

HEALTHY SCHOOLS



Feature RECIPE



Banana Yogurt Jam Wrap Up

A great lunch or after school snack

Preparation time: 5 minutes

Makes: 1 wrap

This is quick to prepare and fun for kids.

Ingredients

- 2 tbsp (30 mL) plain greek yogurt
- 1 tbsp (15 mL) strawberry jam
- 1 small whole wheat tortilla
- 1 small banana

Directions:

1. In a small bowl, stir together yogurt and jam.
2. Spread evenly over tortilla and place banana along edge and roll up. Cut in half to serve.

Have questions about healthy eating or nutrition? Call Eat Right Ontario at 1-877-510-5102 to speak to a registered dietitian for free.

Taken from Eat Right Ontario, April 2014, <http://www.eatrightontario.ca/en/Recipes/Snacks/Banana-Yogurt-Jam-Wrap-Up.aspx>

Healthy Students are Better Learners

Did you know that research has shown that healthy students are better learners, and better educated students are healthier individuals? This means that by working together, within the school community, we can help our children excel in both their health and education!

Comprehensive School Health (CSH) is an approach that shows how we can do just that. CSH looks beyond the classroom to the entire school setting, and involves students, staff, parents, volunteers and community partners all working together to create a healthy school community through:



Teaching and Learning: combining classroom learning with other creative resources and activities to help students gain skills and knowledge related to their health



Social and Physical Environments: creating a social climate and physical environment (e.g. playgrounds, school building, sidewalks, etc.) at the school which support healthy choices



Partnerships and Services: making strong connections between schools, families, community groups, public health and others who support student health



Healthy School Policy: developing guidelines, rules and policies that help shape a caring, safe and healthy school setting for students and staff

CSH can be applied to a range of issues such as healthy eating, physical activity, mental health and tobacco use prevention. Look at pg. 3 for an example of what a CSH approach applied to physical activity might look like. CSH will look differently at each school, because it builds on strengths the school already has. It starts by looking at what is already happening in the school community and grows from each school's unique concerns.

Join us as we strive to make our schools an even healthier place to live, learn and work!

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Healthy Ways to Help Kids Handle Stress

Stress is a normal, everyday occurrence. It's our body's response to feeling afraid, overworked, over stimulated, threatened or excited. We tend to think of stress as a bad thing, but a certain amount of it actually helps us feel alert, energized and interested in life. However, too much stress, particularly when we don't have any control over it, can make people unhappy and can interfere with their ability to respond to everyday tasks and challenges. Stress can also lead to health problems.

To adults, childhood can seem like a carefree time. But kids still experience stress. Things like school and their social life can sometimes create pressures that can feel overwhelming for kids.

How do I know if my child is stressed?

While it's not always easy to recognize when kids are stressed out, short-term behavioral changes — such as mood swings, acting out, or changes in sleep patterns — can be indications. Some kids experience physical effects, including stomachaches and headaches. Others have trouble concentrating or completing schoolwork. Still others become withdrawn or spend a lot of time alone.

Healthy ways to cope with stress

Ideally, children and teens use healthy coping strategies when under stress. For example,

a stressed child might play outside or exercise, talk with friends, take a nap, have a good cry, or write in a journal to relieve stress.

However, many children have not had the time, encouragement, and support to learn and develop healthy coping methods. As a result, many kids and teens turn to self-medicating with drugs and alcohol, cutting or other forms of self-injury, losing their temper, behaving recklessly, binge eating and other unhealthy activities that seem to temporarily “fix” the stressful feelings.

How can you help kids cope with stress?

Role modeling healthy coping methods when you are feeling stressed is one of the best things you can do. Also, make time for your kids each day. Whether they need to talk or just be in the same room with you, make yourself available. Proper rest and good nutrition can also boost coping skills, as can regular physical activity.

Remember that some level of stress is normal; let your kids know that it's okay to feel angry, scared, lonely, or anxious and that other people share those feelings. Reassurance is important, so remind them that you're confident that they can handle the situation.

Submitted by Josh Daley, Health Promoter

Healthy Snacking

Snack and granola bars are an easy snack choice but some can look more like a cookie or chocolate bar.

When choosing a snack bar, read the Nutrition Facts table on the side of the box to make an informed choice.

For a healthier choice, choose bars with:

- at least 2 grams of fibre
- no more than 8 grams of sugar
- a whole grain as the first ingredient

Also, be aware if your school or classroom is peanut and nut free. To avoid snacks with peanuts or nuts, always read the ingredients list and avoid products that “MAY CONTAIN TRACES OF PEANUTS/NUTS”.

Bar 1

Nutrition Facts	
Serving Size 1 bar (35g)	
Amount Per Serving	
Calories 110	
	% Daily Values*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Sodium 110mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Bar 2

Nutrition Facts	
Serving Size 1 bar (35g)	
Amount Per Serving	
Calories 140	
	% Daily Values*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Sodium 110mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 3g	6%
*Percent Daily Values are based on a 2,000 calorie diet.	

Bar 2 is the healthier choice because it is lower in sugar and higher in fibre.

Did you know? A piece of cheese after a meal or snack can protect teeth against cavities. Try packing a few pieces of cheese in your child's lunch bag.

Submitted by Rhonda Yetman, Public Health Dietitian

A Comprehensive School Health Example: Physical Activity

Comprehensive School Health (CSH) may seem like a confusing idea at first, but the following fictional example may help to explain it better:

Parents, teachers, students and public health staff got together at "Lake Erie Elementary School". Together, they decided that they needed to focus on the physical activity level in their school. In order to follow the CSH approach they made sure they were taking action in the following four ways:



Teaching and Learning: They found an expert to provide school staff with training on Daily Physical Activity (DPA) ideas on a professional development day. The school council held a fundraiser to purchase new DPA supply kits for each classroom. Classrooms, including teachers, also participated in a pedometer challenge,

with the winning classroom getting the chance to paint the school's bicycle racks in any creative way they chose.



Social and Physical Environments: They recruited parents, grandparents and senior students to volunteer to lead a 'walking school bus' in nearby neighbourhoods to encourage more students to walk to school. They also painted new lines for hopscotch and other active outdoor games on the playground pavement.



Partnerships and Services: They contacted local businesses and individuals to find volunteers to lead a free afterschool or nutrition-break session on yoga, geo-caching, hip-hop dancing, skipping, Zumba, indoor soccer, etc.



Healthy School Policy: They created a school policy which stated that taking away recess or gym time would not be used as a form of punishment.

As a result, everyone at Lake Erie Elementary School felt that they were better able to be physically active to school, at school, and after school. They celebrated their success by inviting everyone to a free family fun night in the gym with healthy snacks.

Want to see healthy changes like these at your school? Or do you have other ideas about how you could make your school community healthy? Let your school or the Haldimand-Norfolk Health Unit know, because we'd love to work together with you!

Childhood Falls in the Home

Falls are the leading cause of injury and hospital visits for young children in Canada. In Haldimand and Norfolk Counties, children who fell in the home accounted for 29 visits to the emergency department at local hospitals every month in 2010. These falls involve furniture, with falls off of beds, chairs and down stairs. Falls can cause head injuries and concussions which can have lasting effects on learning and memory. In addition, a neck injury from a fall can have permanent effects on how your child walks and moves.

You can create a child-friendly home by following a few safety tips:

- Keep one hand on your child while they are on the change table. Keep all of the things you need at arms' length to avoid them rolling off the table.
- Reduce the risk of falls by installing child safety gates properly at the top and bottom of stairs. Hardware mounted gates should be installed at the top of stairs and pressure mounted gates at

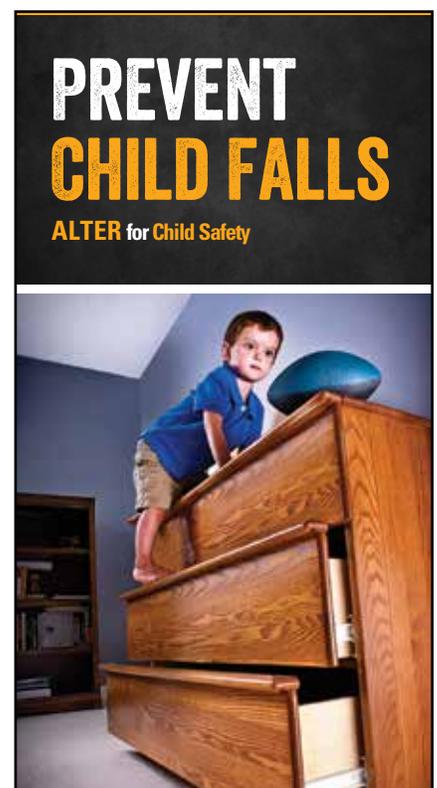
the bottom. Gates should be installed and used following manufacturer's instructions.

- Place car seats, carriers and rockers on the floor. Children can wiggle, kick, roll and easily fall off of furniture.
- Place cribs, beds and other furniture away from windows and balconies. Children are curious and can climb onto window ledges and push out window screens. Make sure to install window stops or guards on windows and make sure doors to balconies are kept locked.
- Keep your television on low sturdy furniture. If they fall on children, head injuries, broken bones and internal injuries can occur. Anchors, angle-braces or furniture straps can be used to secure televisions to the wall.

For more information check out the following links:

www.parachutecanada.org
www.alterforchildsafety.ca

Submitted by Karin Marks, Health Promoter



Tick Talk

Spring is a great time for kids to be playing outdoors and developing a curiosity about nature. However, when your child is playing outdoors in grassy or wooded areas, you should take steps to protect them from tick bites. Ticks are most active in the summer, but they can be active during warm periods in the spring. Although most tick bites do not cause serious illnesses, those from the blacklegged tick (often called the deer tick) can, in some cases, transmit Lyme disease.

Ticks wait on the tips of bushes and tall grasses and attach themselves to animals and people when they brush past. Young ticks, called nymphs, are about the size of a poppy seed, making them hard to see. Adult deer ticks are about the size of a sesame seed, and orange-brown in colour.

A red circular “bull’s-eye” rash at the site of the tick bite is an early sign of Lyme disease. If you or your child has been bitten, or you suspect that you have been bitten, see your doctor immediately. Particularly when detected early, Lyme disease is usually successfully treated with antibiotics.

How to prevent Lyme disease

- When walking in wooded or grassy areas, wear shoes, long pants tucked into your socks, a long-sleeved shirt, a hat and gloves. Wearing light colored clothing also makes spotting ticks easier.
- Stick to trails and avoid walking through low bushes and long grass.
- Check yourself, your children and your pets for ticks. Make sure to look in the armpits, backs of the knees, groin area and scalp.
- Use insect repellents containing DEET. Read the label when

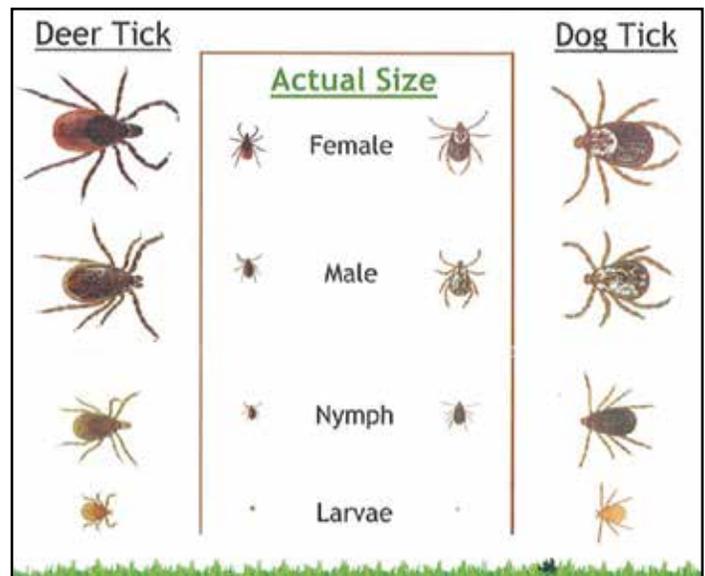
using any repellent, especially when using them on young children.

Tick Removal

Using needle-nosed tweezers, gently grasp the tick near its head or mouth, close to the skin. Don't squeeze or crush the tick, but pull slowly upward. Do not try to burn or smother the tick. If removed off of a human, the tick can be submitted to the Health Unit for identification and, if applicable, testing for Lyme disease.

Enjoy the beauty of spring time. Don't get sick! Avoid the tick!

Submitted by Frances DeBoer, Public Health Nurse



Testing Deer Ticks for Lyme Disease

If removed off of a human, the tick can be submitted, in a plastic or jar or bottle, to the Health Unit for identification and, if applicable, testing for Lyme disease. Please be advised that the HNHU accepts ticks for **surveillance purposes only**. The HNHU's Tick Submission form can be found by visiting www.hnhu.org and clicking on 'Forms'. Test results can also be found online by clicking on 'Tick Results' and entering your personal 'Ticket Number'. Persons seeking diagnosis should **NOT** wait and rely on the specimen test results as they can take months to acquire. Persons bitten by a deer tick should **consult their doctor immediately**. The doctor will make a diagnosis based on the patient's symptoms and the tick exposure details (such as how long the tick was attached and where geographically the tick was acquired). Blood tests may also be requested.



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