

# Health Promotion Resource Guide



FOR SCHOOLS

GRADES K – 8

2009 – 2010



Thunder Bay District  
**Health Unit**



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Look for this symbol marking programs with an environmental health component.



Look for this symbol marking programs and resources new in 2009.

A health promoting school involves its school community in efforts to promote and protect the health of students. This guide outlines resources and programs offered by the Thunder Bay District Health Unit which can assist in the pursuit of a healthier school.

All resources listed in this book are available at no cost. Many activities are led by teachers and/or students, while some may involve your Health Promoting School Nurse.

# Injury Prevention



## RISKY BUSINESS WORKSHOP

- Grades 6–8
- A peer leadership opportunity.
- Students are led through 4-6 stations on the topics of bullying, harm reduction, resiliency, and injury prevention.
- Students learn knowledge and skills to help them make responsible choices, respect one another, and cope in a variety of situations.



## PLAYGROUND SAFETY LEADERS

- Grades 6–8
- A leadership opportunity for students; includes a playground safety training session.
- Training session topics include: hazards to look for on the playground, weather conditions affecting the playground, tips for playing safely on playground and play structures, and actions steps when hazards or injuries present.

## EGG DROP CONTEST

- Grades 4–8
- Students are challenged to explore the science behind safety, including principles of design, force, motion, gravity, and resistance.
- This exercise is designed to communicate the importance of using protective equipment, such as helmets.





# Healthy Eating

NEW

## **NUTRITION TOOLS FOR SCHOOLS**

- A comprehensive toolkit that leads your school through a step-by-step process for forming a nutrition committee, and creating a healthy school nutrition environment.

NEW

## **NUTRI-THON**

- Grades K–8
- A peer-led nutrition workshop that offers senior students an opportunity to teach nutrition information to other students in the school through a variety of interactive games and activities.

NEW

## **HEALTHY LUNCHES TO GO!**



- Grades K–8
- A nutrition workshop for at busy parents challenged to send healthy, safe, kid-friendly lunches to school.

## **4 FOR LUNCH**

- A school-wide healthy eating challenge that encourages students and their parents to pack lunches containing foods from all four food groups.
- Includes display, take-home brochures, tracking sheets, curriculum-matched lesson plans for grade 3, and a Parfait Party for the winning class!

## **BATTLE OF THE BEVERAGES**

- Grades K–8
- An interactive activity that teaches students to make healthy drink choices. Includes a display, props and student pamphlets.

## ARE YOU SEEING CLEARLY?

- Grades 6–8
- A display and handouts to improve awareness of body image, the concept of media literacy, and the dangers of dieting.

# 4 for Lunch



## Nutrition Tools for Schools™



# Physical Activity

## **TEACHERS' PEDOMETER TOOLKIT**

- Grades K–8
- A complete toolkit (including pedometers, lesson plans, and worksheets) to challenge students to be more active. A Health Promoting School Nurse will launch the program with a lesson on use and care of the pedometers.

## **SCHOOL OLYMPIC PROGRAMS**

- Grades K–8
- Three programs designed for teachers to use at the classroom or school level to celebrate Vancouver 2010!
- All programs combine literacy and health with the anticipation and excitement of the Olympic Games.
- Programs include a classroom resource, play-day guide, and daily physical activity challenges.

## **INTRAMURAL RESOURCE**

- Grades K–8
- A complete toolkit designed to help teachers facilitate non-traditional intramural games.

## **ACTIVE PLAYGROUNDS**

- Grades K–8
- Variety of resources to get kids active on the playground including:
  - Playground Stencils Kit
  - “Outdoors: The Ultimate Playground” kit
- Your Health Promoting School Nurse will facilitate the training of a team of teachers/peer leaders, using ideas from the resources, with an emphasis on participation and fun.

## ACTIVE AND SAFE ROUTES TO SCHOOL



- Grades K–8: students and parents.
- A range of cool initiatives to help parents and kids find alternative ways to get to school safely while saving the environment and fitting physical activity into their day.

## EXERCISE IN DISGUISE

- Grades K–8: teachers
- Available to new grades K-8 teachers.
- 60 fun activities, with minimal preparation time, that get kids active in the classroom.



## GET ACTIVE ABOUT YOUR CHILD'S HEALTH – DISPLAY

- Grades K–8: students and parents
- A display promoting the benefits of daily physical activity, Health Canada's Physical Activity Guidelines, and simple suggestions for encouraging physical activity.

## ACTIVE SCHOOLS REWARDS PROGRAM

- Grades K–8
- A free program from OPHEA to motivate and recognize school communities for making the commitment to leading active, healthy lives.



*To find out about these resources contact your Health Promoting School Nurse at 625-5972.*

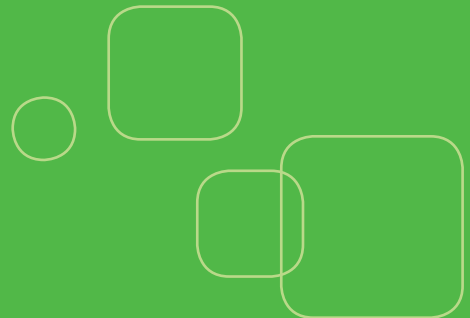
# Substance Abuse Prevention

## **“ARE YOU BEING PLAYED?” PRESENTATION**

- Grades 7–8
- An interactive presentation, with a slide show addressing youth and media alcohol advertising.

## **TAKE ACTION**

- Grades K–8
- A comprehensive curriculum guide designed by OPHEA.
- Supports educators in teaching safety awareness and substance abuse prevention.
- French version also available.





# Sun Safety



## **NEW SPIN FOR YOUR SKIN**

- Grades 7–8
- An interactive game that quizzes students about their knowledge of sun safety and tanning bed facts.

## **SUN SAFE PLAY, EVERYDAY!**

- Grades K–2
- A four minute video to teach young children about the many ways they can play safely in the sun.
- Accompanied by “Helpful Tips for Parents” fact sheets, brochures, bookmarks, stickers, colouring pages, and activity booklets.

## **OZONACTION EDUCATION PACK**

- Grades K–3
- A comprehensive education kit for teaching about the natural role of the ozone layer, causes and consequences of its depletion and how to protect it. Solutions to protect humans from the sun, and strategies to adapt to increased levels of UV radiation are also included.
- Kit includes a teacher’s guide, a CD ROM “Ozzy Ozone”, question cards, a comic book, an ozone map, a calendar, and a UV meter card.
- French version also available.



## UV INDEX SUN AWARENESS PROGRAM

- Grades 3–8
- A program designed by Health Canada and Environment Canada to teach students about how to use the UV index as a tool to protect themselves from the harmful UV rays from the sun.
- Resources include a teacher's guide, instructions, activity ideas, and a UV index meter.
- To register your class visit [hc-sc.gc.ca](http://hc-sc.gc.ca) and search "UV Index Sun Awareness Program".

## SUN SHOW

- Grades 1–6
- A news-style program to explain and demonstrate sun safety strategies. It contains news broadcasts supplemented with entertaining cartoons.
- Kit includes a 26 minute video and "Sun Safety Activity Guide" with lessons and activities appropriate for either primary or junior students.



# Tobacco Prevention

## NICOTEEN WORKSHOP

- Grades 4–8
- A peer leadership opportunity.
- Senior students are given the tools needed to put on a NicoTEEN workshop at their school.

## WHEEL OF MISFORTUNE – TOBACCO VERSION

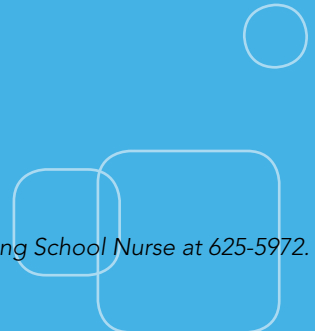
- Grades 4–8
- A 'True or False' game that challenges students to spin a wheel and answer questions about tobacco.
- Question categories include: Kick Butt, It Doesn't Ad Up, Gums, Lips & Cough Smoke, Tobacco Isn't Trendy, The Lost Tobacco World, and Fighting Back.

## SMOKING JEOPARDY®

- Grades 4–8
- A modified version of the game show Jeopardy® designed to test students' tobacco knowledge.

## TOBACCO MONOPOLY®

- Grades 4–8
- A modified version of the well known board game Monopoly® with a tobacco theme.
- Tobacco trivia questions are used throughout the game to test and enhance students' knowledge of the dangers of tobacco use.



## TIC TAC TOE

- Grades 4–8
- A multiple choice game testing students' knowledge of the dangers of tobacco use.

## SMOKELESS TOBACCO DISPLAYS

- Grades 4–8
- An “Effects and Hazards of Smoking” display illustrating the physiological consequences of smoking with anatomical illustrations of the respiratory system.
- A “Smoking: Don’t Get Burned” display presents the physical, social, and personal consequences of smoking.



## NATIONAL NON-SMOKING WEEK

- Grades K–8
- An annual awareness week during the third week of January to promote “non-smoking” among youth.



Health Promoting Schools

Contact your Health Promoting  
School Nurse at 625-5972.



Contact the Health Unit Librarian at 625-5901,  
or visit [tbdhu.com/resources/library](http://tbdhu.com/resources/library)