



HEALTHY SCHOOLS

Risky Play is Worth the Reward

In an era of schoolyard ball bans and debates about safe tobogganing, have we as a society lost the appropriate balance between keeping children healthy and active and protecting them from serious harm? If we make too many rules about what they can and can't do, will we hinder their natural ability to develop and learn? If we make injury prevention the ultimate goal of outdoor play spaces, will they be any fun? Are children safer sitting on the couch instead of playing actively outside?

Risk is often seen as a bad word — by parents, neighbours, care providers, insurance providers, schools and municipalities. But in play, risk doesn't mean courting danger—like skating on a half-frozen lake or sending a preschooler to the park alone. It means the types of play children see as thrilling and exciting, where the possibility of physical injury may exist, but they can recognize and evaluate challenges according to their own ability. It means giving children the freedom to decide how high to climb in the tree in your backyard, to explore the woods, get dirty, play hide 'n seek, wander in their neighbourhoods, balance, tumble and rough-house, especially outdoors, so they can be active, build confidence, autonomy and resilience, develop skills, solve problems and learn their own limits. It's letting kids be kids.

The types of risky play appropriate for your child will change based on their



development and environment. For example, risky play for your 9-year-old might be going to the park with a group of friends, while risky play for your 4-year-old might be exploring the playground on their own while you are within earshot or a safe distance away.

As a parent it is normal to be worried about, and try to prevent, your children from getting hurt. Broken bones and head injuries unfortunately do happen, but major trauma is uncommon. Most injuries associated with outdoor play are minor (like scrapes and bruises). These are a normal part of childhood. A lot of parents also worry about "stranger danger" but these encounters are not as common as you might think. According to RCMP reports, odds of a total stranger abduction are 1 in 14 million.

We need to recognize the difference between danger and risk. And we need to value long-term health and fun as much as we value safety.

- When physical education classes are held outdoors, students take 35 percent more steps.
- Kids ages nine to 17 who play outside after school get 20 extra minutes of physical activity per day.
- Grades five and six students who are allowed to explore unsupervised get 20 percent more physical activity than those who are always supervised.

Portions of this article were taken from Participation's 2015 Position Statement on Active Outdoor Play.

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Community CORNER



Hauser's Pharmacy Dunnville 5k
Friday, May 27, 2016
6:00 pm (kids' 1k); 6:30 pm (5k)
www.dunnville5k.com

Your entire family is invited to run or walk our fast, flat 5k course – with a special 1k edition for the kids, who get to high-five Muddy the Mudcat Fish at the halfway point!

All finishers receive a medal. 5K participants are thanked with a good-quality short-sleeved tech tee, plus a swag bag filled with goodies. This family-friendly event offers something for everyone, including door prizes, live music and a BBQ too.

All proceeds go to the Dunnville Youth Impact Centre, serving at-risk community youth since 1985.

If you can't run this year, but are interested in volunteering, email info@dunnville5k.com or leave a message at 289-426-5799.



Childhood Immunization

Vaccines have saved the lives of more children than any other medical intervention in the last 50 years.

It is the law in Ontario that every child going to school must be immunized and provide proof of immunization. A child may be suspended from school if proof of immunization or a Statement of Conscience is not provided to the Haldimand-Norfolk Health Unit.

It is the responsibility of parents to submit their child's immunization record to the Health Unit as schools do not share that information due to privacy matters.

Without a record or proof of having been vaccinated, your child is considered unimmunized and unprotected.

You may need this record later on to register your child for daycare, school, before and after school programs, summer camps, college or university or for some travel.

You can update your child's record via the Health Unit's website (www.hnhu.org) or by faxing 519-426-9246 or calling 519-426-6170 Ext. 3227 or 3257.

If you choose to not immunize your child for religious or other beliefs, it is still important to let HNHU know this by filling out an exemption form known as an Affidavit (call the Health Unit at 519-426-6170 Ext. 3227 or 3257). In the case of an outbreak at school the Health Unit needs to know which children are not immunized in order to take appropriate action.

SUN SAFETY – Sun Sense Tips

- Try to avoid exposure to direct sunlight between the hours of 11:00 a.m. and 4:00 p.m.
- Whenever possible seek shade as protection from the sun
- Keep babies under 12 months out of direct sunlight
- Wear sunscreen with an SPF of 15 or higher. Reapply often, especially after swimming
- Wear clothing that is loose fitting, tightly woven and light weight
- Wear a hat that protects the face and back of the neck
- Don't forget your sunglasses with 100% UV protection
- Try to avoid the outdoors when the UV index is 3 or higher
- Stay hydrated by drinking plenty of water





Ending Mealtime Struggles –

Phrases that HELP and HINDER

Phrases that HINDER	Phrases that HELP
Instead of...	Try saying...
<p>Eat that for me. If you do not eat one more bite, I will be mad. Phrases like these teach your child to eat for your approval and love instead of for hunger and nourishment. This can lead your child to have unhealthy behaviors, attitudes, and beliefs about food and about themselves.</p>	<p>This is kiwi fruit; it's sweet like a strawberry. These radishes are very crunchy! I like the way you're using your spoon to stir your food. Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.</p>
<p>You're such a big girl; you finished all your peas. Timmy, look at your brother. He ate all of his bananas. You have to take one more bite before you leave the table. Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.</p>	<p>Is your stomach telling you that you're full? Is your stomach still making its hungry growling noise? Has your tummy had enough? Phrases like these help your child to recognize when he or she is full. This can prevent overeating.</p>
<p>See, that didn't taste so bad, did it? This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.</p>	<p>Do you like that? Which one is your favorite? Everybody likes different foods, don't they? Phrases like these make your child feel like he or she is making the choices. It also shifts the focus toward the taste of food rather than who was right.</p>
<p>No dessert until you eat your vegetables. Stop crying and I will give you a cookie. Ordering some foods, like dessert, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.</p>	<p>We can try these vegetables again another time. Next time would you like to try them raw instead of cooked? I am sorry you are sad. Come here and let me give you a big hug. Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.</p>

For more information on positive meal time behaviours visit: www.ellynsatterinstitute.org

Material from www.choosemyplate.gov, Phrases that help and hinder factsheet, accessed January, 2016 from <http://fnsweb01.edc.usda.gov/preschoolers/healthy-habits/HelpAndHinderPhrases.pdf>

WHY IS ORAL HEALTH IMPORTANT?

Cavities and gum disease can be painful and can lead to serious infections, affecting the growth of adult teeth. Pain can result in loss of sleep, affect a child's ability to eat and can impact a child's ability to learn and attend school. Good oral health is important for your child's self-esteem, sense of well-being, and their overall health. Prevent oral health problems before they start!

What is Healthy Smiles Ontario?

Healthy Smiles Ontario is a FREE dental program for eligible children and youth 17 and under.

Who is Eligible?

Children and youth 17 and under may be eligible if:

- They are residents of Ontario
- Your household would suffer financial hardship if you were required to pay for dental treatment for your child

Note: Children 17 and under are automatically eligible and automatically enrolled in Healthy Smiles Ontario when they or their family receives: Ontario Works, Temporary Care assistance, Assistance for children with severe Disabilities or the Ontario Disability Support Program. Children and youth with other dental insurance coverage are no longer automatically excluded.

How do I enroll?

- Go to Ontario.ca/healthysmiles
- Call ServiceOntario INFOline toll-free at 1-844-296-6306 (TTY toll-free at 1-800-387-5559)
- Your local public health unit can also help you enroll.

Once enrollment has been confirmed you will receive a Healthy Smiles Ontario dental card. The dental card must be presented to your dental provider at each visit to receive dental care under the program.

What services are covered?

Healthy Smiles Ontario covers regular visits to a licensed dental provider such as a dentist or dental hygienist. It covers dental services including check-ups, cleaning, filling, x-rays and scaling. Urgent or emergency oral health issues are also covered by healthy smiles Ontario.

More Information:

- Visit ontario.ca/healthysmiles
- Or call ServiceOntario INFOline: Toll-free: 1-844-296-6306 TTY toll-free 1-800-387-5559

Please contact the Haldimand Norfolk Heath Unit Oral Health Program for more information regarding your Eligibility
519-426-6170 Ext. 6058 or 905-318-6623 Ext. 6058



Bring the **You're the Chef** cooking program to your school or community group today! You're the Chef is a healthy cooking program

specifically designed for youth. The Health Unit provides free training for leaders, free leader and participant handbooks and all the cooking equipment you will need to run the program. To learn more e-mail michelle.saraiva@hnhu.org or call (519) 426-6170 Ext. 3237.

Great Big Crunch 2016

Over 200 students, staff and community members participated in a synchronized 'crunch' at Teeterville Public School at 2:30 pm on March 10th to celebrate the Great Big Crunch event which highlights nutrition and local produce.



Grades 5/6 students at Teeterville Public getting excited for the 'Big Crunch'



Sabine Murphy (Public Health Nurse), Melanie Lambert (President of the Home and School Association of Teeterville Public), Jennifer Dahl (Public Health Promoter) and Michelle Saraiva (Public Health Dietitian)



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