



# Health for All Schools E-Newsletter

## Renfrew County and District Health Unit

*“Optimal health for all in Renfrew County and District”*

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### Online Teaching Resources

#### BrightBites

Improving nutrition in a school setting can feel overwhelming. Teachers, administrators and other school leaders already have a lot on the go. So BrightBites breaks school nutrition down into simple, bite-size challenges — online badges — that can be earned one at a time. Each badge includes simple steps, free tools, and helpful links, so everything you need is in one place. It's a fun, modern way to improve school nutrition.

#### Water Does Wonders

Children are drinking way too many sugary drinks, which has a negative impact on their health (Check out these [Facts on Sugary Drinks](#)). We can all help by making tap water easier to access and by not serving or selling sugary drinks to children. By taking this pledge, you are affirming your commitment to help children sip less sugar.

#### Teaching Sexual Health

This innovative website is developed by Alberta educators and health professionals. Our goal is to enhance excellence in education by providing teachers with evidence-based sexual health education background and delivery methods, current lesson plans and activities, and comprehensive resources.

As mandated by the Ministry of Health and Long-Term Care, the Renfrew County and District Health Unit supports teachers, students and parents with health-related programs and services that reflect the expectations of the Ontario Health and Physical Education Curriculum and the Ontario Public Health Standards.

**A health promoter or public health nurse is assigned to your school to assist with implementing components of the four pillars of Comprehensive School Health:** Social and Physical Environments, Teaching and Learning, Healthy School Policy and Partnerships and Services.

#### **Health Unit staff also provides:**

Immunization Clinics, Dental Screening, Food Safety Consultations and Tobacco Control.

### New RCDHU Website

The Renfrew County District Health Unit is getting more connected to the community through a new and improved website. The new site is [www.rcdhu.com](http://www.rcdhu.com) and there, you can find detailed information about local public health services and programs. In addition, you can see upcoming events, immunization clinics, sexual health clinics, parent child drop-ins, dental screening clinics, prenatal classes and food handler courses.

Visit the [school page](#) for information on our school health program, including an archive of these E-Newsletters and a school resource list.



The Healthy Kids Community Challenge (HKCC) County of Renfrew and the Renfrew County and District Health Unit are implementing Sip Smart!™ Ontario, a licensed classroom educational program that teaches children in grades 3 to 7 about making healthy drink choices. The goal is to provide children with the knowledge and skills they need to consume fewer sugary drinks. Sip Smart!™ Ontario provides teachers with a fun and interactive way to link their literacy, numeracy and health teaching with curriculum-based lesson plans that include science, math, language and health activities.

Every school in Renfrew County and District now has two copies of the Sip Smart!™ Ontario Resources: a teacher resource guide, parent booklet, posters and drink cutouts. Check out [the free tools and resources](#) to help implement the classroom program or earn the Sip Smart!™ badge through Bright Bites as a class or entire school.

Support is also available from your school's health unit contact or health unit registered dietitian. The health unit will also be running a Sip Smart!™ Awareness Campaign during nutrition month in March. Full details to come!



### New Report on Canadian Youth Perceptions on Cannabis Use

The Canadian Centre on Substance Abuse undertook this research project to better understand the conversations about cannabis that are taking place every day in schools, at home and in community centres. As we move towards the introduction of draft legislation on cannabis, these conversations are becoming increasingly relevant. The full report can be found [here](#).

Feedback on this publication or suggestions for future issues would be appreciated. Please send your ideas to [bbrohart@rcdhu.com](mailto:bbrohart@rcdhu.com)