




Call your Healthy Schools Public Health Nurse for more information or to book this resource





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### Elementary Classroom Resources


Title	Category	Description	Grade	Available in French
<b>OPHEA and MTO Road Safety Resource</b>	Website	Cross-curricular <b>lesson plans</b> , as well as a community engagement toolkit. The site is searchable by available topics as well as individual lesson plans.  <a href="http://www.ontarioroadsafety.ca">www.ontarioroadsafety.ca</a>	K-12	√
<b>OPHEA's ConnectED Online Safety</b>	Website	Resources to educate kids to be safe and healthy online by applying real life behavior to life online. <b>Lesson plans</b> connected to the curriculum, parent information.  <a href="http://www.reallifeonline.ca/about/Overview.aspx">http://www.reallifeonline.ca/about/Overview.aspx</a>	Gr.4-6	√
<b>OPHEA - Cybercops Online Safety</b>	Website	An educational computer-based program that teaches students about risks and safety issues associated with Internet Use. Consists of 2 resources (Mirror Mirror Gr.7 and Air Dogs Gr.8) designed to be used in a classroom setting. Includes a parent/teacher guide, curriculum linked <b>lesson plans</b> and tools to develop an internet safety plan. Free download.  <a href="http://teachingtools.ophea.net/lesson-plans/cybercops">http://teachingtools.ophea.net/lesson-plans/cybercops</a>	Gr. 7-8	√
<b>Road Safety Education</b>	website	Lessons and resources developed for teachers, public health and community leaders dedicated to raising road safety awareness at every level.  <a href="http://teachingtools.ophea.net/lesson-plans/road-safety-education">http://teachingtools.ophea.net/lesson-plans/road-safety-education</a>	K-12	√

<b>Media smarts</b>	Website	<b>Lessons and resources</b> for teachers - search for lessons that align with the Ontario curriculum. Topics include blogging, cell phones and texting, alcohol marketing, diversity in media, cyberbullying.  www.mediasmarts.ca	K-12	√
<b>Evergreen: Teachers Corner</b>	Website	<b>Lesson plans</b> to assist teachers in bringing the curriculum to life on your school ground.  <a href="https://www.evergreen.ca/tools-publications/?type=290">https://www.evergreen.ca/tools-publications/?type=290</a>	K-9+	√
<b>Staying alive: Fire Safety</b>	Website	Fire safety education. Curriculum program for educators and information for parents. <b>Lesson plans</b> are free, order online and available in french and english. Topics include home escape plans, household safety, and an online game "The great escape" fire safety.  <a href="http://www.stayingalive.ca/fire_safety.html">http://www.stayingalive.ca/fire_safety.html</a>	K-8	√
<b>Sky Watcher guide to Weather - Teacher's Corner</b>	Website	Environment Canada's Sky Watchers Program. <b>FREE teaching material</b> on the subject of weather; including lesson plans, experiments, activities, a detailed teacher's guide, ultra violet radiation, and air quality.  <a href="http://ec.gc.ca/meteoaloeil-skywatchers/default.asp?lang=EN&amp;n=1267075A-1">http://ec.gc.ca/meteoaloeil-skywatchers/default.asp?lang=EN&amp;n=1267075A-1</a>	Gr. 4-6	√
<b>TD ThinkFirst for Kids</b>	website	A school based curriculum program to teach children how to think first and play safety to prevent brain and spinal cord injuries. English and French CD Rom free to canadian schools - order online or 647-776-5100  <a href="http://www.parachutecanada.org/programs/topic/C61">http://www.parachutecanada.org/programs/topic/C61</a>	K-8	√
<b>The Dangers of Sexting: What teens need to know</b>	 Video Kit	DVD and teacher guide created to educate students about the social, emotional and legal consequences of sexting.	Gr.7-12	

<b>Safe for Kids</b>	website	Supporting food allergy friendly environments  <a href="http://www.safe4kids.net/allergy-friendly-schools-camps-and-recreation/">http://www.safe4kids.net/allergy-friendly-schools-camps-and-recreation/</a>		
<b>Germ's Away: the ABC's of hand washing</b>	DVD	This DVD video gives students in preschool to grade 2 simple facts about hand washing- why it's important, when to do it, and how to do it properly.	K-2	
<b>Spin for your skin</b>	 Game	An <b>interactive game</b> that quizzes students about their knowledge of sun safety and tanning bed facts.	Gr. 7-8	
<b>Skateboarding explained: the instructional DVD</b>	 Video	In depth step-by-step instruction for beginner skateboarders. Experienced skateboarders will also learn ways to master more advanced tricks safely.	Gr. 7+	√

### Elementary Workshops


Title	Category	Description	Grade	Available in French
<b>Germ's are not for Sharing</b>	 Workshop	A nurse-led program where a public health nurse comes to the class to teach proper hand washing and respiratory etiquette. This workshop uses a special blue light and is also called to as "Jimmy the Germ".	K-2	
<b>Brain Day Presentation</b>	 Workshop	A presentation by the public health nurse based on the "Brain Day" program created by Parachute Canada. Activities include learning about neurons and brain anatomy, functions of the brain, protecting the brain, concussions and helmet safety.	Gr. 4 - 6	
<b>Bike Rodeo</b>	 Workshop	This active workshop discusses helmet and bike fit, and cycling skills. The group is then taken on a planned road ride to practice all of the skills learned. The workshop is delivered by trained safe cycling instructors and there is a small cost involved. Students' helmets and bikes are required. Limited ones available to borrow. Rodeo is booked through ecosuperior.	Gr. 4	

<b>Classroom Cycling Education</b>	 Workshop	This 90 minute presentation includes information on helmet fit, bike safety, hand signals and a basic discussion on cycling skills. It is recommended prior to a bike rodeo but is beneficial for any class.	Gr. 3 - 8	
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## SECONDARY

### Secondary Classroom Resources

Title	Category	Description	Grade	Available in French
<b>OPHEA and MTO Road Safety Resource</b>	Website	Four resources developed for grade divisions K-3, 4-6, 7-8, and 9-12. Each resource includes valuable division level information, cross-curricular lesson plans, as well as a community engagement toolkit. The site is searchable by available topics as well as individual lesson plans.  <a href="http://teachingtools.ophea.net/lesson-plans/road-safety-education">http://teachingtools.ophea.net/lesson-plans/road-safety-education</a>	K-12	√
<b>Evergreen: Teachers Corner</b>	Website	Lesson plans to assist teachers in bringing the curriculum to life on your school ground.  <a href="https://www.evergreen.ca/tools-publications/?type=290">https://www.evergreen.ca/tools-publications/?type=290</a>	K-9+	√
<b>CAA</b>	website	Lessons and resources developed for teachers, public health and community leaders dedicated to raising road safety awareness at every level.  <a href="http://www.ontarioroadsafety.ca">www.ontarioroadsafety.ca</a>	K-12	√
<b>Danger behind the wheel: the facts about distracted driving</b>	Video	DVD that emphasizes the dangers of driving distractions including cell phone use.	Gr.7-12	

<b>Anaphylaxis Resource Kit</b>	Video Kit	Government of Ontario (2013). Includes Auto-injector training devices, Manual: Anaphylaxis in Schools and Other Settings, 2nd edition, Instructional DVDs, Awareness Posters and Pamphlets.		√
<b>Safe for Kids</b>	website	Supporting food allergy friendly environments <a href="http://www.safe4kids.net/allergy-friendly-schools-camps-and-recreation/">http://www.safe4kids.net/allergy-friendly-schools-camps-and-recreation/</a>		
<b>Skateboarding explained: the instructional DVD</b>		In depth step-by-step instruction for beginner skateboarders. Experienced skateboarders will also learn ways to master more advanced tricks safely.	Gr. 7+	√

## Secondary Workshops

Title	Category	Description	Grade	Available in French
<b>Off Road Vehicle Safety</b>	Presentation	The SAVE committee (Snowmobile ATV Vessel Education) offers off-road vehicle safety presentations to local Secondary Schools. Committee members include OPP, Thunder Bay Police, MNR and TBDHU. To request this 1.5 hour interactive presentation, call 625-5900.	Gr.9-12	
<b>Weed Out the Risk</b>	 workshop	A 70 minute workshop led by a trained facilitator.	Gr. 10	
<b>Safe Grad Program</b>	 peer leadership opportunity	This is a peer leadership opportunity for students in grade 12 who lead initiatives to spread a safe partying message to their peers.	Gr. 12	

## Informational Websites

Title	Description & Link		Available in French
<b>Parachute Canada</b>	Wide variety of injury specific information listed in "injury topics" tab on website.  <a href="http://www.parachutecanada.org/">http://www.parachutecanada.org/</a>		√
<b>National Teen Driver Safety Week</b>	NTDSW is designed to drive public awareness of teen driver safety issues,		√
<b>Concussion Resources</b>	Active and Safe Concussion Toolkit  <a href="http://www.parachutecanada.org/concussion">http://www.parachutecanada.org/concussion</a>		√
<b>Safe @ School</b>	Information and resources for violence prevention and the creation of safe, strong and free schools and communities. Bullying prevention and equity and inclusive education. All resources available in French.  <a href="http://safeatschool.ca/">http://safeatschool.ca/</a>		√
<b>Passport to Safety</b>	An online national safety test and certification for workers.  <a href="http://www.passporttosafety.com">http://www.passporttosafety.com</a>		√
<b>Allergy Aware Canada</b>	site includes guidelines, on-line anaphylaxis education course, school anaphylaxis plan.  <a href="http://www.allergyaware.ca/">http://www.allergyaware.ca/</a>		√
<b>Food Allergy Canada (formerly Anaphylaxis Canada)</b>	site includes guidelines, on-line anaphylaxis education course.  <a href="http://foodallergycanada.ca/about-allergies/anaphylaxis/">http://foodallergycanada.ca/about-allergies/anaphylaxis/</a>		√
<b>Canada Safety Council</b>	Information on helmet safety, traffic safety, school bus safety, online safety, and much more.  <a href="https://canadasafetycouncil.org/campaigns/allergy-safe-schools">https://canadasafetycouncil.org/campaigns/allergy-safe-schools</a>		√

<b>Canadian Centre for Child Protection</b>	National organization dedicated to personal safety of all children. Offer a number of grade specific resources and programs on internet safety.  <a href="http://www.protectchildren.ca">http://www.protectchildren.ca</a>		√
<b>Canadian Centre for Child Protection Smart Phone Safety</b>	Site that provides information to parents and educators about potential risks of using cell phones with strategies to keep youth safe. English and French.  <a href="http://www.mobility.protectchildren.ca">www.mobility.protectchildren.ca</a>		√
<b>The Door that is not Locked:</b>	Safety and the internet resources for parents, teachers, age and grade specific information. English and French  <a href="http://www.thedoorthatsnotlocked.ca">www.thedoorthatsnotlocked.ca</a>		√
<b>Thunder Bay District Health Unit</b>	Information and resources in area of infant and child safety  <a href="http://www.tbdhu.com/health-topics/injury-prevention">http://www.tbdhu.com/health-topics/injury-prevention</a>		
<b>Canadian Partnership for Children's Health and Environment</b>	An affiliation of groups with missions to improve children's environmental health in Canada. Collection of environmental educational resources by and for students. English and French. <a href="http://www.healthyenvironmentforkids.ca">http://www.healthyenvironmentforkids.ca</a>		√
<b>BC Schools: Concerned Children's Advertisers Long Live Kids!</b>	Online lesson plans and clips addressing healthy active living, media literacy, mental wellness, and bullying prevention.  <a href="http://healthyschoolsbc.ca/program/487/concerned-childrens-advertisers-long-live-kids">http://healthyschoolsbc.ca/program/487/concerned-childrens-advertisers-long-live-kids</a>		
<b>Ophea</b>	Ontario Physical Education Safety Guidelines for curricular, interschool and intramural activities. Plus Concussion Protocols.  <a href="http://safety.ophea.net/">http://safety.ophea.net/</a>		√

<b>Red Cross</b>	First Aid and CPR, swimming and water safety, violence, bullying and abuse prevention.  Www.redcross.ca		√
<b>Media smarts for Parents:</b>	Site specifically for parents to increase awareness of how kids are using the internet and issues they may encounter.  http://mediasmarts.ca/parents		√
<b>Be Safe App</b> from Mind Your Mind	https://mindyourmind.ca/interactives/be-safe		English only.
<b>Ontario Ministry of Transportation and Ontario Cycling Association .</b>	"Young Cyclist Guide". 20 page booklet you can download.  http://www.mto.gov.on.ca/english/safety/pdfs/young-cyclist-guide.pdf		
<b>Ministry of Transportation</b>	http://www.mto.gov.on.ca/		√
<b>Ministry of Transportation -</b>	Cycling safety http://www.mto.gov.on.ca/english/safety/bicycle-safety.shtml		√
<b>World Health Organization UVR and the INTERSUN Program:</b>	Sun protection in schools. Includes a primary teaching resource.		



## Displays

Title	Description
Active and Safe Routes to School	Pull-up banner display
Children's Environmental Health	6 flag display
Cough Etiquette	Pull-up banner display
Dangerous Noise Levels	Pull-up banner display
Food safety at home	Pull-up banner display



Handwashing	Pull-up banner display
Home environment challenge	Pull-up banner display
Pamper yourself pretty	Pull-up banner display
Wear a Mouthguard	Pull-up banner display
Wear Gear	Pull-up banner display

**Call your school Public Health Nurse to book current available displays  
and for a list of pamphlets and factsheets.**