



Monthly updates, ideas and resources for elementary and secondary schools from Public Health.

January 2018 - Issue 5

Events

Winter Walk Day

Celebrate Winter Walk Day on February 7 by encouraging your students to walk to school or consider an at-school walk for bussed students.

[Register](#) your school and download free posters, activity sheets and announcements to support your event. This event is promoted by the [WDG Active and Safe Routes to School committee](#) to encourage active transportation and road safety.

Grant Opportunities*

Youth 4 Action Grant Program

[Funding](#) is available from the Canadian Cancer Society to groups of youth (ages 14-24) to carry out prevention, advocacy and fundraising activities for cancer prevention. Online training, guidance and resources are provided. Applications open February 5 and close February 28.

MEC Access and Activity Grants

A [funding](#) opportunity is available from Mountain Equipment Co-op (MEC) to reduce barriers to participating in outdoor activities and teach responsible outdoor recreation practices. Applications are due March 10.

*Wellington-Dufferin-Guelph Public Health does not endorse any specific listed funders.

Health Resources & Services

100th Day of School

Looking for creative ideas to celebrate the 100th day of school with your students this February? For math problems, physical activities, community givebacks and more, check out these two websites for inspiration:

- [50+ Ideas \(and more\) for the 100th Day of School](#)
- [Celebrate the 100th day in 100 ways](#)



Tips to Reduce the Spread of Cold Viruses in the Classroom

1. Wash Your Hands Often

Wash hands with soap and water for at least 15 seconds after using the washroom, coughing, sneezing, blowing your nose, wiping a child's nose with a tissue and before eating. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 70% alcohol.

Public Health also has a [video](#) on handwashing appropriate for primary grades.

2. Perform Respiratory Etiquette

- Have an adequate supply of tissues available in the classroom
- Cough and sneeze into a sleeve (not your hands) or cover your mouth and nose with a tissue
- Immediately dispose of the used tissue in a garbage can
- Wash hands with soap and water

3. Avoid Touching the Eyes, Mouth and Nose

Influenza (the flu) is easily spread when respiratory secretions from the mouth and nose of an infected person come in contact with the mouth, nose or eyes of another person. Avoid touching the eyes, mouth and nose to prevent getting sick, and wash hands often with soap and water throughout the day.

School Health Resource Collection

Borrow our **GlitterBug Hand Washing Kit** from a local library to teach students about hand washing in a fun and interactive way! Our kit includes a UV light to show 'simulated' germs on students' hands. Borrow one from:

- [Guelph Public Library](#)
- [Wellington County Library](#)
- [Orangeville Public Library](#)
- [Shelburne Public Library](#)





Contact us

For information and support with H&PE curriculum topics, resources and school health initiatives contact our:

School Health Curriculum Resource Line

1-800-265-7293 ext. 4111

schoolhealth@wdgpublichealth.ca

Connect with us

 [@WDGPUBLICHEALTH](https://twitter.com/WDGPUBLICHEALTH)

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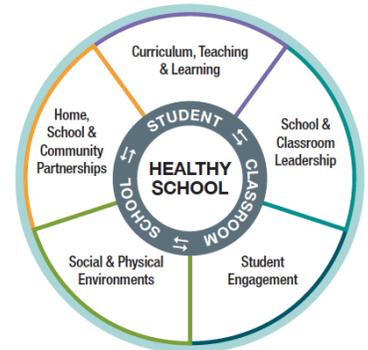
 [@LetsTalkParenting](https://www.facebook.com/LetsTalkParenting)

Healthy Schools

Looking for activity ideas to support your healthy school?

Tip #1. Keep it simple.

You don't need to run 20 different activities. Instead, focus your school's efforts on doing five things this school year that relate to the 5 [Foundations for a Healthy School](#) framework. Linking them to the 5 Foundations helps to encourage long-term cultural and environmental changes at your school so that the impacts you make continue into future school years.



Tip #2. Don't know where to start? Pick one or two components of your health topic and focus on them.

E.g., Healthy Eating: eating more fruits and veggies; Mental Health: kindness and relationships; Physical Activity: moving more and sitting less; Sexual Health: consent and healthy relationships.

Below are a few action guides and websites to give your team ideas:

- [Ophea's Ideas for Action: Healthy Eating](#)
- [BrightBites](#)
- [Ophea's Ideas for Action: Mental Health](#)
- [Ophea's Ideas for Action: Physical Activity](#)
- [Action Canada for Sexual Health and Rights](#)

Contact Public Health to learn more and for ideas and support along the way. Call 1-800-265-7293 ext. 4111 or email schoolhealth@wdgpublichealth.ca. Visit our [Healthy School webpage](#) for more information.

Have comments or suggestions for the School Health e-Bulletin? Let us know what you think by emailing schoolhealth@wdgpublichealth.ca.

For more information about Public Health's school services, visit our [For Schools](#) webpage.