

Healthy Tools for Schools

2007 – 2008 Elementary Teacher's Calendar





Healthy Tools for Schools

Is your classroom healthy?

- ✓ Avoid using candy as rewards (try stickers, bookmarks, pencils, stamps, or small toys).
- ✓ Encourage healthy snacks and lunches.
- ✓ Encourage children to take the lead and come up with new ideas for DPA.
- ✓ Be creative- incorporate math or science problems into DPA sessions.
- ✓ Encourage children to play organized games during recess and lunch.
- ✓ 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/kid/

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.

September 2007

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday/
Sunday



					1
					2
Labour Day					8
3	4	5	6	7	9 Fetal Alcohol Syndrome Awareness Day
					15
10	11	12	13	14	16 Terry Fox Run
	AIDS Walk Week: Sept. 16 – 23				22
	Prostate Cancer Awareness Week: Sept. 17 – 23				
17	18	19	20	21	23
				Terry Fox National School Run Day	29
24	25	26	27	28	30

September is:
National Arthritis Month &
Ovarian Cancer Month



To order resources, visit
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	October is: National Immunization Month, Breast Cancer Awareness Month, Eye Health Month, Influenza Immunization Month & Learning Disabilities Awareness Month
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	
					27	
22	23	24	25	26	28	
						
29	30	31				

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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/ 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
19	Universal Children's Day 20	21	22	23	25
National Home Fire Safety Week: November 24 – 30					
26	27	28	29	30	

Special Event Date:
Wed. November 7th: 9 am – 4 pm
Creating Balance:
Healthy Happy Kids
Community Leadership Forum,
Travelodge Airline Hotel
Visit tbdhu.com or contact
Sylvane at 625-5979 for more
information.



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Wear the Gear

Risk Watch resource meets all your safety-related curriculum needs.

Contact your Public Health Nurse for information on how your class can access the program's support materials and the city's local injury prevention professionals.

Egg Drop Contest

Be on the lookout for information on our annual Egg Drop Contest.

Incorporating the science principles of force, motion, gravity, acceleration and resistance, students learn the science behind helmet use through their creation of an egg-saving device. Prizes for winning teams.

For Injury Prevention Resources or more information, visit:

Brain & spinal cord injury prevention
thinkfirst.ca

Injury prevention, with teacher's resource section smartrisk.ca

Injury prevention- general safekidscanada.ca
Ski, snowboard, bike, skateboard, scooter, and rollerblading safety tbdhu.com

December 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
					World AIDS Day 1
					2
International Day of Disabled Persons 3					8
					9
Human Rights Day 10					15
					16
					22
17	18	19	20	21	23
24 <i>Christmas Eve</i> <i>New Years Eve</i>	Christmas Day	Boxing Day			29
31	25	26	27	28	30



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Turn Kids off Tobacco

While increasing numbers of adults have stopped smoking, youth continue to start.

Check out tobacco topics other than smoking:

- Traditional use of tobacco
- Global tobacco issues
- The tobacco industry and how it manipulates kids
- Spit or chew tobacco

Looking for Class Presentations?

The Tobacco Control Unit's peer leaders are ready to come to your class to talk to your students about the dangers of tobacco use. For more information, call 625-8306.

For more information on any of these topics please contact your school's Public Health Nurse.

Need Resources?

Go to ophea.net for great resources such as "Take Action" and "Lungs are for Life", or call your Public Health Nurse.

On the Road to Quitting?

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

January 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday	January is: Alzheimers Awareness Month
	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			



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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:

**aboutkidshealth.ca/thestudentbody
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	6	7	8	10	
			Valentine's Day		16	
11	12	13	14	15	17	
Look for your Turn Off the Screens registration package	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 or contact Barb at 625-5901. Resources can be sent and returned by board courier for TBCDSB and LDSB.



Are your students packing '4 for Lunch'?

A balanced, nutritious lunch includes at least one choice from each of the four food groups.

Healthy eating helps:

- Children to be more alert, concentrate longer and perform better at school;
- Reduce discipline problems;
- Ensure optimal growth and development;
- Prevent immediate health problems like iron-deficiency, and chronic diseases like Type 2 diabetes.


Try these fun classroom activities:

- Divide a piece of chart paper into five sections. Have the class brainstorm a list of their favorite items that fit into each food group and foods to eat sometimes.
- Hold theme days to encourage kids to bring a variety of healthy foods (i.e. Fruity Fridays, Milk Mondays, colour themes for veggies and fruits, cultural themes).
- Get kids excited about trying new foods by allowing them to taste something new. Use all five senses: what does it smell like? Taste like? Feel like? Look like? Does it make a noise? Now taste it!
- In math class graph the number of students that brought '4 for lunch' this week. In art create lunch placemats with a collage of favorite foods.

For nutrition teaching resources call Barb at 625- 5901 or go to tbdu.com/Resources/Library/



March 2008

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

March is:
Nutrition Month



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



Encourage students to practice good oral hygiene!

Teachers can help children of all ages develop good oral health habits that last a lifetime!

Smile Smarts! is an oral health curriculum for preschool through grade eight students offering flexible, modular lesson plans, support materials, hands-on classroom demonstrations, student activity sheets and suggestions for further oral health activities.


The information will:

- help children understand the importance of their teeth.
- provide basic information, appropriate to their age and experience, about keeping teeth clean and healthy.
- introduce the dentist as a friendly doctor who helps them take care of their teeth.
- help instill in students a sense of competence and responsibility for keeping their teeth and mouth clean and healthy.
- reinforce dentists' instructions on properly caring for teeth.
- provide accurate and timely information on behaviors that can cause dental health problems, such as mouth piercing and tobacco use.

Visit ada.org/public/education/teachers/smilesmarts/index.asp for "Smile Smarts!" lesson plans and fun activities!

The Ontario Association of Public Health Dentistry is another excellent source. Visit oaphd.on.ca for oral hygiene information including the **Teacher's Reference Manual of Dental Health**.

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 or contact Barb at 625-5901. Resources can be sent and returned by board courier for TBCDSB and LDSB.

Get Moving!

OPHEA is the place to go!

OPHEA has worked in partnership with the Ministry of Education to develop a variety of physical activity guides for teachers. For the complete set of teacher guides go to: edu.gov.on.ca/eng/teachers/dps.html

Check out other Ophea supports (ophea.net) which can help school boards, schools, and teachers implement DPA.

Turn Off the Screens and GET ACTIVE Challenge!

Kids and their families will be turning off the screens once again from May 5-9, 2008. Check out tbdhu.com for ideas, events and much more.

Get "SummerActive!" SummerActive is a national community mobilization initiative designed to help Canadians improve their health by encouraging and supporting their first steps towards regular physical activity, healthy eating, living a tobacco-free lifestyle and participating in sport activities. 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 information contact Hanna Janiec at 625-5970.

For information on these physical activity initiatives, resources, or for assistance with your planning, contact your Public Health Nurse.



May 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
			1	2	3
					4
Turn Off the Screens and GET ACTIVE Challenge!: May 5 – 9					WHO, Move for Health Day 10
5	6	7	8	9	11
Canada Health Day			International Day of the Family		17
12	13	14	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



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Made in the Shade!

Consider a Shade Project for your school, because:

- 1 in 7 children in Canada will develop skin cancer during their lifetime.
- UV damage is cumulative; up to 80% of lifetime damage is accumulated by the time a child reaches 18 years of age.

Here's how to get started:

- Check out shadeproject.org to see how a school greened their playgrounds
- Plant native trees and shrubs in your playground.
- Survey kids, parents and teachers to learn how they use the playgrounds.
- Help to form a greening committee for your school.
- Create wildflower gardens to help children reconnect with the environment.

Keep Students Sun Safe!

For resources and displays call your Public Health Nurse.

June 2008

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

June is:
ALS Awareness Month &
Stroke Awareness Month

USE A SUNSCREEN OF



OR HIGHER

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tbdhu.com/resources/library
or contact Barb at 625-5901.
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July 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
					5
	1	2	3	4	6
7	8	9	10	11	12
					13
14	15	16	17	18	19
					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