Tell us about the health needs within your school. If your school has completed a compass study or school climate survey, we can assist in programming and support to address some of the predominant needs identified in your school.

We will come up with a plan together!
Contacts

Contact your local public health nurse for resources and support in creating a healthy school environment. Our team will suggest resources available at the Health Unit (TBDHU) or from community partners and organizations.

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Thunder Bay

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- Bishop E.Q. Jennings School
- Bishop Gallagher School
- Corpus Christi School
- École Catholique Franco-Supérieur
- École secondaire catholique La Verendrye
- Holy Cross School
- Our Lady of Charity School
- St. Ignatius High School
- St. Jude School
- Gateway

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- Algonguin Public School
- C.D. Howe School
- Five Mile School
- Gorham & Ware Community School
- Nor’wester View School
- Ogden Community School
- Sherbrooke School
- St. Elizabeth School
- St. Francis School
- St. Pius X School
- St. Vincent School
- Woodcrest School
- Thunder Bay Christian School
- Upsala Christian School
- Upsala Public School

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- Hammerskjold High School
- Matawa Education
- McKenzie School
- St. Bernard School
- St. Margaret School
- St. Paul School
- Westgate Collegiate and Vocational Institute
- Connections
- SAMISOL

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- Armstrong School
- Bernier-Stokes Public School
- Crestview School
- Dicalo
- Edgewater Park School
- Kakabeka Falls School
- Kingsway Park School
- McKellar Park School
- St. James School
- St. Thomas Aquinas School
- Valley Central School
- Westmount School
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- Dennis Franklin Cromarty High School
- Holy Family School
- Pope John Paul II School
- St. Ann School
- St. Martin School
- St. Patrick’s High School
- Superior Collegiate and Vocational Institute
- Vance Chapman School
- Lakehead University
- Confederation College

District Communities

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- École Franco Terrace – Terrace Bay
- Holy Angels School – Schreiber
- Lake Superior High School – Terrace Bay
- Schreiber Public School – Schreiber
- St. Martin School – Terrace Bay
- Terrace Bay Public School – Terrace Bay

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- Beardmore Public School – Beardmore
- Dorion Public School – Dorion
- George O’Neill Public School – Nipigon
- Nipigon/Red Rock High School
- St. Edward School – Nipigon
- St. Hilary School – Red Rock

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- École Secondaire Cite Superieure – Marathon
- École Val des Bois – Marathon
- Holy Saviour School – Marathon
- Marathon High School
- Margaret Twoey School – Marathon

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- B.A. Parker Public School – Geraldton
- École Secondaire Chateau-Jeunesse – Longlac
- École St. Joseph – Geraldton
- Geraldton Composite High School
- Marjorie Mills Public School – Longlac
- Nakina Public School – Nakina
- Notre Dame de Fatima – Longlac
- Notre Dame des Ecoles – Nakina
- Our Lady of Fatima School - Longlac
- St. Brigid School – Nakina
- St. Joseph Separate School – Geraldton

Amanda Warford
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- École Publique Franco-Manitou – Manitouwadge
- Manitouwadge High School
- Manitouwadge Public School
- Our Lady of Lourdes School – Manitouwadge

Our dietitian is available for consultation in Thunder Bay and district communities:

Public Health Dietitian
Karling Draper - 807-625-5974
Karling.Draper@tbdhu.com

Our public health dietitian on the healthy schools team works with the public health nurse assigned to your school in the area of healthy eating and healthy school nutrition environments.
The Ontario Ministries of Education and Health and Long-Term Care provide a framework for healthy schools called **Foundations for a Healthy School** that follows this comprehensive approach.

The 2014 framework includes these components:

- Curriculum, teaching and learning
- School and classroom leadership
- Student engagement
- Social and physical environments
- Home, school and community partnerships

This framework also identifies health related topics that are aligned with curriculum expectations and are relevant to student well-being.

**HEALTHY SCHOOLS CLUB**

This group brings students, parents and school staff together to focus on creating a healthier school. With the help of a teacher champion, your school community forms a committee, identifies strengths and needs, determines areas of focus, develops and implements an action plan and then evaluates and celebrates your successes. This club is supported by your assigned public health nurse.

**BRIGHT BITES**

Students need wholesome, tasty food and enjoyable eating experiences in a supportive environment. Sometimes improving school nutrition can feel overwhelming, but your public health nurse and dietitian can guide you through the process. The Bright Bites program breaks down projects into small, easy steps; provides free resources and templates; and has lots of ideas to spark interest and motivation. Some of the popular areas to work on include classroom rewards, hot lunches, milk programs, sugary drinks, classroom celebrations, fundraising and special events. Contact your public health nurse, or go online to [brightbites.ca](http://brightbites.ca), to learn more.

**RESOURCES & SUPPORT**

Visit our schools and daycares pages on TBDHU.COM for teacher resources. Materials can be delivered to you. Contact our librarian for assistance or specific recommendations at 625-5901 or 1-800-294-6630.

**YOUTH VIOLENCE PREVENTION PROJECT**

This project is a 5-year initiative funded by the Public Health Agency of Canada. It’s a partnership between 7 local and district school boards and education authorities as well as the TBDHU, Centre for Northern and Rural
Health Research (CRaNHR) and the Thunder Bay Crime Prevention Council and Drug Strategy. The Grade 7-9 Fourth R Program will be implemented in Thunder Bay and District schools. This skills-focused, evidence-based program is aligned with the ON health curriculum and teaches youth the social and emotional competencies they need to engage in healthy relationships. Our research partners, CRaNHR will share the evaluation results and lessons learned about implementing a comprehensive school-based program with project partners, schools and communities.

THE FOURTH R

This relationship based program for students, uses a youth-focused harm reduction strategy to address the ON health curriculum. The Fourth R consists of 4 units: Personal Safety and Injury Prevention, Substance Use, Addictions and Related Behaviours, Human Development and Sexual Health, and Healthy Eating. Mental health and wellbeing are integrated throughout all units of study. Students learn the communication, conflict resolution and peer resistance skills they need to engage in lifelong healthy relationships and reduce risky behaviours. Adoption or adaptation of the Gr.9 Indigenous Informed version will increase engagement of Indigenous students and cultural awareness of their classmates.

Assessment and evaluation tools and culminating activities are included in the resource. Public Health Nurses are trained to support all aspects of this teacher-led program.

TBDHU IMMUNIZATION PROGRAM

The Immunization of School Pupils Act (ISPA) requires that the TBDHU keep up-to-date immunization records or a valid exemption on all students up to 18 years of age attending school in Thunder Bay and District. Families may receive requests for information from the Vaccine Preventable Disease (VPD) program which is used to update immunization records and ensure that students have all required vaccines.

The TBDHU also provides Grade 7 immunization clinics within the school setting. In Grade 7 all students become eligible to receive 3 immunizations that will protect against Meningococcal Meningitis, Hepatitis B and Human Papilloma Virus (HPV). During the course of the school year the nurses will make 2 visits to all schools to complete these immunizations.

The TBDHU provides high school immunization clinics within the school setting. Most high school students are required to receive Tdap between 14 and 16 years of age. This protects them from Tetanus, Diphtheria and Pertussis and is considered to be their 10 year booster.

ORAL HEALTH SCREENING AND SURVEILLANCE

Each year, our TBDHU Registered Dental Hygienists and Dental Health Educators visit elementary schools to provide dental screenings in select grades. The hygienist does a visual check of the child’s mouth to identify and follow-up with children who have obvious dental needs. The results of the screening are sent home to parents on a “Tooth Check” card, along with information for families who may be eligible for no-cost oral health services through the Healthy Smiles Ontario program. Parents of children in selected grades will receive an information letter from the TBDHU before the screening. Not all grades will be screened each year.

ORAL HEALTH EDUCATION TOOLKIT

The Oral Health Education Toolkit for JK to grade 2 promotes the importance of healthy teeth, how to brush and floss using good techniques, tooth-friendly snacks and nutrition, and tooth safety. The toolkit consists of a user manual, flip chart, puppet, tooth-friendly snacks game, and tooth models.

Each tool is interactive for children and is accompanied by clear instructions for the educator, making it easy to use in lessons.

To sign out the toolkit, educators can call the TBDHU library at (807) 625-5901 or toll free at 1-888-294-6630 or email dlLibrary@tbdhu.com and provide your name, school name, phone number, email, and the desired dates of use.

SK VISUAL HEALTH SCREENING

The program provides free school based vision screening for all senior kindergarten (SK) children in Thunder Bay and District. Parents of children in SK will receive an information letter from the TBDHU before the screening. TBDHU staff will screen the children using three short, non-invasive tests. The tests take about 15 minutes to complete and will check for potential signs of vision problems commonly found in children. Following the screening, parents will receive an information card and results letter. Vision screening cannot detect all vision problems and does not replace a child’s regular visits to an optometrist.

For more information, contact the program at 807-625-5984 or 1-888-294-6630 or visit www.TBDHU.com/vision.
SIP SMART! 
(Grades 3–7)
A 60 minute dietitian-led workshop that aims to provide students with the knowledge and skills they need to make healthy drink choices and raise awareness of negative health consequences of sugary drink consumption. Additional curriculum matched lessons and innovative extension activities are available for teachers to continue the discussion.

COOKING TOGETHER
(Student and parents)
A hands-on cooking workshop where parents and their children cook a meal together and learn valuable kitchen skills. The focus will be on healthy, easy and affordable foods. Schools are asked to cover the cost of food supplies.

COOKING WITH KIDS
(Grade 5)
A two-session cooking program for classes facilitated by the public health nurse and dietitian where students learn simple cooking methods and basic food preparation skills, with a focus on vegetables and fruit, whole grains, and easy meals and snacks. Schools are asked to cover the cost of food supplies. An oven is required.

CANADA’S FOOD GUIDE PRESENTATIONS
(Grades K–12)
A 45 minute dietitian-led workshop (70 minutes for secondary) where students learn about the new Canada’s Food Guide, including the food groups, the importance of eating well and strategies to help them make healthy choices. Secondary presentation also includes healthy eating recommendations around the where, when, why and how we eat.

SCHOOL TOWER GARDENS – DISTRICT SCHOOLS
Our District public health nurses can help you plan and facilitate use of your school tower garden. They can also provide nutrition and food skills education for students when your garden is ready to harvest. Please contact your local public health nurse directly.

PUBERTY
(Grades 4–5)
These two nurse-led interactive workshops are for grade 4 or 5. Each workshop is 90 minutes in length. Grade 4 covers changes associated with puberty and personal hygiene. Grade 5 covers reproductive anatomy, menstruation and spermatogenesis.

SEXUAL HEALTH
(Grades 7–8)
These two interactive nurse-led workshops for either grade 7 or 8 students are done in two sessions of 90 minutes each. Content is aligned with the H&PE curriculum.

SCHOOL GARDENS
Our District public health nurses can help you plan and facilitate use of your school garden. They can also provide nutrition and food skills education for students when your garden is ready to harvest. Please contact your local public health nurse directly.

Sexually Transmitted and Blood Borne Infections (STBBIs)
(Grade 9–12)
Students learn about different types of STBBIs and the ABCs of protecting their own health. This presentation is aligned with the Health and Physical Education curriculum.

CONTRACEPTION
(Grade 9–12)
Students learn about different types of contraception, including abstinence. This presentation is aligned with the Health and Physical Education curriculum.

Healthy Growth & Development

NORTHERN FRUIT AND VEGETABLE PROGRAM
NFVP@tbdhu.com
The Northern Fruit and Vegetable Program provides elementary students with two servings of fresh fruit and vegetables each week from January to June, along with educational resources highlighting the benefits associated with healthy eating and physical activity.

Indicates a teacher-led resource.
ACTIVE RECESS (Grades K–8)
Your school public health nurse can provide training to peer leaders to organize and lead outdoor playground games or indoor games during recess. The emphasis is on inclusion, safety, fun and physical literacy. Schools are given a playground binder with game ideas and certificates for the peer leaders. A teacher leader in the school is required.

CLASSROOM PEDOMETER TOOLKIT (Grades 4–8)
This toolkit, complete with pedometers, suggested lesson plans and tracking sheets, is a positive way to challenge students to be more active. Contact your school public health nurse for more information and to sign out a kit.

OPHEA DAILY PHYSICAL ACTIVITY KITS (Grades K–8)
Three separate kits that contain activities and supports to provide DPA for the primary, junior or intermediate divisions. Sign out a kit from our library today.

DEVELOP FREE PLAY AREAS IN YOUR SCHOOLYARD
Creating Free Play areas in your schoolyard is easy and inexpensive and research shows there are benefits to children’s physical, mental and emotional development. Free play enhances resiliency because children are able to test themselves and learn to face adversity successfully.

Contact your school nurse to receive resources on creating free play spaces that will develop student confidence and competence by incorporating natural elements that promote curiosity, exploration and motivate children to move.

KIDS HAVE STRESS TOO / STRESS LESSONS (Grades 1-8)
This research based program developed by the Psychology Foundation of Canada helps educators introduce and teach students about stress and stress management strategies in a fun and engaging way. Your school public health nurse can help to introduce the program to your classroom.

Visit https://bit.ly/2nDDYEF to download the lesson plans.

YOUTH MENTAL HEALTH AWARENESS CHAMPIONS (YMHAC) (Grades 7-12)
Youth led mental health promotion initiative supported through training, action planning and evaluation by a Public Health Nurse. Students learn about mental wellness, coping strategies and help pathways as well as how to positively affect the climate of their school or classroom. This program can be offered within a classroom or to an existing student group such as a Healthy Schools Club, Natural Helpers, Gay Straight Alliance (GSA) or a new wellness club can be formed for this purpose. Sample projects include acting as school champions for mental wellness and initiating activities with younger classes, designing school promotional campaigns or making recommendations to improve the school’s physical or social environment.

CAN YOU FEEL IT? (Grade 6)
Can You Feel It? is a resiliency program that aims to empower students to positively deal with and control their reactions to the stress in their lives, and empower themselves in healthy ways. This interactive workshop is done in one 90 minute session led by the school public health nurse.
Substance Use & Prevention

TOBACCO & VAPING WORKSHOP (Grades 4–6)
A 90 minute nurse-led workshop where students learn about commercial tobacco and vaping, and the harmful effects of using these products.

VAPING: KNOW THE RISKS WORKSHOP (Grades 5-8)
A 90 minute nurse-led workshop where students learn about the vaping industry and the harmful effects of using vaping products. This workshop will draw out the similarities between commercial tobacco products and vaping products.

SUBSTANCE EDUCATION (Grades 7–8)
A 90 minute nurse-led workshop with interactive activities that focus on critical thinking and decision making regarding substances use.

(Schools 9-12)
In this 70 minute classroom workshop, students learn about substance use – the different levels of use, the impact use can have, and how to reduce harms of use. The activities in this workshop encourage students to use critical thinking and decision making skills regarding substance use.

WEED OUT THE RISK (WOTR) (Grades 9-12)
An interactive harm reduction program which challenges youth misconceptions about weed and informs them of the risks associated with using cannabis and driving or being a passenger in a high driver’s vehicle. This 70 minute classroom presentation, led by a trained facilitator, engages teens through interactive discussions, games, activities and videos.

CONNECT CHANGE CONNECT (CCC) (Grades 9-12)
A youth smoking cessation program for students who would like to reduce or quit smoking. CCC aims to improve students’ sense of connectedness to their school as well as to support student behaviour change towards a commercial tobacco free life. Health Unit staff facilitate 7 weekly 30 minute sessions with the presence of a school staff member.

SAFE GRAD PROGRAM (Grades 12)
A peer leadership opportunity for students in grade 12. Public health nurses provide training and resources about safe partying for student leaders who then take the lead in planning initiatives to spread their safe partying message to their peers prior to grad.

GERMS ARE NOT FOR SHARING (Grade JK-2)
A nurse-led workshop where students are taught and practice proper handwashing and respiratory etiquette. This session is approx 60-90 minutes and requires access to a sink.

BRAIN DAY PRESENTATION (Grades 4–6)
An interactive nurse-led workshop based on the “Brain Day” program created by Parachute Canada. In this 90 minute session, students learn about neurons and brain anatomy, functions of the brain, protecting the brain, concussions and helmet safety.

CYCLING EDUCATION (Grades 3–8)
This 90 minute presentation includes information on helmet fit, bike safety, hand signals, cycling and the law, and a basic discussion on cycling skills.

(Schools 4-12)
Grade 4 classes are encouraged to book a bike rodeo to practice the knowledge gained in cycling education. For more information and to book a bike rodeo contact Caroline at caroline@ecosuperior.org.

SNOWMOBILE ATV, VESSEL EDUCATION (SAVE) (Grades 10-12)
The Snowmobile, ATV, Vessel Education (SAVE) presentation promotes awareness, education and enforcement of safe handling of ATVs, boats and snowmobiles throughout Northwestern Ontario to reduce injuries and fatalities while operating recreational vehicles. The presentation discusses impaired driving, the laws and insurance rules, safety hazards, and personal responsibilities to operate the recreational vehicles in an environmentally friendly manner.

This 70 minute presentation with a comprehension quiz can be delivered as a lunch and learn or within a classroom. Partner presenters may include the MTO, OPP, Thunder Bay Police or CN Police.

INFECTIOUS DISEASE PRESENTATION (Grades 9-12)
In this 2 period presentation, students will learn about the chain of infection including the various types of microorganisms and modes of transmission. Students will also learn about some specific infectious diseases such as vaccine preventable diseases, sexually transmitted and blood-borne infections, and tuberculosis.

Personal Safety & Injury Prevention

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Wellness@work

School is your workplace. Promoting health in your workplace has many benefits which include increased productivity, decreased absenteeism, improved morale and improved health and sense of well-being. We encourage a comprehensive approach that includes key steps which will ensure staff engagement, sustainability and success. Our wellness@work program for school staff is available to assist your workplace at every step of the way. We will provide planning tools and suggest activities to help meet your needs.

Call Sue Armstrong at 625-5911 to book your consultation today.
Healthy Schools
Program Resource Guide 2019-2020
GRADES K – 12