



# HEALTHY SCHOOLS

## The Juicy Story on Choosing Healthy Drinks

An alarming 30% of children's total calories come from their drinks<sup>1</sup>. Choosing healthy beverages can be difficult. There are so many to choose from, with misleading information that makes them sound healthy. Here is a guide to help you and your family choose the healthiest drinks.

### Drinks to Choose Most

- Water – best for quenching thirst, has no sugar or caffeine, and is the cheapest drink option!
- Plain milk – good source of protein, calcium and vitamin D
- Unflavoured soy milk – has similar nutrients to cow's milk

### Drinks to Choose Sometimes

- 100% fruit juice – has naturally occurring

Drinks that are high in caffeine and sugar should be avoided. Caffeine can cause negative side effects in children, including irritability, restlessness and difficulty concentrating. Drinks that are often high in caffeine include pop and energy drinks. Sugar can build up on children's teeth and lead to cavities. Sugary drinks can also take the place of more nutritious foods, which can lead to an unhealthy weight. Fruit juice, fruit drinks, sports drinks, pop and energy drinks are high in sugar.



- sugar, but also natural vitamins and minerals found in fruit including vitamin C and A, folate, and potassium
- Flavoured milk (ex: chocolate, strawberry) – has more sugar than plain milk, but just as much nutritional value
- Flavoured soy milk – has added sugar compared to unflavoured soy milk, but just as much nutrition
- Plant based beverages (ex: rice, hemp, flax, almond beverages) – has calcium and vitamin D, but less protein than cow's milk

### Drinks to Choose Least or Never

- Sports drinks – high in sugar and are meant for people who do intense physical activity that lasts longer than 60 minutes
- Fruit drinks – have only a small amount of real juice or none at all and most of the flavour comes from sugar. Also called fruit cocktails, blends, beverages or drinks
- Pop – high in sugar and has no nutritional value and often has caffeine. Iced tea (e.g. Nestea) and lemonade are included in this category
- Diet pop – has no sugar, but contains acid (harmful to teeth), no nutrients and sometimes caffeine
- Energy drinks – high in sugar and contains caffeine and other harmful

- additives. Not safe for children
- Vitamin-enhanced waters – may add too many vitamins, minerals and caffeine to the diet that aren't needed in children
- Iced coffee – high in caffeine and often sugar
- Smoothies from fast food restaurants – often high in sugar and have artificial milk products
- Hot chocolate – high in sugar. Try making homemade hot chocolate with milk and unsweetened cocoa (baking cocoa) for a healthier option

Adapted from Sip Smart!™ Ontario, September 2015

1. From Statistics Canada, 2004, <http://www.statcan.gc.ca/pub/82-003-x/2008004/article/10715/6500232-eng.htm>

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## RECIPE



## Apple Blueberry Smoothie

Smoothies are a hit with kids of all ages, even those picky eaters! Not only do homemade smoothies taste great, but they are also nutritious, which makes them a perfect snack or addition to breakfast. Be creative and try different combinations of fruits and even vegetables!

Ready in: 5 minutes • Makes: 2 servings

### Ingredients:

½ cup plain yogurt (1% M.F)  
1 ripe or frozen banana  
1 apple, cored, peeled and chopped  
½ cup fresh or frozen blueberries  
¼ cup 100% orange juice

### Directions:

Place yogurt, banana, apple, blueberries and orange juice in a blender. Cover and puree until smooth.

### Nutrition information per serving

Calories: 149, Protein: 4.4g, Fat: 0.5g, Carbohydrate: 34.7g, Fibre 2.9g, Sodium: 45mg, Calcium 114mg, Iron 0.4mg

Recipe taken from *Eat Right Ontario*, September 2015,  
<https://www.eatrightontario.ca/en/Recipes/Beverages/Apple-Blueberry-Smoothie.aspx#.VfGtFbFzbc>

## 5 Tips for Keeping Kids Active All Winter

Winter weather can make getting outdoors seem like an ordeal – cold temperatures, snow and ice and a lack of summer sunshine can make even the most outdoorsy family want to stay inside. But the benefits of playing outside don't stop just because the weather takes a turn for the worse. So here are five tips for getting families out and active in the winter:

### 1. Change your mind set about the weather.

Don't think of it as "bad weather," but rather a time of year when children and adults alike probably desperately need some fresh air and exercise to keep up their health and spirits! Plus the wintertime offers some unique outdoor experiences: from winter sports and snow play to seeing a unique landscape in playgrounds and parks.

### 2. Dress for success.

In our area, winter temperatures can frequently drop below freezing, and it's important for kids to be properly dressed for cold weather. Children will enjoy the outdoors more if they are warm and dry. Invest in warm boots, jackets and gloves for a more positive experience. Kids are more likely to try outdoor adventures again if they enjoy them. Remember... there is no such thing as bad weather, just inappropriate clothing choices.

### 3. It's more fun with friends and family.

Kids and adults typically have more fun if they share outdoor experiences with others. So round up your neighbours, friends or relatives

and try a group walk or hike, plan an outdoor playdate or head to a sledding hill together.

### 4. Involve all of your child's caregivers.

Child care providers, teachers, grandparents and neighbours may spend considerable time with your children – and probably during peak daytime hours when it's usually easiest to get outdoors. Talk with them about the importance of daily outdoor play and get their help in getting kids outdoors at times when you may not be able.

### 5. Start local and easy.

You don't need to buy fancy gear – bundle up and take a walk around your neighbourhood with your child. Or plan simple activities to engage kids, such as a nature scavenger hunt (looking for things of different colors, textures, etc.), collecting items for a craft later (pine cones, leaves), or a flashlight walk in the evening.

Children are naturally curious and creative. By encouraging more outdoor playtime, parents provide more opportunities for physical activity, which is important for maintaining a healthy weight and promoting overall health and well-being.

**This winter don't hibernate, PARTICIPATE!**

# No Child Is Left Behind

Have you ever heard those words? Wondered what it means to be left behind? I have often heard those words. I can tell you exactly what these words mean because I am a child and I am being left behind. I could be the child sitting next to your son or daughter. I wish I had what your other children have, my parents are really trying, and we are poor. We live in poverty. I do not want you to feel sorry for me. I want you to understand my struggles and the struggles of those living in poverty. We are what are called the working poor. My dad works and we do not qualify for any assistance. I have heard people whispering that if my parents worked harder, we would have more. Some say... "if he only could hold down a job". My dad did not finish high school. My dad is only able to get low paying seasonal work because he does not have that high school diploma. Dad has tried to get work in other places, but no high school diploma, no job. My mom used to work, but the cost of childcare for myself and my younger brother was huge. All the money she made went to childcare, so she quit. Now that we are both in school she is trying to find work, but it is tough. She is sometimes working two or three part-time jobs. There is so much stress around money, making ends meet and all the worry around bills.

It is hard to do well at school because:

- I am hungry
- I am tired

- I don't have a computer at home, or books to help
- I don't feel included because I can't join teams, have hot lunches etc.
- My parents can't help me because they are working several part time jobs, or did not graduate high school
- I don't complain though because I don't want my mom and dad to feel worse

When my friends ask me why I am not having pizza, I lie and say that I do not like it, but I love pizza. No money for those extras... we are poor. It is hard for my parents to afford all the shoes for back to school, indoor and outdoor shoes for both of us. Winter is coming and we have both grown so much that we need new winter coats and boots. There is no 'Value Village' in our area, so I hope that a friend will give me a hand me down. Hockey is part of being Canadian, my brother would desperately love to play, but we can't afford the registration. Even if we had money to register, the equipment is expensive and a lot of games mean travelling to other centres and our car is not the greatest. I feel bad, my brother lies and says that he doesn't want to play, but he so wants to...we are poor. My mom smokes, people will say that she needs to quit and they would have more money for food. I think my mom smokes to deal with all the financial stress and so she doesn't eat as much. At some suppers, there is only milk for my brother

and I. People look in our grocery cart and shake their heads. I would love a chicken breast, but pure meat is expensive, chicken fingers can go a long way to feed our family. We cannot afford all the fresh fruits and vegetables.

I am worried about my future because

- Children who grow up in poverty are at greater risk of having poor physical and mental health
- They are also at greater risk of having problems in school
- Poverty can follow me through life

How can you make a difference in the life of a child living in poverty?

- Recognize and support those who are struggling
- Participate in back to school backpack programs, that way I will get a backpack full of school supplies
- Donate gently used clothes to those in need or to programs like Coats for Kids operated by Rotary
- Donate to Jump Start so that a child from a low income family can participate in a community program like soccer or baseball
- Donate extra money to your school and dedicate the money so on hot lunch days I might be able to participate
- Pay attention to political discussions around poverty and social programs
- Support local initiatives that lift people out of poverty

## New Gardasil HPV Schedule

As of August 2015, the Ministry of Health and Long-Term Care (MOHLTC) has changed the schedule for the Human papillomavirus (HPV) vaccine from 3 doses to 2 doses. Gardasil (the brand name for the HPV vaccine) has been shown to be just as effective at protecting against the 4 strains of HPV that most commonly cause cervical cancers and genital warts when given in 2 doses (at least 6 months apart) instead of 3. All grade 8 females who have not received a previous dose and are under 14 years old will now be eligible for Gardasil on this schedule. Females who are 14 years and older, or who have had a dose of Gardasil in the past still need to complete a 3-dose series.

Letters are sent home in the fall with consent forms for parents to sign for their daughter to receive the HPV vaccine at school (nurses from the Haldimand-Norfolk Health Unit will be at elementary schools for these clinics in November 2015 and May 2016).

Parents can also call the Health Unit to book appointments at one of the monthly clinics (first Tuesday of the month in Simcoe and first Wednesday of the month in Caledonia). If your daughter missed receiving Gardasil in gr: 8, she can still have the vaccine done as long as she starts the series before gr: 12. For more information, contact the Vaccine Preventable Diseases Team at 519-416-6170 or 905-318-6623 ext. 3472.

## Parents, Protect your children from being HOOKED by Hollywood

The tobacco industry needs to attract new customers to its addictive and deadly products in order to keep making money. It is well known that almost all adult smokers start smoking before the age of 18. Tobacco companies are well trained at new ways of advertising to attract new customers (i.e. youth). For example, sports trading cards, which were extremely popular with teenagers, were included with a pack of cigarettes in the early 1900s. Now tobacco companies are using the silver screen to recruit new customers as they are well aware of how powerful media and movies can be. In fact movies are one of the last places where tobacco use can be promoted to people of all ages, especially youth. Smoking scenes in popular films often reach an audience of hundreds of millions of kids and teens worldwide. The high repetition of celebrities smoking in movies targets youth. It is an easy way to falsely lead youth to believe that smoking is a normal, cool and desirable behaviour. Movies also rarely show the negative health results linked with smoking. Therefore it is no accident that smoking is more common on-screen in movies than in the general population. Perhaps it shouldn't be surprising then that, over the past 10 years, 86% of the movies containing tobacco were youth-rated (G, PG, or 14A) in Ontario.

There are many research studies that have proven that movies influence kids' attitude and behaviours and that the more kids see smoking in movies; the more likely they are to start. Unfortunately, the movie rating system in Ontario takes into account violence, nudity, coarse language and other factors when assigning ratings to films, but not tobacco, despite the fact that tobacco remains the number one cause of preventable death and disease. Tobacco

use is responsible for 30% of all cancer deaths and 85% of lung cancer cases. In Ontario, tobacco use is directly responsible for 13,000 deaths each year.

There are steps parents and caregivers can take to help protect their children from being subtly led into a life-long tobacco addiction:

- Family movie nights are a great way to bring everyone together for some fun and entertainment, but they can also provide great teachable moments to discuss real-world issues and choices kids may be faced with. Talk to your kids about the smoking they see in movies, music videos, video games or other forms of media. Make them media savvy, so they are aware when they are being targeted by companies and why.
- Visit [www.hookedbyhollywood.ca](http://www.hookedbyhollywood.ca) to check whether new release movies contain smoking.
- Spread the word by talking to other parents and friends via social media about the impact of smoking in youth-rated movies.
- In the community show your support for smoke-free youth rated movies. The Ontario Film Review Board has the ability to change Ontario's rating system so that all new movies that contain smoking are rated 18A. Tell your local MPP that you value your kids' health and want to protect them from smoking in movies. The Canadian Cancer Society has a prepared letter to show your support of smoke-free movies. Please go to [https://takeaction.cancer.ca/#/take\\_action\\_steps.step1/Ontario/campaign/2](https://takeaction.cancer.ca/#/take_action_steps.step1/Ontario/campaign/2) to add your name to the list. For more information about the issue of smoking in movies, visit [smokefreemovies.ca](http://smokefreemovies.ca).

## Vaccinations Required for School Attendance

As a parent, keeping your children safe and healthy is your number one priority. All children between ages of 4 to 17 need to be immunized according to Publicly Funded Immunization Schedules for Ontario and ISPA (Immunization of Schools Pupils Act) to attend primary and secondary school in Ontario. Immunization protects children from many serious diseases that are easily spread in children in schools.

Children must have proof of immunization for the following diseases:

- Chickenpox-born in 2010 or later (Varicella) 2 doses starting in school year 2014/2015.
- Diphtheria, Polio, Tetanus, and Whooping cough (Pertussis)
- Measles, Mumps, Rubella-new for 2014/2015 of second dose of MMR
- Meningococcal Disease-New for 2014/2015

Hepatitis B, Meningitis, and HPV vaccinations are available for Grade 7 and 8 children in September.

A high rate of immunization helps to ensure that outbreaks of diseases do not occur in our community. If you do not want your child to have vaccines families must provide one of the following to the health unit: A statement of conscience or religious belief (known as an Affidavit) completed by you then signed by a person with special legal authority OR a statement of medical exemption which is completed by your doctor. These forms may be obtained at the Haldimand-Norfolk Health Unit, 12 Gilbertson Drive, Simcoe ON or on the Health Unit's website [www.hnhu.org](http://www.hnhu.org).

It is the job of the parent/guardian to tell public health when the doctor gives their child a vaccination as your health care provider does

Immunize.



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