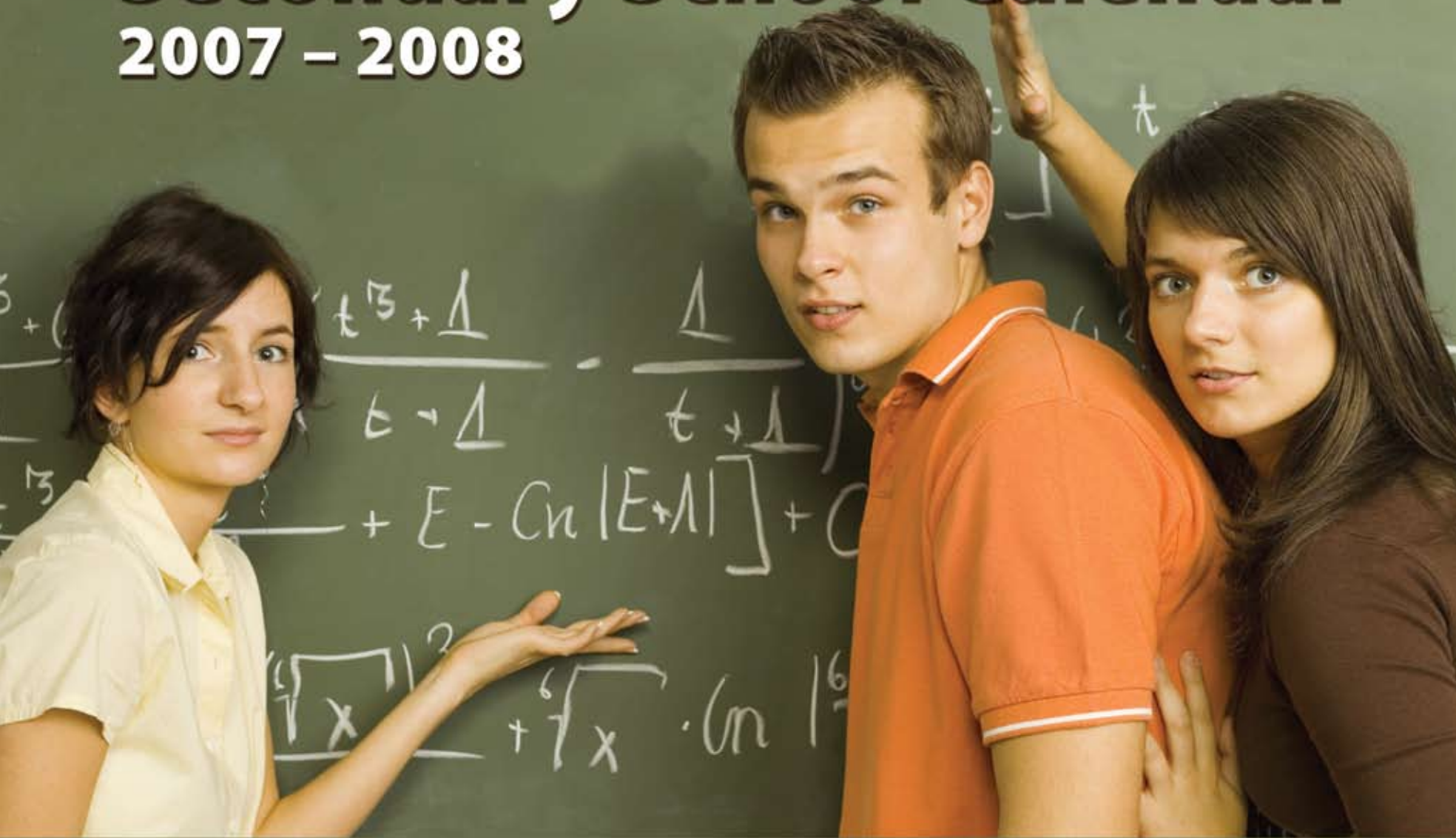


# Secondary School Calendar 2007 - 2008



**Healthy Tools for Schools**



## Healthy Tools for Schools

Is your classroom healthy?

**Tips for teachers to make their environment healthier ...**

- ✓ Refuse to allow students to drink pop in your classroom (or encourage students to choose healthier beverages).
- ✓ Encourage your students to make healthier food choices from the cafeteria.
- ✓ Be a healthy living role model.
- ✓ Congratulate students who do make healthier choices.
- ✓ Have student council support health messages to the students.
- ✓ Coaches: stand out as a role model and wear your free lanyard with a 'Tobacco-Free Sports' message (Contact your Public Health Nurse for a free lanyard).

For more great ideas, visit KidsHealth in the Classroom at [kidshealth.org/teen/](http://kidshealth.org/teen/)

**Looking for healthier options in your cafeteria?**

Encourage your cafeteria operator to apply for "Eat Smart!" certification. Call Kim McGibbon today for more information 625-8813.

You can also check out our Teacher's Corner newsletters that are delivered to every school three times a year. The newsletters provide the latest information, events, and resources. They can also be found at [tbdhu.com](http://tbdhu.com).

# September 2007

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday/  
Sunday



Labour Day  
3

4

5

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1  
2  
8  
9 Fetal Alcohol Syndrome Awareness Day

10

11

12

13

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15  
16 Terry Fox Run

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18

19

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22  
23

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30

**September is:**  
National Arthritis Month &  
Ovarian Cancer Month



To order resources, visit  
[tbdhu.com/resources/library](http://tbdhu.com/resources/library)  
or contact Barb at 625-5901.  
Resources can be sent and  
returned by board courier for  
TBCDSB and LDSB.



## **Protect Yourself... Protect Your Classroom**

### **How many colds will you get this year?**

"The most important thing you can do to keep from getting sick is to wash your hands," reports the Center for Disease Control and Prevention (CDC).

### **Did you know...**


- Children have about 6-10 colds a year?
- Adults average 2-4 colds a year?
- Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks?

### **How can you protect yourself in the classroom?**

- Wash your hands frequently with soap for at least 15-20 seconds (or use waterless hand sanitizer).
- Cough or sneeze into your arm instead of your hands and encourage others to do the same.
- Discourage sharing of waterbottles, straws, utensils, toys, or anything that has been in contact with saliva, nose or throat secretions.
- If you are ill, stay at home.
- Keep up to date with vaccination.

For information on the influenza vaccination, call the TBDHU Flu Line at 624-9082 or toll free at 1-866-607-3337.

# October 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
					6
1	2	3	4	5	7
Thanksgiving Day					13
8	9	10	11	12	14
	World Food Day	National School Safety Week: October 17 – 23			20
15	16	17	18	19	21
	Healthy Workplace Week: October 22 – 28				27
22	23	24	25	26	28
					
29	30	31			

**October is:**  
 National Immunization Month ,  
 Breast Cancer Awareness Month,  
 Eye Health Month,  
 Influenza Immunization Month &  
 Learning Disabilities Awareness  
 Month



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 or contact Barb at 625-5901.  
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 returned by board courier for  
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## So much to do... so little time!

### Got a full schedule?

A teacher's schedule is always full. It may be difficult to find time to fit in health appointments, but it is important to take care of yourself by scheduling regular screening tests, depending on age and history.

### The Canadian Cancer Society recommends:

#### Women

- Of any age should have a pap test every 2 years until age 70
- Over 40 should have a clinical breast exam by a trained health professional every 2 years
- Over 50 should have a fecal occult blood test (FOBT) every 2 years to detect polyps
- Aged 50-69 should have a mammogram every 2 years

To order your free breast self-examination shower card, call 1-888-939-3333.

#### Men

- Over 50 should have a fecal occult blood test (FOBT) every 2 years to detect polyps
- Over 50 should talk to their doctor about prostate screening

*Early detection saves lives! Take a moment to call your care provider and schedule an appointment today!*

Visit [checkupchecklist.cancer.ca/](http://checkupchecklist.cancer.ca/) for a personalized Checkup Checklist you can take to your doctor.

*Remember to  
make doctor's  
appt.*

# November 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
			1	2	3
					4
					10
5	6	7	8	9	11 Remembrance Day
		World Diabetes Day			17
12	13	14	15	16	18
Drug Awareness Week: November 18 – 24					24
	Universal Children's Day				
19	20	21	22	23	25
National Home Fire Safety Week: November 24 – 30					
26	27	28	29	30	

**Special Event Date:**  
Wed. November 7<sup>th</sup>: 9 am – 4 pm  
**Creating Balance:**  
**Healthy Happy Kids**  
Visit [tbdhu.com](http://tbdhu.com) for details, or call  
Sylvane at 625-5979.



To order resources, visit  
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## Safety Tips for the School Year

Teaching safety tips to students helps them make smart choices throughout the school year.

Every year over 700 teens in Canada don't make it to graduation.

Protect a generation by reinforcing these messages from SMARTRISK:

- Buckle Up
- Look First
- Wear the Gear
- Get Trained
- Drive Sober

For more information on upcoming Injury Prevention activities visit our website at [tbduh.com](http://tbduh.com) or check out SMARTRISK at [smartrisk.ca](http://smartrisk.ca)

# You will live a long, long life. Maybe.

*It isn't fate. There's a line of choice we each have that separates smart risk from stupid risk. It's called The Stupid Line. Whether you're into motorcycling, skiing, parasailing or partying, there are 5 ways you can take smart risk: Look first. Wear the gear. Get trained. Buckle up. Drive sober. And live a long, long life. Definitely.*

SMARTRISK



SALVE QUI-PENSE  
preventing injury with smart thinking

For other injury prevention resources, visit:

- Safe Kids at [safekidscanada.ca](http://safekidscanada.ca).
- Transport Canada at [tc.gc.ca/roadsafety](http://tc.gc.ca/roadsafety).
- Health Canada at [hc-sc.gc.ca](http://hc-sc.gc.ca).
- The Canada Safety Council at [safety-council.org](http://safety-council.org).

# December 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
					World AIDS Day 1
					2
International Day of Disabled Persons					8
3	4	5	6	7	9
Human Rights Day					15
10	11	12	13	14	16
					22
17	18	19	20	21	23
24 <i>Christmas Eve</i>	Christmas Day	Boxing Day			29
31 <i>New Year's Eve</i>	25	26	27	28	30

**SMART RISK**<sup>TM</sup>



**SAUVE-QUI-PENSE**<sup>MC</sup>

To order resources, visit [tbdhu.com/resources/library](http://tbdhu.com/resources/library) or contact Barb at 625-5901. Resources can be sent and returned by board courier for TBCDSB and LDSB.



## Thinking of Quitting? Get Support

Did you know that quitting smoking is THE single most important preventive measure you can do to safeguard your health?!

Get support - call Susan, a Tobacco Treatment Specialist, for individualized assistance at 625-5982

Concerned about a student's tobacco addiction? Susan is available to visit the school and provide assistance to youth for smoking or spit tobacco cessation.

## Tobacco Grants

Looking for ideas on how to spend your grant money? Check out [smoke-fx.com](http://smoke-fx.com), [stupid.ca](http://stupid.ca), and [yationlung.ca](http://yationlung.ca)

Looking for innovative ways to educate your students about tobacco issues facing teens? Contact the Youth Action Alliance Leader in your area.

Thunder Bay/Nipigon – [Daniel.DePeuter@tbdhu.com](mailto:Daniel.DePeuter@tbdhu.com)  
YETI (Youth Engaged in Tobacco-free Initiatives)

Thunder Bay – [Aileen.Malcolm@tbdhu.com](mailto:Aileen.Malcolm@tbdhu.com)  
MAKWA (Making Aboriginal Kids Walk Away From Tobacco Abuse)

Geraldton/Nakina/Longlac – [Evelyn.Mahon@tbdhu.com](mailto:Evelyn.Mahon@tbdhu.com)  
SACC'D (Shutting All Cigarette Companies Down)

Marathon/Terrace Bay/Schreiber/ Manitouwadge –  
[Keith.Johnson@tbdhu.com](mailto:Keith.Johnson@tbdhu.com)  
SWAT (Superior Working Against Tobacco Industry Products)

# January 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
	New Year's Day				5
	1	2	3	4	6
					12
7	8	9	10	11	13
					19
14	15	16	17	18	20
	National Non-Smoking Week: January 20 – 26				26
		Weedless Wednesday			Family Literacy Day
21	22	23	24	25	27
					
28	29	30	31		

**January is:**  
Alzheimer Awareness Month

HELP US  
UNMASK THE  
TOBACCO  
INDUSTRY

To order resources, visit  
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**She's been on a diet since she was 9.**

# Are the **Kids Okay?**

**80% of teen girls don't like their bodies and are dieting and skipping meals to fit in.**

## **Tips to Promote Health at Any Size**

### **In class:**

- Help students understand that there is NOT one "ideal" body shape for males or females.
- Use role models that are admired for what they say, feel and do, rather than how they look.
- Don't allow teasing or name calling.
- Teach students to accept, enjoy and care for their bodies.

**For curriculum matched teaching resources on body image and healthy eating visit:**

[tbdhu.com/resources/library](http://tbdhu.com/resources/library)

**Teach kids that healthy bodies come in different shapes and sizes.**

# February 2008

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday/  
Sunday



**February is:**  
Heart Health Month

2

1

3

Eating Disorders Awareness Week: February 3 – 10

9

4

5

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Valentine's Day

16

11

12

13

14

15

17

Through with Chew Week: February 17 – 23

23

18

19

20

21

22

24

Smoke-free  
Movies Day of  
International  
Action

25

26

27

28

29



To order resources, visit  
[tbdhu.com/resources/library](http://tbdhu.com/resources/library)  
or contact Barb at 625-5901.  
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returned by board courier for  
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# Do Your Students have a Drinking Problem?



**Over 1/2 of Canadian teens drink 1 or more servings of pop per day.**

## **Make the healthy choice the easy choice!**


- Promote water or milk as the drink of choice in your classroom.
- Carry a water bottle as a good example for students.
- Work with your school to reduce access to pop, fruit beverages, cocktails or punches, iced tea, lemonade and sports drinks.

For teaching resources and information call Barb at 625-5901 or visit [tbdhu.com/Resources/Library/](http://tbdhu.com/Resources/Library/)

## **Did you know?**

Pop and other sugary drinks can contain between 8 and 16 teaspoons of sugar per vending machine sized serving.

# March 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
					1
					2
					8
3	4	5	6	7	9
Spring Break: March 10 – 14					15
10	11	12	13	14	16
St. Patrick's Day				Good Friday	22
					Easter Sunday
17	18	19	20	21	23
Easter Monday	24				29
	31	25	26	27	28
					30

**March is:**  
Nutrition Month

*Liquid Candy*


To order resources, visit [tbdhu.com/resources/library](http://tbdhu.com/resources/library) or contact Barb at 625-5901. Resources can be sent and returned by board courier for TBCDSB and LDSB.



## **A Healthy Mouth Equals Good Self-Esteem!**

- A diet high in sugar and inadequate oral hygiene can cause poor oral health.
- Youth self-esteem can be affected by unsightly dental disease.
- Encourage your students to brush and floss daily.
- To talk to someone on our School Dental Team call 625-5984.

# April 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
					5
	1	2	3	4	6
World Health Day					12
7	8	9	10	11	13
					19
14	15	16	17	18	20
National Immunization Awareness Week: April 20 – 26					26
	Earth Day				
21	22	23	24	25	27
National Volunteer Week: April 27 – May 3					
28	29	30			

**April is:**  
Dental Health Month &  
Cancer Awareness Month



To order resources, visit [tbduh.com/resources/library](http://tbduh.com/resources/library) or contact Barb at 625-5901. Resources can be sent and returned by board courier for TBCDSB and LDSB.

## Be an active rolemodel!

### SummerActive!

A national community mobilization initiative designed to help adults improve their health. To sign up contact Anne Ostrom at 625-5923.

**Teachers, looking to get active?** Sign up for our 10,000 step pedometer program. For more info contact Hanna Janiec at 625-5970.

**Looking to promote healthy active lifestyles?** Call your Public Health Nurse for support.

**OPHEA is the place to go!** [ophea.net](http://ophea.net) has a variety of resources to offer! Workshops, consultations, training and resources at your fingertips!



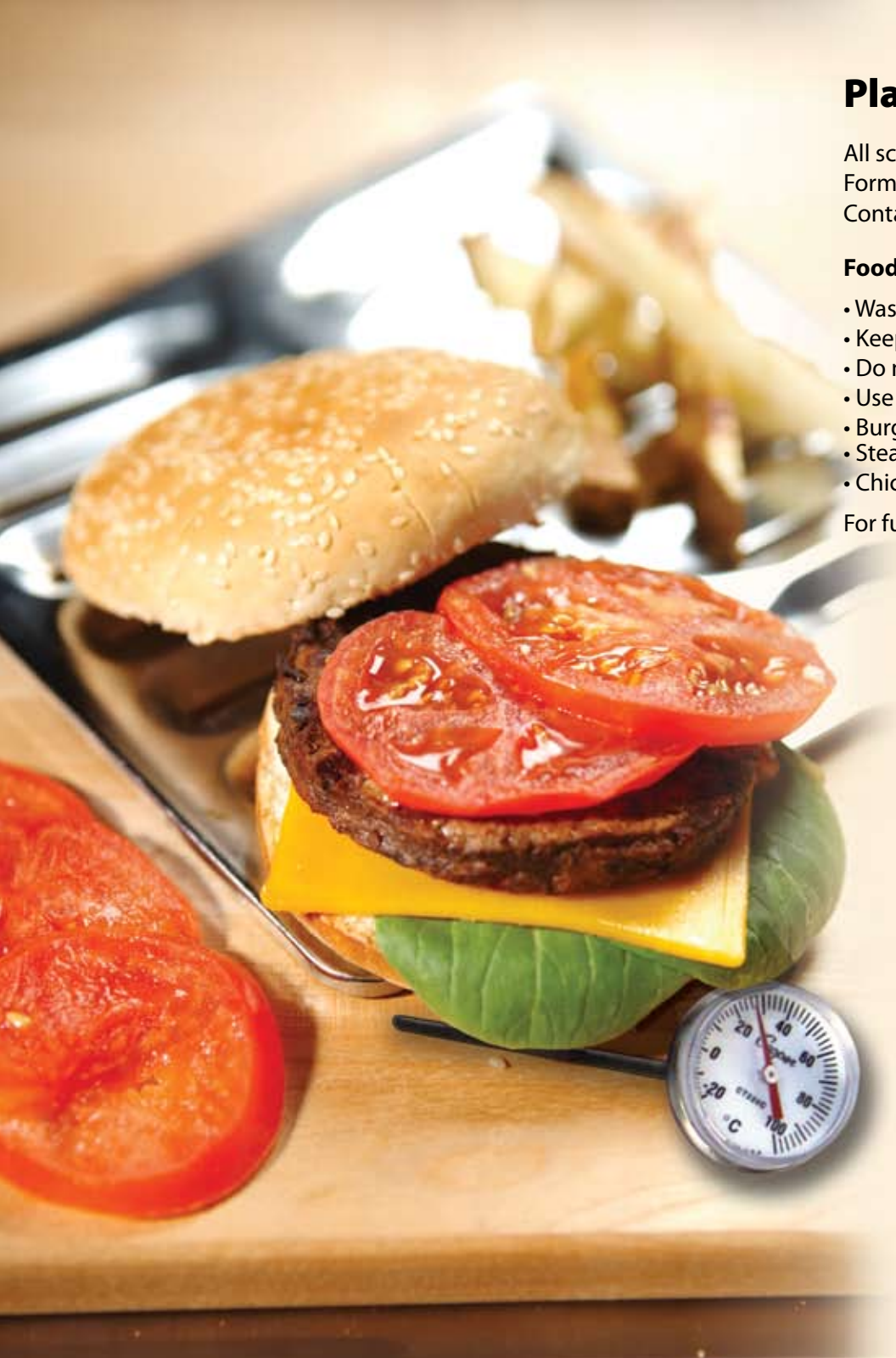
# May 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
			National Summer Safety Week: May 1 – 7		3
			1	2	4
National Summer Safety Week: May 1 – 7					10
5	International No Diet Day 6	7	8	9	11
					17
12	13	14	International Day of the Family 15	16	18
Victoria Day					24
19	20	21	22	23	25
Sun Awareness Week: May 26 – June 1					World No Tobacco Day 31
26	27	28	29	30	

**May is:**  
Speech and Hearing Awareness Month  
Hepatitis Awareness Month



To order resources, visit [tbdhu.com/resources/library](http://tbdhu.com/resources/library) or contact Barb at 625-5901. Resources can be sent and returned by board courier for TBCDSB and LDSB.



## Planning a School BBQ?

All schools planning a BBQ must submit a Special Event-Food Vendor Application Form at least 14 days prior to the event to the Thunder Bay District Health Unit. Contact your Public Health Nurse for a package of application forms and guidelines.

### Food Safety Tips

- Wash hands before, during and after handling any food.
- Keep raw food away from cooked foods.
- Do not use the same plate or tray for uncooked and cooked meats.
- Use a thermometer to ensure all the meat reach a safe internal cooking temp.
- Burgers should be cooked until they are gray looking in colour and juices are clear.
- Steaks can be cooked rare but be sure the outside is seared.
- Chicken should be cooked until no longer pink inside and juices run clear.

For further information contact the Thunder Bay District Health Unit at 625-5926.

### Final Internal Cooking Temperatures (Using A Probe Thermometer)

Temperatures must be maintained for a minimum of 15 seconds

<b>Poultry</b> Whole poultry Individual pieces	82°C 74°C	180°F 165°F
<b>Mixtures</b> Containing poultry, egg, meat, fish or other hazardous food	74°C	165°F
<b>Beef &amp; Veal</b> Hamburger, deboned and rolled roasts	71°C	160°F
<b>Pork</b> All products	71°C	160°F
<b>Lamb</b> Ground, deboned and rolled roasts	71°C	160°F
<b>Fish</b> All products	70°C	158°F
<b>Eggs</b>	63°C	145°F

# June 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
					
			World Environment Day		1
2	3	4	5	6	7
					8
					14 World Blood Donor Day
9	10	11	12	13	15
					21 National Aboriginal Day
16	17	18	19	20	22
	23		International Day Against Drug Abuse & Illicit Trafficking		28
30	24	25	26	27	29

**June is:**  
ALS Awareness Month &  
Stroke Awareness Month



To order resources, visit [tbdhu.com/resources/library](http://tbdhu.com/resources/library) or contact Barb at 625-5901. Resources can be sent and returned by board courier for TBCDSB and LDSB.

# July 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
					5
	1	2	3	4	6
					12
7	8	9	10	11	13
					19
14	15	16	17	18	20
					26
21	22	23	24	25	27
28	29	30	31		

**Have a safe and  
healthy summer!**

# August 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
					2
				1	3
					9
4	5	6	7	8	10
					16
11	12	13	14	15	17
					23
18	19	20	21	22	24
					30
25	26	27	28	29	31

# Thunder Bay District Health Unit

## Telephone Numbers

Main Office	625-5900	Prenatal Classes (Adults and Teens)	625-5972
Health Promoting Schools	625-5972	Public Health Inspection/Septic	625-5930
Alcohol and Substance Misuse Prevention	625-7994		625-5926
Audiology	625-5922	Reproductive Health	625-5972
Communicable Diseases	625-8318	Resource Library	625-5901
Dental Services	625-5984	Sexual Health Clinic Balmoral Site	625-5944
Fair Start	625-8817		625-5976
Food Safety Courses	625-5930	Village Clinic	624-2000
	625-5926	Anonymous HIV Test	625-5981
Genetic Counseling	625-5924	Speech Language Pathology	625-5936
Healthy Babies Healthy Children	625-8819	Tobacco Resource Action Centre	625-5982
Immunization and Traveler's Clinic	625-8810	Wellness@Work	625-5911
Immunization – School Program	625-5971		
	625-8346	Nipigon Office	887-3031
Injury Prevention/Risk Watch	625-5979	Schreiber Office	824-2413
Media Relations (Communications)	625-8800	Marathon Office	229-1820
Nutrition Services	625-5968	Manitouwadge Office	826-4061
Physical Activity Promotion/Heart Health	625-5923	Geraldton Office	854-0454
	625-5970	Toll-free in Thunder Bay District	1-888-294-6630
		Telehealth Ontario	1-866-797-0000



Your Public Health Nurse is:



Health Promoting Schools