

# HIGH SCHOOL HEALTH MATTERS



2009  
Newsletter for  
Secondary Schools

with our partners in education



## News Bits ...



### It's Not Too Late To Finish Your HPV Shots!



Girls, who have received at least one dose of the three dose HPV vaccination series in their Grade 8 year, may complete the series as part of the publicly funded program during their Grade 9 year.

This means that a girl, who initiated her HPV vaccination series between September 2007 and September 1, 2008, may complete

any outstanding HPV vaccine doses during her Grade 9 year as part of the publicly funded program, i.e., between September 2, 2008 and September 7, 2009.

Girls who missed their opportunity to complete this vaccine series at school, are encouraged to call the Leeds, Grenville & Lanark District Health Unit to book an appointment in one of our Health Unit Immunization Clinics.

For more information on HPV or the HPV vaccine please call the Department of Clinical Services at 613-345-5685 or the Health Action Line at 1-800-660-5853.

### From the Editor

Welcome to the first School Health Matters Newsletter for Secondary School Educators. Our goal with this newsletter is to keep you up to date with up and coming activities, research, resources and strategies to improve health.

The High School Health Matters Newsletter is divided into three main sections. The front cover, titled "News Bits" will give you the news from the Health Unit that you need to know during the high school year. Inside, "Staying Informed Matters" has short articles that could assist in curriculum delivery, provide you with important information for your students or help with the development of a healthy school environment. "Web Wise" lists websites that have been reviewed

and are recommended either for curriculum support or student use. The back page, "Your Health Matters Too" is dedicated to you and your health.

We want to provide you with a newsletter that is informative and useful to you. Let us know if you have any suggestions for future articles or if you have a great website you want you share with your colleagues. Contact your Public Health Nurse Consultant assigned to your school.

Your editor,  
Kelly-Ann Munroe  
School Health Coordinator





## 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.<sup>1</sup>

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.<sup>2</sup>

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

- <sup>1</sup> Parker-Pope, Tara. "Health." *MSNBC.com*. 05 26, 2008. [www.msnbc.msn.com](http://www.msnbc.msn.com) (accessed May 30, 2008).
- <sup>2</sup> The Canadian Press. "health." *www.cbc.ca*. 11 5, 2007. [www.cbc.ca/health/story/2007/11/05/study-energydrinks.html](http://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](http://www.healthunit.org)





## Web Wise

### Sexual Health Clinics 2009

#### **Brockville Clinic**

613-345-5685  
458 Laurier Blvd.  
**MONDAY** 1:00-5:00 drop in  
**THURSDAY** 2:30-7:00 drop in  
PAPs: By appointment only

#### **Gananoque Clinic**

613-382-4231  
375 William St. S.  
**THURSDAY** 11:00-3:00  
By Appointment

#### **Kemptville Clinic**

613-258-5941  
2685 Concession Rd.  
(At the Hospital)  
**TUESDAY** 11:00-4:30

#### **Perth Clinic**

613-283-2740  
1 Sherbrooke St. W., Unit 160  
(Old Perth Shoe Factory)  
**MONDAY** 10:30-1:00  
PAPs: By appointment only

#### **Prescott Clinic**

(Students only)  
SGDHS Health Room  
**THURSDAY** 10:30-12:30

#### **Smiths Falls Clinic**

613-283-2740  
52 Abbott St. N.  
**WEDNESDAY**  
10:30-6:00 drop in  
PAPs: By appointment only

#### **Athens District High School**

**TUESDAYS** 11-1pm

#### **Rideau District High School**

(Run by Portland CHC)  
**MONDAYS & THURSDAYS**  
9-12

#### **Carleton Place High School**

**THURSDAYS** 11-1pm



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**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.

#### **www.sexualityandu.ca**

An educational website provided by the Society of Obstetricians and Gynecologists of Canada. It provides expert information on sexual health in a fun and interactive way for teens. Sections can also be found for teachers, parents, adults, and health care professionals.

#### **www.teenwire.com**

An informative website for teens on sexual health. Discusses topics such as: *birth control, infections, relationships and pregnancy*. Information is provided by the Planned Parenthood Federation of America.

#### **www.aadac4kids.com**

An Interactive website for youth developed by the Alberta Alcohol Drug Abuse Commission. The site is called "My Room" and has several categories to click on such as: *The Facts, Fun 'n' Games, Do I Know Me, Tough Times, Ties that Bind*.

#### **www.whatswithweed.ca**

This site is for users and concerned friends of users. Sections include: *A Self quiz, How you compare with others, What young people say, Risks and how to reduce them, Other sites and Finding someone to talk to*.

Check out the student produced music video, titled "What's With Weed", on you tube at:  
<http://www.youtube.com/watch?v=bwJ32XegxD8>

#### **Healthy Eating Websites:**

##### **www.notgonnakillyou.ca**

This website for youth is about getting active, eating right, and getting and staying healthy.

##### **www.ontario.ca/eatright**

This service provides easy-to-use nutrition information to help make food choices easier.



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

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

