

SCHOOL HEALTH MATTERS



Winter 2009
Newsletter for
Elementary Schools

with our partners in education

A HEALTHY SMILE IS GOOD FOR LIFE!

At school, teachers can play an important role in helping their students achieve a healthy smile by:



- promoting tooth brushing (set up a tooth brushing program at lunch hour)



- encouraging healthy snacks/beverages



- referring families to the Health Unit dental program if you have any concerns regarding a student's oral health – financial assistance may be available in obtaining dental care through the CINOT (Children in Need of Treatment) program.



For more information, please contact the Health Unit Dental Program at the Leeds, Grenville & Lanark District Health Unit: 613-345-5685 (Brockville) or 1-800-660-5853 (toll free).



News Bits ...

Attention Grade 4 & 5 Teachers!

This year's Racing Against Drugs event will be held from **May 26th – 28th, 2009**, at the Brockville Memorial Centre. Please watch for your registration form, to arrive by fax, in **February 2009**. *See you at the Races!*

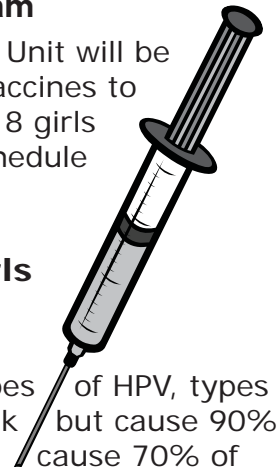


2008/09 School Immunization Program

The Leeds, Grenville & Lanark District Health Unit will be offering the Hepatitis B and Meningococcal vaccines to all grade 7s and the HPV vaccine to all grade 8 girls this school year. Please check your school schedule or our website for clinic dates.

HPV Vaccine Program for Grade 8 Girls

The publicly funded HPV vaccine, called Gardasil, reduces cervical cancer and genital warts in women. This vaccine prevents 4 types of HPV, types 6, 11, 16 and 18. Types 6 and 11 are low risk but cause 90% of genital warts cases and types 16, and 18 cause 70% of cervical cancer cases. HPV is spread through close skin-to-skin contact and sexual contact.



To read more about this program, visit www.hpvontario.ca or the Health Unit website at www.healthunit.org

Language Express Preschool Speech & Language

Good speech and language skills create a solid foundation for success at school.

JK aged children born in 2004 must be referred to Language Express before January 31st, 2009 to receive an assessment and recommendations. After January 31st, referrals will only be accepted for children born in 2005 or later.

For more information or to make a referral, please call Language Express at: 1-888-503-8885.

STAYING INFORMED MATTERS



Energy drinks — Not what you think

Energy drinks aren't your usual sports drinks, used to rehydrate and replenish lost nutrients after a heavy workout. They are highly caffeinated drinks that promise improved mental and physical performance, a "super boost". The intended audience for energy drinks is adults, but with names like Red Bull and Monster, the biggest consumers of these drinks are 12-24 yr olds.¹

The caffeine content in these drinks makes them unsuitable and possibly even dangerous for children. There have been reports of students coming to school high on caffeine, and sometimes requiring emergency medical treatment after consuming these drinks. Children are more sensitive to caffeine than adults, and can become overly restless, irritable and have sleeping problems. As well, caffeine can cause increased heart rate, blood pressure, body temperature, breathing rate, headaches, tremors, and nervousness.

A popular practice is the mixing of energy drinks

with alcohol. The person gets intoxicated but is wide awake, and is more likely to take risks and get hurt or hurt others. The combination of caffeine and alcohol exacerbates the dangerous pattern of binge drinking favoured by teenagers.²

Health Canada is investigating some serious medical reactions linked with

consumption of energy drinks. More information can be found at **Dieticians of Canada:** <http://www.dietitians.ca> and **Toronto Hospital for Sick Kids:** <http://www.sickkids.ca>

References

- ¹ Parker-Pope, Tara. "Health." MSNBC.com. 05 26, 2008. www.msnbc.msn.com (accessed May 30, 2008).
- ² The Canadian Press. "health." www.cbc.ca. 11 5, 2007. www.cbc.ca/health/story/2007/11/05/study-energydrinks.html (accessed November 7, 2007).



...ATVs roll over easily

...ATVs are not meant for passengers

...ATVs can weigh up to 800 lbs.

ATV riding is not child's play.

In many cases where children have been injured or killed in an ATV incident, the parents were unaware that ATVs:

- Have a high centre of gravity, making them more likely to roll over and land on the rider.
- Are most often built for one person. Passengers can affect the stability and control of the ATV, causing them to tip more easily.
- That are adult sized, pose a high risk to children under 16 due to the drastic differences in weight between the child and the machine.
- Are responsible for multiple childhood injuries and deaths.*

In 2005/2006 the Eastern Ontario region had about 1,000 emergency department visits and 90 hospitalizations for all ages. (23 percent of emergency department visits and 14 percent of hospitalizations were for children under 16 years).

* Canadian Institute for Health Information, 2005/2006



For more information contact the Leeds, Grenville & Lanark District Health Unit Health ACTION Line: 1-800-660-5853 or visit our website: www.healthunit.org



STAYING INFORMED MATTERS

NEW!

Age of Consent for Sexual Activity

On May 1st, 2008 the age of consent to sexual activity changed in Canada. The new law has raised the legal age of consent from 14 years of age to 16 years of age¹.

The reason for the increase in age is to broaden protection laws for young teens that are at risk of being exploited by adults.

The criminal code does contain a "close-in-age" exemption, which was added so that teens who do engage in sexual activity are not breaking the law.

For instance, a 19-year-old could have relations with a 15-year-old without being criminally charged, provided the older partner is not in a position of trust or authority over the younger teen and the relationship is not exploitative.

References

¹ Department of Justice Canada. *Criminal Code (R.S., 1985, c. C-46). Subsection 150.1*. http://laws.justice.gc.ca/en/showdoc/cs/C-46/bo-ga:l_V-gb:s_150_1/en#anchorbo-ga:l_V-gb:s_150_1

² Department of Justice Canada. *Criminal Code (R.S., 1985, c. C-46). Subsection 150.1 (2)*. http://laws.justice.gc.ca/en/showdoc/cs/C-46/bo-ga:l_V-gb:s_150_1/en#anchorbo-ga:l_V-gb:s_150_1

³ Department of Justice Canada. *Criminal Code (R.S., 1985, c. C-46). Subsection 150.1 (2.1)* http://laws.justice.gc.ca/en/showdoc/cs/C-46/bo-ga:l_V-gb:s_150_1/en#anchorbo-ga:l_V-gb:s_150_1

⁴ Department of Justice Canada. *Criminal Code (R.S., 1985, c. C-46). Subsection 159 (2)*. http://laws.justice.gc.ca/en/showdoc/cs/C-46/bo-ga:l_V-gb:s_150_1/en#anchorbo-ga:l_V-gb:s_150_1

Age of Consent for Sexual Activity

| | |
|--------------------------|--|
| Under 12 years | Consent is illegal. |
| 12 and 13 years | Consent is illegal (only legal if partner is less than two years older and not in a position of trust or authority over the younger teen and the relationship is not exploitative) ² . |
| 14 and 15 years | Consent is illegal (only legal if partner is less than five years older and not in a position of trust or authority over the younger teen and the relationship is not exploitative. Married couples are also exempt) ³ . |
| 16 – 18 years | Consent is legal unless they are involved in exploitative sexual activity. |
| Under 18 years: Anal Sex | Consent is illegal, unless in heterosexual marriage ⁴ . |

Interested in promoting healthy eating habits at your school?

Not sure how or where to start?

If so, *Nutrition Tools for Schools* is for you! Whether you're a teacher, parent, school administrator or volunteer, public health can help.

The purpose of the *Nutrition Tools for Schools* toolkit is to support a process, facilitated by public health staff, to work with a school committee to build capacity for healthy eating. This toolkit will lead the committee through a step-by-step process to help your school create a healthy school nutrition environment.



Practical tools and resources are included to help the school carry out many activities that support healthy eating in classrooms, schools, and the community. For more information, please contact the Public Health Nurse Consultant assigned to your school.



2008/09 School Immunization Program

Adhering to the immunization clinic schedule is critical in order to ensure that vaccine efficacy is the best it can be. Please consider this when planning sporting and school events and trips. For more information regarding the vaccines or the schedule please call the VPD team at 613-345-5685.

Your Health Matters Too!

Planning a Pregnancy?

What about hazards in your environment?

As future parents, knowing the potential hazards in your surroundings can help you make choices and changes before pregnancy. The Best Start Resource Centre has a detailed checklist to guide and advise you. It covers: the air you breathe, the food you eat, everyday chemicals you use and renovations you might make.

Go to: <http://www.healthbeforepregnancy.ca/environment.htm> - scroll down to find the 'Environmental Checklist for Health Before Pregnancy'.

Pregnant?

The Health Unit offers Prenatal Classes in 6 locations.

Pregnant women and their partners/support person can attend to learn about nutrition and lifestyle changes, labour and delivery, relaxation, infant feeding and newborn care. Weeknight and weekend classes are offered throughout the year.

For more information, call the Health Action Line: 1-800-660-5853 or visit www.healthunit.org/pregnancy

Parenting?

Triple P Parenting program now available in Leeds & Grenville

The Positive Parenting Program (Triple P), based on 25 years of research, uses small changes that make a big difference to families.

Triple P has what it takes to help, whether you're looking for:

- Tips on parenting in general
- What to expect at your child's stage of development
- Help with a specific problem such as tantrums, sleeping or bullying
- Help with more complex family issues such as anger or relationship conflict

Travel Immunization Counselling Available at the Leeds, Grenville & Lanark District Health Unit

Are you planning on taking a trip out of the country? When travelling outside of Canada, there are many illnesses which can be prevented by a simple vaccination.

The Leeds, Grenville and Lanark District Health Unit provides travel immunization counselling. Make sure to book an appointment at least one month before your planned departure date.

Even if you are not leaving the country, make sure your routine immunizations are up to date. For more information or to book an appointment contact the Leeds, Grenville & Lanark District Health Unit at the location nearest you.

Smiths Falls 613-283-2740
Perth 613-283-2740
Gananoque 613-382-4231
Kemptonville 613-258-5941
Brockville 613-345-5685

A network of child and family serving agencies, who are members of the Every Kid in Our Communities Coalition, has trained practitioners so that families can access the acclaimed Triple P program within Leeds and Grenville counties.

For more information, call the Health Action Line: 1-800-660-5853

