

FALL 2011



HEALTHY SCHOOLS



Winter Safety Skiing & Snowboarding



Winter is a time for outdoor fun. Activities like tobogganing, ice skating, skiing, and snowboarding can help to keep the family healthy. Helmets are important to help prevent serious head injuries. It is estimated that nearly 50% of all skiing and snowboarding head injuries could be prevented by wearing a helmet (*Safe Kids Canada, May 2010*).

When choosing a helmet, it is best to choose one made specifically for snowboarding or skiing. Helmet standards are used to let parents and kids know the amount of protection a certain helmet provides. A ski or snowboard helmet with CSA, ASTM and Snell standards should be worn. Using the wrong helmet can actually increase the risk of being seriously injured.

A study found that head injuries are the most common cause of death among skiers

and snowboarders. In Canada, 87.5% of skiing and snowboarding deaths are the result of head injuries and 67% of those are in children (*Safe Kids Canada, May 2010*).

Follow these other general safety tips so you and your children can enjoy a healthy, active and safe winter:

- Make sure equipment is properly fitted and maintained.
- Lubricate and adjust bindings each season.
- Warm up and stretch before skiing and snowboarding.
- Never ski or snowboard alone.
- Wear an approved helmet that is sport specific.
- Wear sunscreen to protect your skin.
- Wear goggles or sunglasses to protect your eyes.
- Know your limits, rest if you are tired, and go inside if you are cold.
- Keep hydrated by drinking plenty of fluids.
- Take a lesson from a snowboard or ski instructor.

Submitted by: Karin Marks, BA, ECE, Child Injury Prevention.

INSIDE THIS ISSUE

Backpack, Homework - Check, Physical Activity - CHECK!.....	2
Reporting Your Child's Immunizations to the Health Unit.....	2
Healthy Smiles Ontario.....	3
Sign up today for G.I.R.L.S. Power Camp!.....	3
Diet Fads that Fool You	4
Get Rid of Diets & the Scales.....	4

Backpack, Homework...Check. Physical Activity...CHECK!

Back to school also means getting back into a routine. For parents, that means getting the kids to bed early, packing lunches and getting everyone out the door on time. For kids, it means going to class and doing homework in the evenings. Busy schedules all around!

In addition to the routine of school life, children and their families are also encouraged to build time for physical activity into their schedules. The new Canadian Physical Activity Guidelines recommend that children ages 5-11 get AT LEAST 60 minutes of physical activity daily. The goal is to move fast enough to make them sweat and breathe harder. To learn more, visit: www.csep.ca/guidelines.

Being active is good for your kids. It keeps them healthy and it helps them grow and learn. Physical activity is good for you too! Everybody can benefit from being active so how about being active as a family. It's



a great way to connect with your kids and spend quality time together. Here are some tips:

- If time, distance and safety permit, walk or cycle to school as a family.
- Walk the dog together.

- Get the kids to pitch in and rake leaves, shovel snow or carry the groceries.
- DANCE!
- Try new sports and activities to see what they are interested in.
- Replace computer and TV time with something active.
- Go to the playground or the park to play.
- Practice throwing, catching and kicking skills.
- Build obstacle courses in the backyard with the kids. Make it a competition.

A body in motion stays in motion. If you make it fun, children are more likely to keep moving. Building these habits now will keep them moving for life!

*Submitted by: Michele Crowley, BPE, BSCE,
Physical Activity.*

Reporting Your Child's Immunizations to the Health Unit

According to the "Day Nurseries Act" and "The Immunization of School Pupils Act" children attending day care or school in Ontario must be vaccinated and up-to-date with their vaccinations against six vaccine preventable diseases. These diseases are diphtheria, tetanus, polio, measles, mumps and rubella. It is important to have your child's immunizations up to date before he/she starts day care or school. It is equally important to report the vaccines your child has received from their doctor or health care provider to the Haldimand-Norfolk Health Unit.


When a child starts kindergarten, parents receive an Immunization Questionnaire. The completed form provides the Health Unit with the status of immunized children. If there is an outbreak, unimmunized children will be excluded from school to protect them from exposure to the disease.

Immunization Record

Name _____

Date of Birth _____
(yyy/mm/dd)

Ontario Health Card Number _____


Ontario Ministry of Health and Long-Term Care

Schools do not share immunization information with the Health Unit due to privacy matters. It is the responsibility of the parent

to ensure the record is provided to the Health Unit. When your child goes to university or college an immunization record is required. If your doctor retires or moves away you may request a copy of your child's immunization record from the Health Unit.

To report your child's immunizations, you may call a member of the Vaccine Preventable Disease Program at 905-318-6623 or 519-426-6170 at the Health Unit. You may drop off the record in person at the office or report it online @ hnhu.org. Click on the Online Immunization Reporting button and follow the instructions.

It only takes a minute to submit this information to the Health Unit and know that is it safe and available if you ever require an immunization record for your child.

*Submitted by: Rose Huyge, PHN, CCHN(C),
Vaccine Preventable Disease Program*



Good oral health is important to kids' overall health. Yet, for some, regular dental care may not be affordable. Healthy Smiles Ontario is a new program for kids 17 and under who do not have access to any form of dental coverage. If eligible, your kids will get regular dental services at no cost to you.

Who is eligible?

Kids 17 and under may be eligible if:

- They are residents of Ontario and
- They are members of a household with an Adjusted Family Net Income of \$20,000 per year or below; and
- They do not have access to any form of dental coverage (including other government-funded programs, such as Ontario Works).

What services are covered?

- Regular visits to a licensed dental provider; such as a dentist or dental hygienist
- Cleaning
- Fillings
- X-rays
- Scaling
- And more

What services are NOT covered?

- Cosmetic dentistry, such as teeth whitening
- Orthodontics, such as braces
- Emergency oral health care (covered under the Children in Need of Treatment program.)

How do I enroll?

To find out more about the eligibility requirements and to enrol, contact the Haldimand-Norfolk Health Unit at 519-426-6170 or 905-318-6623 and ask to speak to a member of the Oral Health Team.

Where can my child access dental care as part of Healthy Smiles Ontario?

Once the application process is complete, your local public health unit will inform you of the dental service options available in your community.

Can my child see my own dentist?

Yes, as long as your dentist participates in the Healthy Smiles Ontario program. If your dentist is not participating in the program, you can contact an independent dentist or dental hygienist in your area to find out if they are participating in the program.

I have no form of dental coverage and am not eligible for Healthy Smiles Ontario, is there any government help for me?

If you do not have access to any form of dental coverage and are not eligible for the Healthy Smiles Ontario program, you may be eligible for the Children in Need of Treatment program. Contact the Haldimand-Norfolk Health Unit Oral Health Program for more information.

*Submitted by: Abida Chaudhery, RDH, BSc,
Dental Hygienist.*

Sign up today for G.I.R.L.S. Power Camp!



WANTED: Grade 8 girls living in Haldimand and Norfolk Counties.

When and where:

November 25, 26, 27 2011, Camp Trillium, Waterford

Cost: \$100 per camper. Bursaries available if needed.

How to register:

Grade 8 teachers have applications or visit www.hngirlspowercamp.com for registration information and camp details.

Questions???

Email: hngirlspowercamp@gmail.com

Phone: 519-587-2441 Ext 505 or 1-800-265-8087

DEADLINE:

Friday, October 21, 2011 at 4:30 p.m.

ALL applications are welcome BUT space is LIMITED!!!

G.I.R.L.S. Power Camp focuses on:

- Healthy choices
- Body image
- Self-esteem
- Healthy eating & active living
- Healthy relationships
- Personal safety
- Transition to grade 9

Diet Fads that Fool You

There are so many different fad diets. That's a real concern because inaccurate food and nutrition information can be harmful to your health and well being. Be very wary of exaggerated claims and promises of quick weight loss. If it sounds too good to be true – you're most likely right. Don't follow nutrition advice that's based on personal stories or testimonials that aren't backed by sound science. Stay away from advice designed to sell products, specialty foods, or supplements, diets that provide lists of 'good' and 'bad' foods, and diets that cut out whole groups of foods such as carbohydrates. Don't fall prey to the latest diet 'craze'. Here is why some programs don't work.

Low Carbohydrate/High Protein Diets

Most people can't stay on a "low carb"

diet for very long. This is because so many foods are off-limits and people get bored.

Over the long-term "low carb" diets (which are high in fat and low in fibre) may increase your risk for heart disease and high blood pressure. Cutting out carbohydrates means you get very little fibre, folate, vitamin C, vitamin K, magnesium, and phytochemicals. These are important for maintaining regularity, bone health and protecting against cancer and heart disease.

Food Replacement Diets

People get tired of not eating real food and spending extra money on weight loss products such as protein bars and meal replacement shakes. So they end up just going back to their old eating habits.

Big Promises Diets

If a magical combination of special foods, pills or supplements actually helped people drop pounds, don't you think the whole world would be following it? Common claims that are found in weight loss schemes include words and phrases such as:

- Ancient
- Balances hormones
- Blood type
- Colonic cleanse
- Enzymatic process
- Guaranteed

*Submitted by: Kathy Page, RD, HON. BSC,
Child and Youth Nutrition.*



Get Rid of Diets & the Scales

Focussing too much attention on our bodies and our eating consumes our time and energy. For the children around us and ourselves, a positive body image and healthy attitude towards food is needed! Get rid of the diet and the scales and become aware of the messages you send about your body and the comments you make about others. Make being healthy your goal. Live actively, eat healthy, and respect others for their abilities whatever size they may be.

What's wrong with dieting?

When we go on a diet, we eat less to lose weight. This can make both our body and mind hungry. We often think about food constantly; over-eat certain foods; feel crabby, depressed, tired and find it hard to concentrate. Diets may work for a little while but it doesn't last!

What works?

- Learn about healthy eating. Following Canada's Food Guide can help you make healthy choices.
- Try not to label foods as "good" or "bad". All foods can fit, some more often than others.
- Pay attention to portion sizes and listen to your body when it is hungry and full.
- Be active in ways that you like and do it regularly.

Bottom line

Think positively and feel good about yourself. Make small changes to your life and continue to build on these new habits over time.

*Submitted by: Kathy Page, RD, HON. BSC,
Child and Youth Nutrition.*