



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

## November 2017 - Issue 3

### Events

#### National Addictions Week

November 12-18 is [National Addictions Awareness Week](#). Information and resources on various substances are highlighted in this e-bulletin edition.

### Grant Opportunities\*

#### Green Apple School Program

The [program](#) encourages students to adopt healthy eating habits, and to eat more veggies and fruit. Apply by December 31. Open to elementary and secondary schools.

#### Happy Hands Contest

K-8 students learn about handwashing while creating artistic designs. [Register](#) now and submit student designs by November 30. Winning schools receive multiple prizes.

#### Greening Canada's School Grounds Program

Make your school greener with Tree Canada's [grant program](#). Applications are accepted year-round. Funding ranges from \$500 to \$3,500.

### Health Resources & Services

#### Curious about Cannabis?

With cannabis legalization approaching, conversations and questions around cannabis have been increasing. As a trusted adult, teachers can play an important role in helping youth navigate the information out there and make informed decisions. Knowing the facts about cannabis is a good place to start. Although intended for parents, [The Cannabis Talk Kit](#), by Drug Free Kids Canada, can help educators learn more about cannabis and the risks for teens, as well as helpful tips for talking to teens about this topic.

A few key messages from this resource:

- 1 in 5 Ontario teens (aged 15-19) have used cannabis in the past year.
- Cannabis use can lead to addiction.
- Early and regular cannabis use can affect the developing teen brain.
- Use of cannabis during the teen years can interfere with school performance and well-being.
- Cannabis use can impair judgement when driving and increase the risk for accidents.

#### Hearing a lot about Opioids?

Opioids, including fentanyl, are receiving a lot of attention in communities across Ontario. School Mental Health-Assist and the Centre for Addiction and Mental Health (CAMH) have created an [info sheet for Educators](#) on this topic.

A few key messages from this resource:

- About 10% of Ontario teens (in grades 7-12) have used prescription opioids non-medicinally in the past year.
- Many young people think that because opioid painkillers are prescribed medications, they are not as dangerous as using drugs such as cocaine or methamphetamine. This is a myth. Opioid misuse can be very dangerous.
- Fentanyl, an extremely powerful opioid, is sometimes mixed into other street drugs and even fake prescription pills. Because of this, young people might not even be aware that they are at risk.

#### School Health Resource Collection

Public Health has DVDs to support the H&PE curriculum. Borrow one of our substance DVDs for free from a local public library: *Buzz in a Bottle* (G. 7-8); *iDrive: Road Stories* (G. 8-12); *Dr. Crazy* (G. 4-6)

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



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



## 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](mailto:schoolhealth@wdgpublichealth.ca)

## Connect with us

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

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



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

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

## New Paint your Plate Lesson Plans for Grades 1 - 8

Visit [Bright Bites](#) for fun lesson plans focused on fruit and vegetables. Invite grade 3 students to explore the journey fruit and veggies take from where they're grown to our plates. Encourage your grade 6 students to identify various factors (e.g. family and friends, culture) that influence their decision to eat vegetables and fruit. Included are curriculum connections, key messages, resources to "dig deeper", teacher prompts, engaging activities and more!

## Healthy Schools

### Identifying school community needs & assets (Ophea Step 2)

Once you've formed your school team, there are many ways to identify your school community's needs and assets. Here are a few ideas:

#### Identifying Needs:

- Use results from any existing surveys or projects that have been done at your school.
- Ask your board for your school's School Climate Survey results.
- Review results from the WDG Youth Survey (contact Public Health for a report on your school's results)
- Ask your parent-council what priorities they are working on.

#### Identifying Assets/Strengths:

- What resources, equipment, staff/volunteers do you already have?
- What health events, clubs, programs and activities are already being done at your school?
- Which partners does your school work with?

## And don't forget to apply to Public Health's NEW Healthy School Grant



Ten grants of \$100 are available to the first 10 eligible schools (only a few spots left!). Visit our [Healthy School webpage](#) to learn more and to complete the online application form by November 17.

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

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