



# HEALTHY SCHOOLS

## Healthy School Spotlight: Courtland Public School

Courtland Public School has been busy making healthy changes. This fall a Healthy School Committee was created consisting of the Principal, a Teacher, a parent and six students, along with a public health nurse and health promoter from the Health Unit. The committee completed a Healthy School Assessment and decided that physical activity and mental health would be their areas of focus.

The school has now started a Playground Activity Leaders in Schools (PALS) program. Fourteen student volunteers in Grades 5 to 7 received training and now act as activity leaders and run organized games at recess for students of all ages.

Also, school staff attended an information session on Mind Up. This social emotional learning program helps students understand the key parts of the brain and the science behind how the brain influences their thinking, emotions and behavior. The program provides teachers



and students with simple activities and strategies to help create 'mindful classrooms' which can help students focus better, cooperate better with others and improve their self-awareness and self-control.

Courtland's Healthy School Committee continues to meet and work on making their school an even healthier place to live, learn and work. Way to go Courtland Public School!



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## Watch Your Mouth!



Did you know that the most often injured area of the body during contact sports is the mouth?

Dental injuries are painful, costly, and can be

permanent. A mouth guard helps prevent injuries to the teeth, lips, cheeks, tongue, and jaw. Injuries can include chipped, fractured or loosened teeth. You don't need to be a professional athlete for a mouth guard to be useful. Mouth guards are required for football and hockey, but should even be worn when riding a bike or roller blading. When doing any activity where you could injure your mouth, you should wear a mouth guard!

A mouth guard should:

- provide maximum protection from a traumatic force
- remain in place during sports activity
- not interfere with breathing or speech
- be comfortable to wear
- be easy to clean

If possible, the best choice is a mouth guard custom made by your dentist. It offers the best protection, fit, and comfort level because it is made from a cast to fit your teeth.

## Why Does my Child Need Needles?



Immunizations are an important part of healthy growth and development. Think of them the same way you would healthy eating, physical activity, or proper sleep.

Vaccines are a proven and safe way to prevent serious infections. Although we rarely see most of these diseases in Canada now, they still exist. If we stop vaccinating children, these diseases will return.

Under the Immunization of School Pupils Act (ISPA), students attending school in Ontario are required to be vaccinated against nine diseases or have a valid exemption on file with the Health Unit. Parents are required to provide this information to school boards at kindergarten registration.

For immunizations that are done after kindergarten registration at the doctor's office, it is up to parents to send immunization information to the Health Unit – schools do not share that information, and your doctor might not either. Without a record, your child is considered unimmunized and unprotected.

You can update your child's record on the Health Unit's website ([www.hnhu.org/immunization-reporting](http://www.hnhu.org/immunization-reporting)), by faxing 519-426-9246, or by calling 519-426-6170 and asking to speak to someone on the Vaccine Preventable Disease team.

If your children are not vaccinated, they are at risk of contracting these diseases or spreading them to others. Children whose records indicate they are not fully immunized may not be allowed to attend school unless an exemption form is provided.

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



## Nutri-eSTEP

Nutrition Screening Tool for Toddlers and Preschoolers

# Is Your Child a Healthy Eater?

Do you have a child between the ages of 3 to 5 years old, and want to know if they are a healthy eater? Get answers to this question and more by completing Nutri-eSTEP.

## What is Nutri-eSTEP?

- A valid and reliable nutrition screening questionnaire that can help identify feeding, activity and nutrition related concerns in children ages 18 months to 5 years
- Parents or caregivers can complete the questions online in less than 10 minutes

## What does Nutri-eSTEP screen for?

- Food and fluid intake
- Physical growth and development
- Factors that affect food intake and eating behaviours
- Physical activity and sedentary behaviour

## How do parents/caregivers complete Nutri-eSTEP?

- Nutri-eSTEP can be completed online at [www.nutritionscreen.ca](http://www.nutritionscreen.ca). Select Preschooler Nutri-eSTEP for children 3-5 years of age
- Once complete, immediate feedback is provided on what is going well and how to improve eating and activity habits
- Links to trusted nutrition information are also given when completed

For more information on healthy eating talk to a dietitian for FREE at 1-877-510-5102 or visit [www.eatrightontario.ca](http://www.eatrightontario.ca).



## RECIPE CORNER

# Strawberry shortcake overnight oats

Make this the night before for a delicious breakfast you can enjoy warm or cold the next morning. Try with your favourite fruits and toppings for variety.

*Prep time: 5 minutes*

*Ready in: 6+ hours (time to chill)*

*Serves: 2*

## Ingredients

- 1 cup fresh or frozen strawberries, diced
- 1 cup large flake rolled oats
- 1 ½ cups milk or fortified soy beverage
- ½ cup plain or vanilla yogurt
- ½ tsp vanilla extract

Optional toppings: chopped fresh strawberries, blueberries, sliced banana, unsweetened shredded coconut, cinnamon

## Directions

1. For frozen berries – thaw in a microwave safe bowl and chop into small pieces. For fresh berries, wash thoroughly, hull and chop into small pieces.
2. Place chopped strawberries in a bowl and mix in all other ingredients.
3. Cover bowl and place in fridge. Let mixture sit a minimum of 6 hours or overnight in the fridge.
4. When ready to eat, remove bowl from fridge, stir and transfer into individual serving bowls. Top with extra fruit/toppings as desired. Serve chilled or warm (heat for 30-60 seconds in microwave).



# Raising Active Kids - Start the Movement in Your Home

Most kids love to move around and be physically active. Parents can help instill a love of activity and help kids fit it into their everyday lives. Healthy, physically active kids are more likely to be academically motivated, alert, and successful. How do we encourage kids to be active? The three keys are:

1. Choose the right activities for a child's age.
  - Preschoolers: play and exercise help develop important motor skills — good activities include kicking or throwing a ball, playing tag, hopping on one foot, or riding a bike with training wheels.
  - School-age: help kids in this age range find activities they enjoy and feel good doing. These can be team sports like baseball and basketball, or activities like biking, hiking and playing outside.
  - Teenagers: teens have more choices when it comes to being active. Do what you can to make it easy for your teen to exercise by providing transportation, and the necessary gear or equipment (from helmets and sports gear, to yoga mats and workout clothes).
2. Give kids plenty of opportunity to be active. Provide equipment, take them to playgrounds, and be active as a family.
3. Keep the focus on fun. Kids won't do something they don't enjoy. When they like an activity, they want to do more of it, which improves their skills and helps them feel accomplished. These good feelings make kids want to continue the activity and even try others.

Some kids may not seem naturally athletic or they may not be interested in physical activity. Some kids like being active but aren't going to be a star athlete. Some kids are athletic, committed to a sport or activity, and are likely to want to increase intensity of competition. No matter what, all kids can be physically fit. Be active as parents and support your kids' interests. If you start early, kids will see all kinds of physical activity as a normal — and fun — part of your family's everyday routine.



## COMMUNITY CORNER



### Mudcat Marathon

The Whole Health Mudcat Marathon is happening in Dunnville on May 12 & 13, 2017. Race proceeds benefit the Dunnville Youth Impact Centre and the Cayuga Food Bank.

Friday evening's #Fishy5k is an out-and-back run with a beautiful glittery catfish medal. Families can run or walk the 1k Family Fun Run together in a closed-to-traffic course with a finisher's medal.

Of special note to families is the Mudkitten race – where kids track their activity from February to May via a downloadable sheet. Kids log 1km for every 30 minutes of physical activity and then on race day they run or walk the final 1km (closed to traffic for safety) of their kids 'marathon' to cross the finish line! This activity will help build healthy habits and a commitment toward regular activity. All finishers, including kids, receive a beautiful leaping fish medal on Saturday. Kids can run both the Friday night #Fishy5k and the Mudkitten to get a special third Mighty Mudcat Challenge Medal.

To find out more or register, visit [www.mudcatmarathon.ca](http://www.mudcatmarathon.ca) or call 289-426-5799.



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