

2011-2012

## School Health Elementary Program

### School Nurse:



905-688-8248 or  
1-888-505-6074  
ext

*Positively impacting health among children, youth and their families*

### School Programs

#### Nutrition Tools for Schools

Aims to help school communities work through a step-by-step process of creating a healthy school nutrition environment. The toolkit provides a wide range of guidance, resources and interactive tools to inspire and support the school community in taking a 'whole school approach' to healthy eating.

#### Playground Activity Leaders in Schools (PALS)

A playground leadership program to increase physical activity, decrease conflict and reduce the incidence of playground bullying. Trains student leaders (Gr. 4-7) to plan and lead safe and fun physical activities for younger students during scheduled breaks.

## Primary

### HEALTHY GROWTH AND DEVELOPMENT

#### Hand Washing/Respiratory Etiquette

Promotes the importance of proper hand hygiene and respiratory etiquette (Grades K-3).

### PERSONAL SAFETY, INJURY AND SUBSTANCE MISUSE PREVENTION

#### Drug Safety

Increase student awareness of the effects of nicotine, caffeine and alcohol on the body, reinforce the safe use of medications in addition to promoting healthy alternatives to drug use (Grade 3).

## Junior

### HEALTHY GROWTH AND DEVELOPMENT

#### Puberty

Sessions that will increase knowledge about the changes of puberty (Grades 5/6).

### PERSONAL SAFETY, INJURY AND SUBSTANCE MISUSE PREVENTION

#### 'Talking about Tobacco'

Addresses physical, social, legal and environmental issues related to tobacco use (Grade 4).

#### Substance Misuse Prevention

Discusses the consequences of misusing alcohol and other drugs while promoting safety measures and healthy choices (Grade 6).

### HEALTHY EATING AND PHYSICAL ACTIVITY

#### Self-Esteem

Increases knowledge about self-esteem and the effects of media on body image. Includes a discussion on the importance of healthy eating and physical activity (Grades 5/6).

## Intermediate

### HEALTHY GROWTH AND DEVELOPMENT

#### Immunization

Increases knowledge about infections and immunizations for informed consent (Grades 7/8).

#### Healthy Sexuality

Increases knowledge and awareness to promote healthy choices about sexuality (Grades 7/8).

#### Sexually Transmitted Infections (STI)

Session about symptoms, transmission and prevention of sexually transmitted infections and blood borne infections (Grade 7/8).

#### Healthy Sexual Decision-Making

Addresses the importance of abstinence, identifies methods to prevent pregnancy and promotes healthy sexuality (Grade 8).

### PERSONAL SAFETY, INJURY AND SUBSTANCE MISUSE PREVENTION

#### Tobacco Feud

An interactive game where the students learn about the harmful effects of tobacco including legal and environmental issues (Grade 7).

#### Substance Misuse Prevention

Discusses the consequences of misusing alcohol and other drugs while promoting safety measures and healthy choices (Grade 8).

## COMMUNITY SUPPORT

**Helping Others Parent Effectively (HOPE)**  
Support group for families living with challenges such as ADHD.

**Triple P Positive Parenting Program**  
Teaching the use of positive parenting strategies to promote healthy child development and the effective management of problem behaviours. These **free** programs are for caregivers of children 2-12 and 13-16 years.

### PARENTING

#### Head Lice

A presentation on head lice including, how to look for head lice and treatment procedures.

#### 'P is for Puberty'

A presentation for parents/caregivers and their Grade 5/6 child to encourage open communication and provide resources.

#### 'Parenting without Panicking'

A presentation for parents on substance misuse prevention among youth. Parents will learn about common types of drugs, understand current statistics on teen drug misuse and be able to identify signs of drug use among teens.

### OTHER TRAINING OPPORTUNITIES

#### Anaphylaxis in Schools

A presentation for staff which includes recognizing the signs and symptoms of anaphylaxis, emergency response and return demonstration of auto-injector.

#### PALS Champion

School staff are trained as leaders to facilitate this student led physical activity program.

#### You're the Chef

Parents and/or school staff can be trained to deliver this lunch time or after school cooking program (Grades 5-8).