



Healthy Schools Program Resource Guide 2023-2024 Grades K-12

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Health Promotion in Action



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This guide is also available
online at TBDHU.COM

Wellness@Work

School is your workplace. Promoting health in your workplace has many benefits which include increased productivity, decreased absenteeism, improved morale, health and sense of well-being. We encourage a comprehensive approach that includes key steps which will support staff engagement, sustainability, and success. Our program 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 The Workplace Wellness Team at 807-625-5979 or email workplacewellness@tbdhu.com to book your consultation today.



Alternative Education

The TBDHU Schools team strives to promote health education in all educational settings. If you work at an alternative education setting and are curious about what is available for your students, please reach out to our team at schools@tbdhu.com and someone will be in contact with you.

Contacts

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

For all general school inquiries please contact our program assistant:

Arun Murali

807-625-5972

schools@tbdhu.com

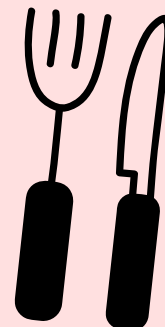


Our public health dietitian is available for consultation in Thunder Bay and district communities:

Karling Draper, RD

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Contacts

Thunder Bay

Ashley Biggs, PHN

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- Bishop Gallagher
- Corpus Christi
- Holy Cross
- La Verendrye
- Nor'wester View
- Our Lady of Charity
- St Bernard
- St Ignatius HS
- Gateway
- Valley Central
- Seventh Fire

Laura Prodanyk, PHN

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- Algonquin
- Holy Family
- Sherbrooke
- St Elizabeth
- St Francis
- St Jude
- St Pius X
- St Vincent
- SAMISOL
- Superior CVI
- Northern Lights
- Upsala Public
- Woodcrest
- Thunder Bay Christian

Robyn Daley, PHN

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- C.D. Howe
- Claude Garton
- Crestview
- Dennis Franklin Cromarty
- Ecole Gron Morgan
- Five Mile
- McKenzie
- St Margaret
- Westgate CVI
- Connections
- Matawa

Stasia Starr, PHN

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- Armstrong School
- Ecole Elsie MacGill
- Franco-Superieur
- Hammarskjold HS
- Kakabeka Falls
- Kingsway
- Lac Des Milles Lac
- McKellar
- St Thomas Aquinas
- Westmount
- Whitefish Valley

Tanya Walker, PHN

807-625-8840 | Tanya.Walker@tbdhu.com

- Ecole Publique
- Gorham & Ware
- Ogden
- Pope John Paull II
- St Ann
- St James
- St Martin
- St Patrick's HS
- St Paul
- Vance Chapman

Contacts

District

Miranda Silta, PHN

Beardmore, Dorion,
Hurkett, Nipigon, Red
Rock

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- Beardmore PS
- Dorion PS
- George O'Neill PS
- St Edward
- Nipigon Red Rock HS
- St Hilary

Lindsay Hogue, PHN

Marathon,
Manitouwadge

807-229-1820 | Lindsay.Hogue@tbdhu.com

- École Secondaire
Cité-Supérieur
- Ecole Val des Bois
- Holy Saviour
- Marathon HS
- Margaret Twomey
- Ecole Franco-Manitou
- Manitouwadge PS
- Manitouwadge HS
- Our Lady of Lourdes

Avery Figliomeni, PHN

Geraldton, Longlac, Nakina

807-854-0454 | greenstone@tbdhu.com

- B.A Parker PS
- École St Joseph
- Geraldton Composite
- Notre Dame de Fatima
- École Château-Jeunesse
- Marjorie Mills PS
- Our Lady of Fatima
- Nakina PS
- Notre Dame des Écoles

Terrace Bay

Schreiber, Terrace Bay

807-825-7770 | Terracebay@tbdhu.com

- Holy Angels School
- Schreiber PS
- École Franco Terrace
- Lake Superior HS
- St Martin
- Terrace Bay PS

Comprehensive School Health

Comprehensive school health is a framework for supporting improvements in students' educational outcomes, while addressing school health in a planned, integrated, and holistic way.

We offer a variety of programs and initiatives such as:

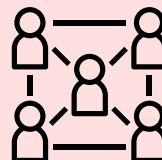
- Supporting priority health needs within the school.
- Supporting the planning and delivery of the health and physical education curriculum.
- Developing and delivering workshops and presentations.
- Supporting the development or revision of school procedures and policies.
- Training and supporting peer leaders and student champions to implement wellness initiatives within the school environment.
- Attending school community fairs, open houses, and other events.
- Providing free condoms upon request.

Our school health program follows a comprehensive school health approach where strategies and activities contribute to positive school climate.



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, develops and implements an action plan, and then evaluates and celebrates your successes.



The Fourth R

This relationship based program uses a youth-focused harm reduction strategy to address the health curriculum. PHN's are trained to support all aspects of this teacher-led program for Gr. 7-9 students.

Comprehensive School Health

Oral Health Screening & Surveillance

Each year, our Registered Dental Hygienists and Dental Health Educators visit schools to provide dental screening in select grades. A check of the child's mouth is done and follow-up with children who have dental needs is completed. Results are sent home on a "Tooth Check" card, along with information for families who may be eligible for no-cost oral health services.



Oral Health Education Toolkit

An interactive toolkit for JK to grade 3 that covers the importance and maintenance of good oral health. The toolkit contains an instruction manual, flip chart, puppet, tooth-friendly snacks game, and tooth models. To sign out the toolkit, call (807) 625-5984 or toll free at 1-888-294-6630 ext. 5984 or email dental@TBDHU.com with educator and school info and desired dates of use.

Get Mouthy

An interactive campaign that uses a harm reduction approach to educate adolescents on important impacts of behavior on their oral health. Topics include: HPV, oral piercings, energy drinks, chewing tobacco, smoking, etc. The TBDHU oral health team is available to host this campaign as educational sessions in classrooms or as pop-up events in high schools. Contact dental@tbdhu.com if interested.

SK Visual Health Screening

This program provides free school-based vision screening for all senior kindergarten (SK) children in Thunder Bay and District.

Parents receive an information letter from the TBDHU staff before the screening. The screening is three tests about 15 minutes in length and will check for potential signs of vision problems commonly found in children.



Youth Education Program (YEP Program)

The Health Unit and Schools offer a Youth Education Program (YEP) to students who are caught smoking or vaping on school property. This is an interactive online program that discusses the risks associated with smoking and vaping:

- Health Risks
- Nicotine and addiction
- Chemicals
- Quitting tips and benefits



Students are expected to complete the program at home using a computer, take the test at the end of the program and email the their certificate of completion to TobaccoEnforcement@tbdhu.com. For more information contact enforcement@tbdhu.com.

Comprehensive School Health

Northern Fruit and Vegetable Program

The Northern Fruit And Vegetable Program (NFVP) is a food literacy program that aims to increase consumption and awareness of fruits and vegetables among school-aged children from JK to Grade 8 in Northern Ontario. Students receive 2 servings of fruits and vegetables per week from January to June, and schools receive educational resources that can be used to highlight the benefits of healthy eating and physical activity. NFVP@tbdhu.com



Walk, Broc and Roll

Walk, Broc and Roll (WBR) is a 4-week physical activity challenge that is offered to participating NFVP schools. Participating schools receive a Physical Activity Toolkit with detailed instructions for teachers to facilitate Daily Physical Activity, track their classroom physical activity, and compete against other classes. Teachers are also provided with food literacy resources to engage in conversations around food and encourage food literacy among students. All materials are available in English and French.

School Food Environment

Students need wholesome, tasty food and enjoyable eating experiences in a supportive environment. Sometimes improving school nutrition can feel overwhelming, but your public health dietitian can guide you through the process. The School Nutrition Environment Scan identifies areas of opportunity and interest either in the school or classroom. Our tools, resources and support can make small steps achievable. Popular areas to work on include classroom rewards, hot lunches, eating environments, milk programs, classroom celebrations, fundraising and special events. Contact your public health nurse to learn more.



Curriculum Support

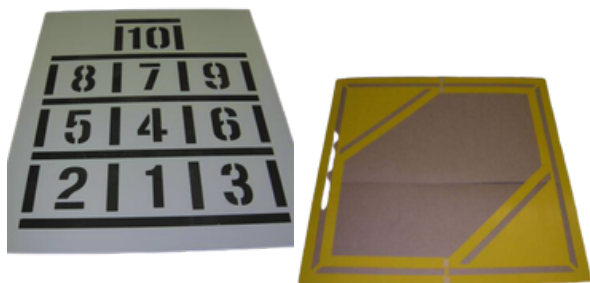
A list of curriculum matched and evidence based resources, lessons and activities are available to assist in teaching the various healthy eating and food literacy expectations.

Visit [TBDHU.com/TeacherResources](https://tbdhu.com/TeacherResources) or email the public health dietitian for more details and support.

Comprehensive School Health

Playground Stencils

This kit can be signed out to paint new games on the playground. Paint must be supplied by the school. Program offers two templates: Hopscotch & 4-square.



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 to ensure immunization records are up to date. Please note: Parents/guardians are responsible for submitting immunization records to the health unit as healthcare providers are not required to report immunizations.

The Vaccine Preventable Disease (VPD) program also offers immunization clinics for students in grade 7, as well as the high school immunization clinics.

Youth Mental Health Awareness Champions (YMHAC)

This initiative is for students from grade 7 to 12 and can be done by a classroom or school group (ie Wellness committee, Natural Helpers). Students will learn about mental health & mental illness, coping strategies and finding support and will then plan activities to positively affect the climate of their school. A PHN can help to support this youth led mental health promotion initiative.

Active Recess

A PHN 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. This program can be completed in conjunction with a healthy schools club or YMHAC program or as a classroom project. (45 min)

Classroom Pedometer Toolkit

Teachers can sign out this toolkit, complete with pedometers, lesson plans, and tracking sheets, for a positive way to challenge your students to be more active.



Primary (K- Grade 3)

RAINBOW FOOD EXPLORERS (Grades JK-Gr 1)

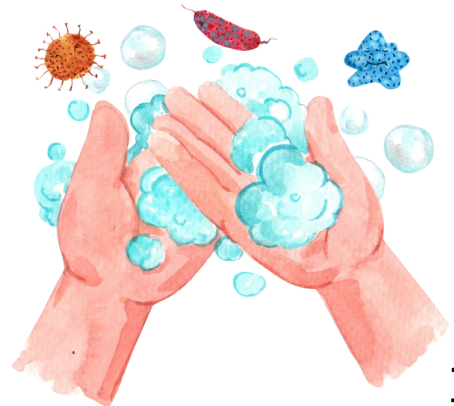
A hands-on workshop facilitated by the Healthy Schools Registered Dietitian where students learn how to explore food using their five senses. Students will discuss how to build rainbow plates full of vegetables and fruits and have the opportunity to explore some fruit and veggie samples (provided by the program). (30 min)

GERMS ARE NOT FOR SHARING (Grade JK-2)

A hands-on workshop where students are taught about handwashing and respiratory etiquette and then have the opportunity to practice. This session requires access to a sink. (60 to 90 min)

MY BODY IS MINE (Grade 1 – 2)

This presentation discusses body parts and consent including an introduction to the concept of safe and not safe touch. (50 min)



Primary (K- Grade 3)

MENTAL HEALTH PLUS PROGRAM (Grade 1 – 3)

The workshop features activities that help students understand stress and its impact on health and learning; teach students practical techniques for coping with stress; and show students how to address the signs of stress before they get overwhelmed by them. (50 min)

TRADITIONAL HARVEST RESOURCE (Grade 3)

A two-part workshop focusing on food from the land and eating according to the seasons, and the connections to health and the environment. Part one is a short video that includes cultural teachings by regional Elders. Part two is a facilitated discussion, using an interactive poster, to explore the concepts further based on student knowledge and experiences. (2 sessions, 20 min & 45 min)

Be an Upstander (Anti-Bullying) (Grade 3)

A presentation that talks about what bullying is, who is involved in bullying, what a bystander is and how students can stand up against bullying by becoming an "upstander". (50 min)



Junior (Grade 4-6)

INTRO TO PUBERTY (Grade 4)

An overview of the changes that can be expected with puberty as well as, a discussion on personal hygiene. Content is aligned with the H&PE curriculum. (90 min)

SMOKING & VAPING (Grade 4-5)

Students learn about commercial tobacco and vaping, and the harmful effects of using these products. (90 min)

INTRO TO REPRODUCTION (Grade 5)

Covers reproductive anatomy, menstruation and spermatogenesis. Content is aligned with the H&PE curriculum. (90 min)



COOKING WITH KIDS (Grade 5)

A series of two workshops 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 the fresh food supplies. An oven and microwave are required. (90 min, 2 sessions)

BULLYING STOPS HERE (Grade 5-6)

A presentation that talks about what bullying is, who is involved in bullying, what a bystander is and how students can stand up against bullying by becoming a "defender". (60 min)

INTRO TO HEALTHY RELATIONSHIPS (Grade 6)

Addresses factors that influence relationships, including technology, as well as characteristics of healthy and unhealthy relationships. (90 min)

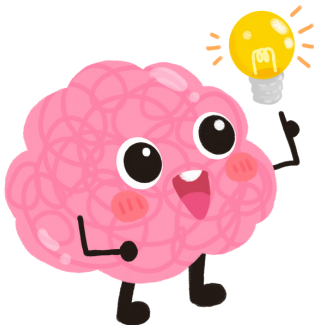
Junior (Grade 4-6)

UNDERSTANDING GENDER (Grade 6)

Aims to increase students' understanding of self-concept and promote acceptance and respect for diversity through learning about gender, including gender role stereotypes, and sexual orientation. (90 min)

VAPING: NOT AN EXPERIMENT (Grade 6)

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. (90 min)



MENTAL HEALTH PLUS PROGRAM (Grade 4-6)

Topics discussed include stress and well-being, how stress feels in the body, and coping strategies. (45 min, 2 sessions each, grade specific)

BRIGHT BRAINS (Grade 4-6)

Students learn about neurons, functions of the brain, helmet safety and concussions including Rowan's Law. (90 min)

CYCLING EDUCATION (Grade 4-6)

Information on helmet fit, bike safety, hand signals, and a basic discussion on cycling skills. (60 to 90 min) It can be delivered free by public health unit staff or by Ecosuperior staff for a fee.

A bike session to practice the knowledge gained in cycling education is offered to Grade 4 classes. Contact info@ecosuperior for bike session details or to book cycling education.

Intermediate (Grade 7-8)

INTRO TO SEXUAL HEALTH (Grade 7)

Students will learn about the concept of sexuality and factors that influence sexuality; communication and consent; and STBBIs including what they are, how they are transmitted and the ways to reduce risk including using condoms. (90 min, 2 sessions)

SEXUALITY & YOU (Grade 8)

Students will learn about gender identity, gender expression and sexual orientation; consent and intimacy in relationships; factors that influence decisions around sexual activity; and various methods of contraception including using condoms. (90 min, 2 sessions)

HEALTHY RELATIONSHIPS & TECHNOLOGY (Grade 7-8)

Students reflect on the impacts of technology on relationships with discussions around digital boundaries and the benefits & risks of technology use, including sexting. (90 min)



Intermediate (Grade 7-8)

VAPING: KNOW THE RISKS WORKSHOP (Grade 7-8)

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. (90 min)

SUBSTANCE EDUCATION (Grade 7-8)

This presentation focuses on the substance use continuum, classes of substances, impacts of substances and decision making regarding substance use.

(90 min)



CYCLING EDUCATION (Grade 7-8)

Topics covered in this presentation include helmet fit, bike safety, hand signals, and a basic discussion on cycling skills. It can be delivered by public health unit staff or by Ecosuperior staff for a fee. Contact info@ecosuperior to book cycling education. (60 to 90 min)

BULLYING PREVENTION (GRADE 7-8)

A presentation that talks about what bullying is, who is involved in bullying, impacts of bullying, what a bystander is and how students can stand up against bullying by becoming a "defender". (60 min)

Secondary (Grade 9-12)

RELATIONSHIPS, BOUNDARIES & CONSENT (Grade 9)

Students will look at qualities of healthy relationships and warning signs of unhealthy relationships, learn about personal boundaries as well as the importance of receiving consent. (70 min)

HEALTHY RELATIONSHIPS BOOSTER (Grade 10)

Students dive into healthy relationships in detail. Topics discussed include: emotional intelligence & coping, media, gender norms & stereotypes, relationship dynamics, healthy and unhealthy relationships, boundaries, consent, handling rejection and resources & supports. (70 min, 2 sessions)

SAFE RELATIONSHIPS (Grade 11-12)

Students will compare the traits of healthy, unhealthy and abusive relationships; discuss the importance of asking for consent; and learn about sex trafficking as well as supports available. (70 min)

Mental Health Program Plus Secondary (Grade 9-12)

Students learn about mental health and mental illness, coping strategies and sources of support for mental health. (70 min)

BUILDING RESILIENCE (Grade 9-12)

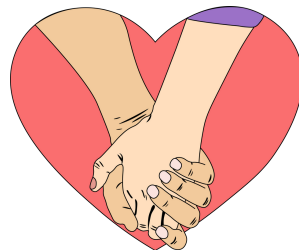
Students learn to recognize the signs and symptoms of stress and the impact on their bodies. Students are encouraged to identify their stressors and to develop a psychological toolbox of strategies that can help them be resilient when faced with life's stressors. (70 min)

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 H&PE curriculum. (70 min)

CONTRACEPTION (Grade 9-12)

Students learn about different types of contraception, including condom use. This presentation is aligned with the H&PE curriculum. (70 min)



Secondary (Grade 9-12)

SUBSTANCE EDUCATION (Grade 9-10)

Students learn about substance use – the different levels of use, the impact use can have, and harm reduction strategies. The activities in this workshop encourage the use of critical thinking and decision making skills regarding substance use. (70 min)

WEED OUT THE RISK (Grade 11-12)

A harm reduction program which challenges youth misconceptions about cannabis and informs of the risks associated with using cannabis and driving or being a passenger in a high driver's vehicle. (70 min)

CONNECT CHANGE CONNECT (Grade 9-12)

A youth smoking/vaping cessation program for students who would like to reduce or quit smoking/vaping. CCC aims to improve students' sense of connectedness to their school as well as to support student behaviour change towards a nicotine-free life. Health Unit staff facilitate 7 weekly 30 minute sessions with the presence of a school staff member.

SNOWMOBILE ATV, VESSEL EDUCATION (SAVE)(Grade 10-12)

This presentation promotes the safe handling of ATVs, boats and snowmobiles throughout NWO to reduce injuries and fatalities. Topics include impaired driving, the laws and insurance rules, safety hazards, and personal responsibilities while operating. (70 min)

INFECTIOUS DISEASES (Grade 9-12)

Students learn about the chain of infection, types of microorganisms, modes of transmission and some specific infectious diseases such as vaccine preventable diseases, sexually transmitted and blood-borne infections, and tuberculosis. (70 min, 2 sessions)



