



2006-07
Elementary School Calendar

Health Promoting Schools



A **“Health Promoting School”** is a place where all members of the school community work together to provide students with integrated and positive experiences and structures that promote and protect their health.

In Thunder Bay there are 4 Public Health Nurses on the Health Promoting Schools Team who can provide:

- Health Information
- Classroom curriculum support and resources
- Programs and events such as “Exercise in Disguise” and “Turn Off the Screens”
- Facilitation of peer led initiatives such as Active Playgrounds and NicoTEEN
- Support for development or review of school policies in the areas of nutrition, physical activity, tobacco, injury and substance abuse prevention.

Looking for resources or information? Planning a health promotion initiative? Thinking about making changes? Call us, we’d love to help! Invite us to your next Staff meeting, School Council meeting, Student Council or Leadership meeting.

To contact the Nurse assigned to your school call 625-5972. For schools located outside the city of Thunder Bay, contact the Public Health Nurse in your community.



Interested in a specific topic?

School Health Promotion Activities	September
Immunization/communicable disease prevention	October
Substance Abuse Prevention	November
Injury Prevention	December
Tobacco Use Prevention	January
Workplace Wellness	February
Nutrition	March
Oral Health	April
Youth Week	May
Sun Safety	June

Check out our newsletters for parents and teachers giving the latest information, events, and resources at www.tbdhu.com

Welcome to a healthy new school year!

An Active Playground is the Way!

Have peer leaders trained to run active games.

Ready, Set, Play!

Daily Physical Activity

Exercise in Disguise – A Daily Physical Activity Resource-

Are you using it? Don't have one? Get trained and get your copy today!

Take Heart Schools Network

Get energized! Share, get ideas, network! A fun way to learn about building a healthy active school!

Families Are Munching

Challenge your students to eat 5 to 10 fruits and veggies a day! Peer leaders can be trained to teach their peers about healthy eating!

NicoTEEN

This tobacco use prevention workshop is scheduled in late October. Sign up early for this peer leadership opportunity as limited spots are available.

For information or assistance with your school's health promotion plans, contact your Public Health Nurse. We'd love to help!



September 2006

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	Breakfast for Learning Month					
				1	2	3
Labour Day						
4	5	6	7	8	9	10
						Terry Fox Run
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Contact your Public Health Nurse _____



Health and Wellness Starts Here!

Take Action and Immunize:

Canadian children are protected from many serious diseases, thanks to vaccines. School clinics are available for your child in SK, grade 7, and high school.

Be Aware of Common Childhood Infections

A guide for principals and teachers is available.

Hand Washing

Hand washing is the #1 way to get rid of germs and prevent illness and disease.

Influenza

Has your child been home sick with a cough or fever? Children bring home the flu; you can protect your whole family by getting the Flu vaccine.

For information regarding school immunization call 625-5971/625-8346.

For flu information call 624-9082 or 1-866-607-3337.

October 2006

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

International Walk To School Week 2	3	4	International Walk To School Day 5	6	7	8 1
Thanksgiving Day 9	10	11	12	13	14	15
16	17	18	19	20	21	22
Healthy Workplace Week 23	24	25	26	27	28	29
30	Halloween 31					

Contact your Public Health Nurse _____



Let's Talk

Drug Awareness Week is Nov. 19 – 25. Plan to do something at your school to increase awareness about drug and alcohol related issues.

Check out www.teenwavez.com – a website where students can find out how alcohol and drugs affect their bodies.

For information about resources available or for assistance with your school initiatives, contact your Public Health Nurse.

November 2006

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

		1	2	3	4	5
6	7	8	9	10	Remembrance Day 11	12
13	14	15	16	17	18	19
Drug Awareness Week 20	21	22	23	24	25	26
27	28	29	30			

Contact your Public Health Nurse _____

WEAR the GEAR



Be on the lookout for our winter and summer “Wear the Gear” activities.

Ask us how your school can win a class complement of hockey/skating helmets!

Encourage students to have an active, injury free winter. Check out www.safekidscanada.ca for winter safety ideas.

The new Canadian version of Risk Watch is now available to meet your injury prevention curriculum needs. Contact your public health nurse for more information.

December 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	Christmas Eve
Christmas Day	Boxing Day					New Year's Eve
25	26	27	28	29	30	31

Contact your Public Health Nurse _____



Keep it Tobacco-Free

Need Resources?

Go to www.ophea.net for great resources such as “Take Action” and “Lungs are For Life” or call your Public Health Nurse.

NicoTEEN

Looking for a great peer leadership opportunity for your senior students? Enroll them in our NicoTEEN prevention workshop.

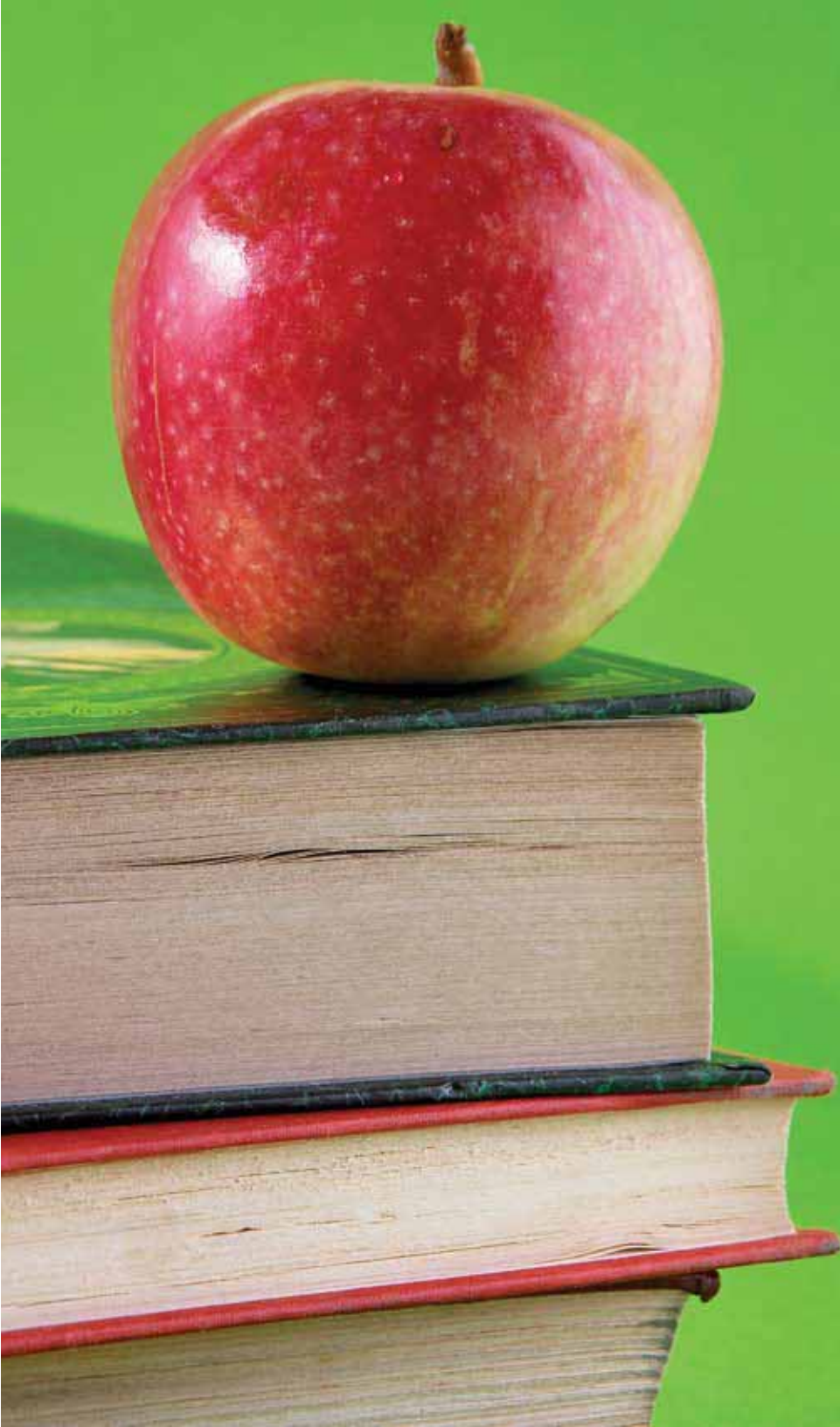
Looking for Class Presentations?

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

January 2007

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

Contact your Public Health Nurse _____



Do the Math!

Healthy Teachers = Healthy Students

Incorporate healthy lifestyle activities into your work day as well as during your time outside of work:

- organize a Healthy Snack Basket in the staff room for school staff
- participate in the 10,000 Step Workplace Pedometer Challenge.

For more ideas, information and resources about workplace wellness, contact Susan Armstrong at 625-5911

February 2007

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

			1	2	3	4
Eating Disorders Awareness Week						
5	6	7	8	9	10	11
Through with Chew Week		Valentine's Day				
12	13	14	15	16	17	18
19	20	21	22	23	24	25
		Smoke-free Movies Day of International Action				
26	27	28				

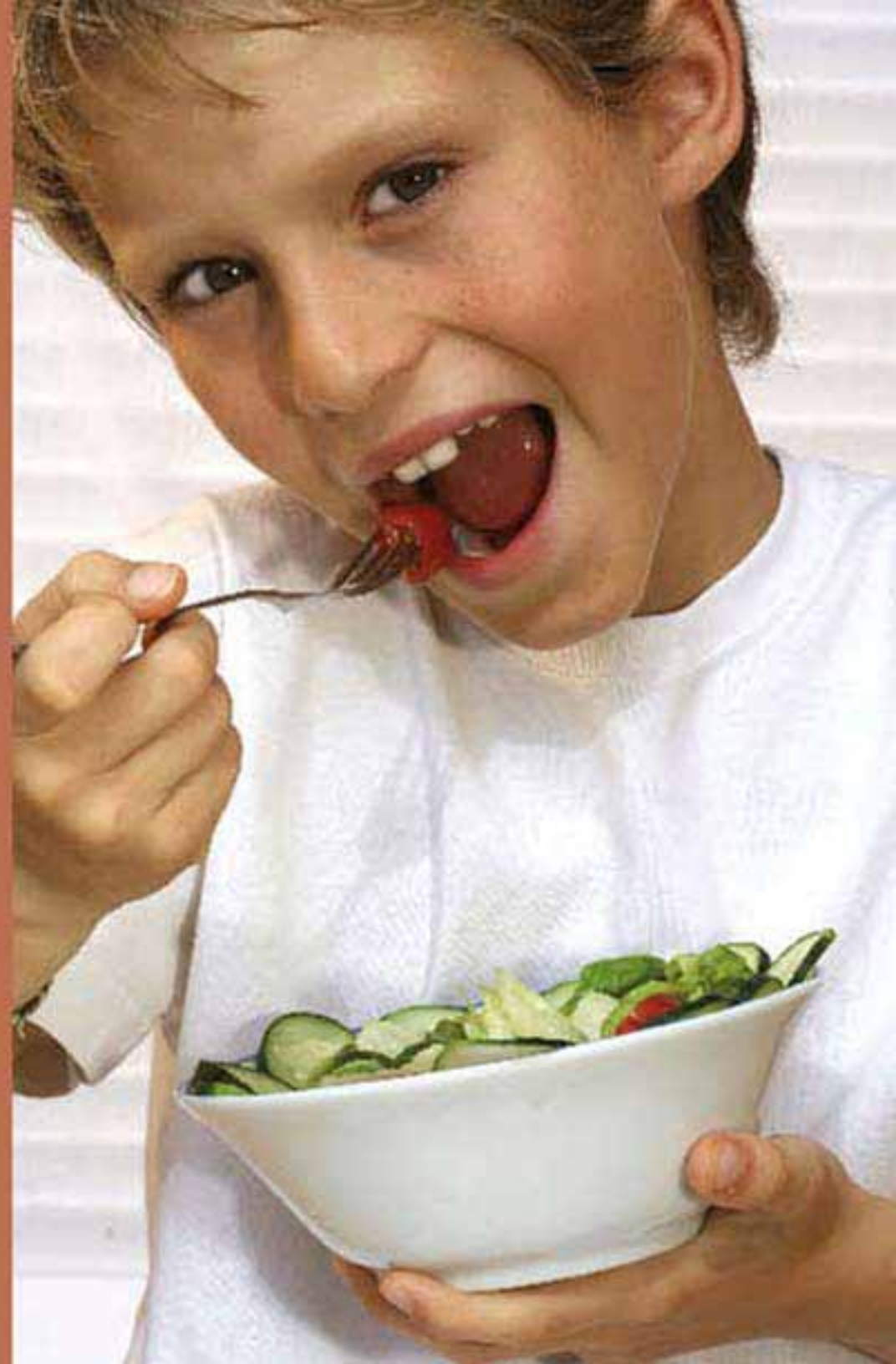
Contact your Public Health Nurse _____

Promote a healthy nutrition environment in your school!

Promote regular, healthy meals in your school with our fun "Blast off with Breakfast" and "Launch with Lunch" displays and activity/resource Kit.

Register for "Families are Munching", a school wide activity that challenges students to eat 5 to 10 fruit and vegetables a day.

Coming soon! Contact your public health nurse for the new Canada's Food Guide to Healthy Eating



March 2007

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	Nutrition Month					
			1	2	3	4
5	6	7	8	9	10	11
Spring Break					St. Patrick's Day	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Contact your Public Health Nurse _____



A healthy mouth is important for a healthy life!

Our School Dental Team visits schools throughout the year. Your school will be directly notified of screening dates. Feel free to confirm when you are scheduled by calling 625-5984.

Visit www.oaphd.on.ca to find oral hygiene information including the teacher's reference manual of dental health.

April 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Dental Health Month		1
2	3	4	5	6 Good Friday	7 World Health Day	8 Easter
9 Easter Monday	10	11	12	13	14	15
16	17	18	19	20	21	22 Earth Day
23						
30	24	25	26	27	28	29
					Youth Week - April 28 th to May 6 th	

Contact your Public Health Nurse _____



Youth Rock!

Planning an event? Have it advertised on the Youth Week calendar of events!

Fun! Food! Friends! Become a Youth Advisory Council member. Help to plan events for Youth Week. Call 625-5972 for more information.

Youth Week 2007! Wanna see what it's all about? Check out www.teenwavez.com for information plus pictures of previous years' events.

Turn Off the Screens and GET ACTIVE Challenge! Check out www.tbdhu.com for ideas, events and much more.

May 2007

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	Turn Off the Screens - April 30 th to May 4 th					
	1	2	3	4	5	6
7	8	9	10	11	12	Mother's Day
14	15	16	17	18	19	20
Victoria Day	22	23	24	25	26	27
21			World No Tobacco Day			
28	29	30	31			

Contact your Public Health Nurse _____

Fun in the Sun!

Be Skin Savvy!

Slip on long-sleeved clothing,



Slap on a wide-brimmed hat,



Slop on sunscreen with SPF 15+,



Seek shade,



Wrap on sunglasses.



Keep students sun safe!

For resources and displays call your
Public Health Nurse.



June 2007

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

Contact your Public Health Nurse _____

Have a safe and healthy summer!



July 2007

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

August 2007

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

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www.tbdhu.com





Health Promoting Schools