



# 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

#### [EduGAINS](#)

EduGains contains ministry developed resources that support policies and programs related to improved teaching and learning for kindergarten to grade twelve in Ontario. Click [here](#) to go directly to the Health and Physical Education section of the site.

#### [Ophea – Healthy Schools Certification](#)

Ophea’s Healthy Schools (HS) Certification recognizes and celebrates school communities for promoting and enhancing the health and well-being of students, school staff and the broader community.

#### [www.allergyaware.ca](http://www.allergyaware.ca)

AllergyAware.ca offers online anaphylaxis courses for the community, developed by leaders in health education – Food Allergy Canada (formerly Anaphylaxis Canada), the Canadian Society of Allergy and Clinical Immunology and Leap Learning Technologies.

#### [At My Best!](#)

At My Best is a free, curriculum-linked toolkit that combines physical activity, healthy eating and emotional well-being for students in kindergarten to grade six to inspire healthier choices today and in the future.

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 curriculum and the Ontario Public Health Standards.

**A health promoter or public health nurse is assigned to your school to assist with implementing the Foundations for a Healthy School components:** Curriculum, Teaching and Learning; School and Classroom Leadership; Student Engagement; Social and Physical Environments; and Home, School and Community Partnerships.

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

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



The health unit has recently implemented Nutri-eSTEP in Renfrew County and District and you can help promote it by offering it to parents of children 18 months to 3 years of age (Toddler Screen) and 3 to 5 years of age (Preschool Screen).

For more information please visit [www.nutritionscreen.ca](http://www.nutritionscreen.ca) or see the flyer that accompanied this E-Newsletter. If you would like additional copies of the flyer, you can print it or contact the health unit.

### bright bites

Students enjoy eating nutritious food that looks appealing and tastes good in a relaxed and pleasant setting. BrightBites has tools, resources and success stories to guide and inspire teachers and other school leaders to create this environment at their school ‘one bite at a time’, and recognizes them for their efforts! Recognition comes in the form of fun badges that represent bite-size efforts of individual classes, school councils, student groups and healthy schools committees as they work toward improving the school food environment or culture. Badges appear on the BrightBites Hall of Fame and can be shared through social media. The program aligns with the Ontario Ministry of Education’s Foundations for a Healthy School framework and promotes student well-being; one of the renewed goals for education in Ontario to achieving student success. Create your team and start earning badges now at [BrightBites.ca](http://BrightBites.ca).

### Immunization of School Pupils Act Update

All children attending school between the ages 4-17 need to be immunized according to Ontario’s Immunization Schedule. Immunization protects children from many serious diseases that are easily spread in schools.

Under the Immunization of School Pupils Act (ISPA), children need to show proof of immunization against diphtheria, tetanus, polio, measles, mumps, rubella, meningococcal disease, whooping cough, and for children born in 2010 or later chicken pox, to attend school. The Renfrew County and District Health Unit sends notices to those students who are overdue for the required vaccines and offers clinics where students can be vaccinated. Students may be suspended from school if they do not meet the requirements of ISPA.

It is our goal that all students are in compliance with the Immunization of School Pupils Act, keeping our children healthy and our schools disease free. Please visit [www.rcdhu.com](http://www.rcdhu.com) for more information about the ISPA.

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