

HIGH SCHOOL HEALTH MATTERS



FALL 2011
Newsletter for
Secondary Schools

with our partners in education

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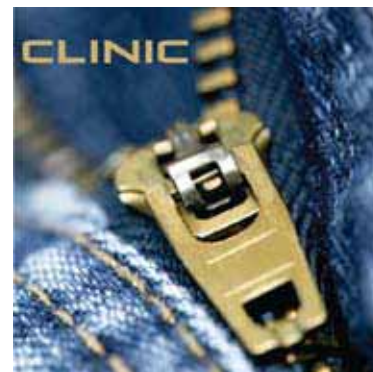
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Sexual Health Matters

Health Unit Sexual Health Clinic Tours

We would like to invite teachers to arrange a class tour of the sexual health CLINIC in your community. A tour of the CLINIC will help students become more familiar with the Public Health Nurses, the location of the clinic, as well as what services we offer. We currently have drop-in CLINICs located in Almonte, Smiths Falls, Perth, Kemptville, Gananoque and Brockville.

If a CLINIC tour is not possible, a Public Health Nurse is available to come to your classroom to provide a 'Virtual' CLINIC tour as a PowerPoint presentation. Also, look for 'virtual' tours of each CLINIC site on our website at www.areasafe.ca.



Contact your school's Public Health Nurse to set up a CLINIC tour today! You can reach us by phone through our School Health Line at 613-345-5685 or 1-800-660-5853. We can also be contacted by email at schoolhealth@healthunit.org.

2011-2012 Sexual Health Teaching

Public Health Nurses are available throughout the school year to support teachers with the sexual health curriculum for all grades. Please contact the School Health Line for more details.

REMINDER

Smoke-Free Ontario Act

Schools have a responsibility to ensure compliance with the Smoke-Free Ontario Act (even when used by the community for activities and events) by posting signage and advising anyone who violates the Act to stop or leave the property.

If you require support from the Health Unit or for additional information about the Act or other smoke-free initiatives please contact us at: sfoa@healthunit.org



Leeds, Grenville & Lanark School Health Liaisons: (left to right) Kelly Munroe, Julie Ingleby, Danielle Shewfelt, Nicole Tobias and Diana Steadman.

What's New and Improved?

We have revised our school catalogue of resources to support you in teaching the health curriculum. You can access our catalogue and request resources from our website: www.healthunit.org/school/curriculum-support.html

We hope these changes improve access to the tools you need to teach the new HPE curriculum.

Contact us at our School Health Line at 613-345-5685 or 1-800-660-5853 or send an email to: schoolhealth@healthunit.org

“You look great! Have you lost weight?”

The unintended consequences of our language

When teachers see students that are overweight, sometimes they want to help by giving advice. While our intentions are good, when the focus is put on weight or appearance there are many unintended harmful consequences that may result, including: disordered thinking and eating as well as lowered self-esteem which can actually make weight issues worse.

The best way to help is to avoid discussing weight. Instead, provide positive feedback and encouragement in other areas. When we talk to adults and students, it is important to choose our words carefully.

If you have questions about everyday language regarding weight, please call 1-800-660-5853 or 613-345-5685 or link to “A Tool for Every Teacher” at: www.healthunit.org/school/resources/Tools_for_Teachers.pdf

CHOOSING YOUR WORDS:	
<i>Harmful</i>	<i>Helpful</i>
Associating guilt with certain foods (good/bad or healthy/unhealthy foods)	Promoting that all foods can be enjoyed in moderation without guilt (everyday/sometimes foods)
Talking about BMI, assuming thinner people are healthier	Talking about and embracing health at any size
Talking about dieting or weight loss (with staff and students)	Changing the subject or re-directing the conversation away from dieting/weight loss
Complimenting people on their appearance (e.g. weight loss, body size, hair colour)	Complimenting people on their skills, abilities and personality traits
Talking about eating disorders signs/symptoms	Promoting positive self-esteem and body image
Talking about avoiding fat, sugar, carbs, calories, etc	Teaching the importance of nutrients to learn, grow and play. Enjoying a variety of foods
Making negative comments about your own body or the bodies of others (fat talk)	Making positive comments about yourself and skills
Associating physical activity with weight loss	Promoting physical activity as fun and enjoyable

P/PM 150

**Ministry of Education:
School Food &
Beverage Policy**

This policy applies to foods and beverages sold on school premises (e.g. bake sales, sporting events, lunch fundraisers) and is required to be implemented at the start of the 2011/2012 school year. This policy is aimed at making schools healthier places for students in order to establish the conditions needed to realize the potential of all students.

You can find many resources on our website to assist you in implementing this policy and creating an environment that supports and encourages nutritious food choices in schools. For tips and information on fundraising, catered lunches, classroom rewards, the policy documents, and much more visit: www.healthunit.org/school/foodpolicy.html



**Breastfeeding Toolkit for
Grade 11 & 12 Curriculum**

Are you teaching a family studies course this year? Did you know the topic of breastfeeding is found throughout the grade 11 and 12 Ontario curriculum in social sciences and humanities?

The Ontario Public Health Association Breastfeeding Promotion Workgroup developed an information and activity kit in 2009 to support secondary school teachers in meeting the curriculum expectations concerning breastfeeding. The resource goes beyond explaining the mechanics of breastfeeding and aims to engage students to analyze their own feelings about infant nutrition and also assist them in viewing how society’s attitude towards breastfeeding affect mothers and their babies. Discussing breastfeeding in the classroom setting may cause a feeling of nervousness when the topic is unfamiliar or may arouse personal opinions.

Background material for each breastfeeding related activity is provided. Additional resources are highlighted throughout the activity kit to provide comprehensive support for educators. The decision about infant feeding is unconsciously made in the teen years before future pregnancies are intended. This early decision regarding infant nutrition is an important reason to discuss the topic of breastfeeding early and in a series of activities that will meet the learning needs of all your students. This practical guide can easily be incorporated into academic lesson plans that will serve to empower students’ ability to make good decisions later in life.

To access the toolkit, please visit: http://www.opha.on.ca/our_voice/workgroups/breastfeeding/BF_Info-ActivityKit-May2009.pdf

ORAL HEALTH MATTERS

Although we work closely with Public Health Nurses to address the needs of school-age children, we are not nurses. Health Unit Registered Dental Hygienists (RDHs) and Certified Dental Assistants (CDAs) are dental health professionals who specialize in preventing dental disease and promoting oral health. RDH's and CDA's work in teams to perform dental screening, which is a visual assessment of a child's teeth and gums.

Our goal is to ensure that no child or teen suffers from pain due to severe decay, trauma, or infection. By visiting schools, we are able to see children who may otherwise not have access to a dental assessment. A lack of transportation or insufficient funds may prevent a family from seeking the dental care a child needs. As part of the assessment, we

Meet Your School Dental Team:

(left to right)
Jill Hicks, Robin Cleary, Stephanie Brazeau, Leslie Redmond & Bronwyn Freeman
(missing: Lisa Smith)



give feedback and recommendations to parents, and offer financial assistance and preventive oral hygiene services to families who qualify.

We value our partnerships with teachers and support staff. Dental-related pain may affect the ability to eat, sleep, and

even concentrate at school. Let's work together to promote the benefits of oral health, and the programs and clinical services our dental team can offer! For more information, please call: 613-345-5685 or 1-800-660-5853.



Encourage your students to find their Voice — *Photovoice*

Kicking off in September, the LGL Health Unit, with the Tobacco Control Area Network (East), will be launching its first ever *Photovoice* campaign. Photovoice is a **photography project** that allows youth to explore issues around healthy living and tobacco use & prevention in their community (e.g. students smoking at school; use of chew tobacco at sporting events; the link between mental health issues and smoking).

This campaign has **4** goals:

- 1 To encourage youth to record and think about their community's strengths and problems
- 2 To identify important issues through photographs and narratives
- 3 To put power into the hands of those who usually don't have much power
- 4 To work towards positive changes in the community



For more information about the campaign, contact the Health Unit or visit www.smokefreeeast.ca.

2011 Leeds, Grenville & Lanark Youth Summit

FREE
OCTOBER 14, 2011

HOW TO:

- 👉 Be Heard
- 👉 Make a Difference
- 👉 Influence Change
- 👉 Create your own project
- 👉 Apply it to your community

TRANSPORTATION PROVIDED!!

AT THE
Civitan Club in Perth

For more details:
David Patterson,
Youth Engagement Advisor,
(613) 345-5685 ext. 2313
david.patterson@healthunit.org

Open to
ALL Youth

Hosted by the Leeds, Grenville & Lanark District Health and the Youth Advocacy Training Institute (YATI)



YOUR HEALTH MATTERS TOO

Discipline is not a Dirty Word

by Professor Matt Sanders

Many parents today are confused about how to discipline their children.

Good discipline is simply about helping children learn that their behaviour leads to consistent consequences that are always enforced within a predictable, loving environment.

As a clinical psychologist specialising in family concerns, and as a parent to my own two children, the best advice I can give is to always try and remain calm in the line of fire.

Don't let a single disobedient act escalate into a full scale battle of wills between child and parent.

Discipline for children must involve clear, fair, age-appropriate rules and consequences carried out in a predictable family environment.

It's no good changing tactics one day because you don't feel up to the challenge.

When your child breaks a rule they know about, have an effective consequence.

Removing a favourite toy, banning the use of a bike, or turning off the television are all viable consequences of misbehaviour.

Being "pro social" with your children involves changing the ratio of negative and positive attention to shift the balance toward more positives.

For example, if your children are fighting over a toy, you might tell them to stop fighting, teach them about the importance of sharing and then show them how to go about sharing.

If your child is being loud and interrupting, explain the importance of politeness and teach them how to gain mum or dad's attention in a more acceptable fashion.

The way you discipline your children will vary with the age and personality of that child.

For instance you can't negotiate bedtime with a three year old, although you can with your teenager.

And discipline for disobedience should always teach two things.

Firstly, that "no" means to stop the behaviour that is not allowed and secondly, it should make clear the appropriate behaviour that should be seen instead.


The trap that many parents fall into when dealing with misbehaviour is to unwittingly feed negative behaviour by nagging and criticising, often inconsistently, and by failing to praise and encourage children when they behave well.

It isn't magic that brings about these results, just effort, and an understanding that we all need a little help sometimes.

Professor Matt Sanders is founder of the Triple P - Positive Parenting Program. Call 1-800-660-5853 or visit triplepontario.ca or triplep.net

ONTARIO IS EXPANDING ITS FREE VACCINE PROGRAM.

The Whooping Cough booster vaccine for adults 19-64 years of age.



This whooping cough (pertussis) booster vaccine is good for life. It provides protection to adults, while preventing the spread of this highly contagious illness to children and infants. Ask your health care provider for details.

Immunization is the foundation for a healthy life.

ontario.ca/vaccines • 1-866-532-3161 • TTY 1-800-387-5559

