Information, call the Health ACTION Line  
at 1-800-660-5853 or 345-5685

