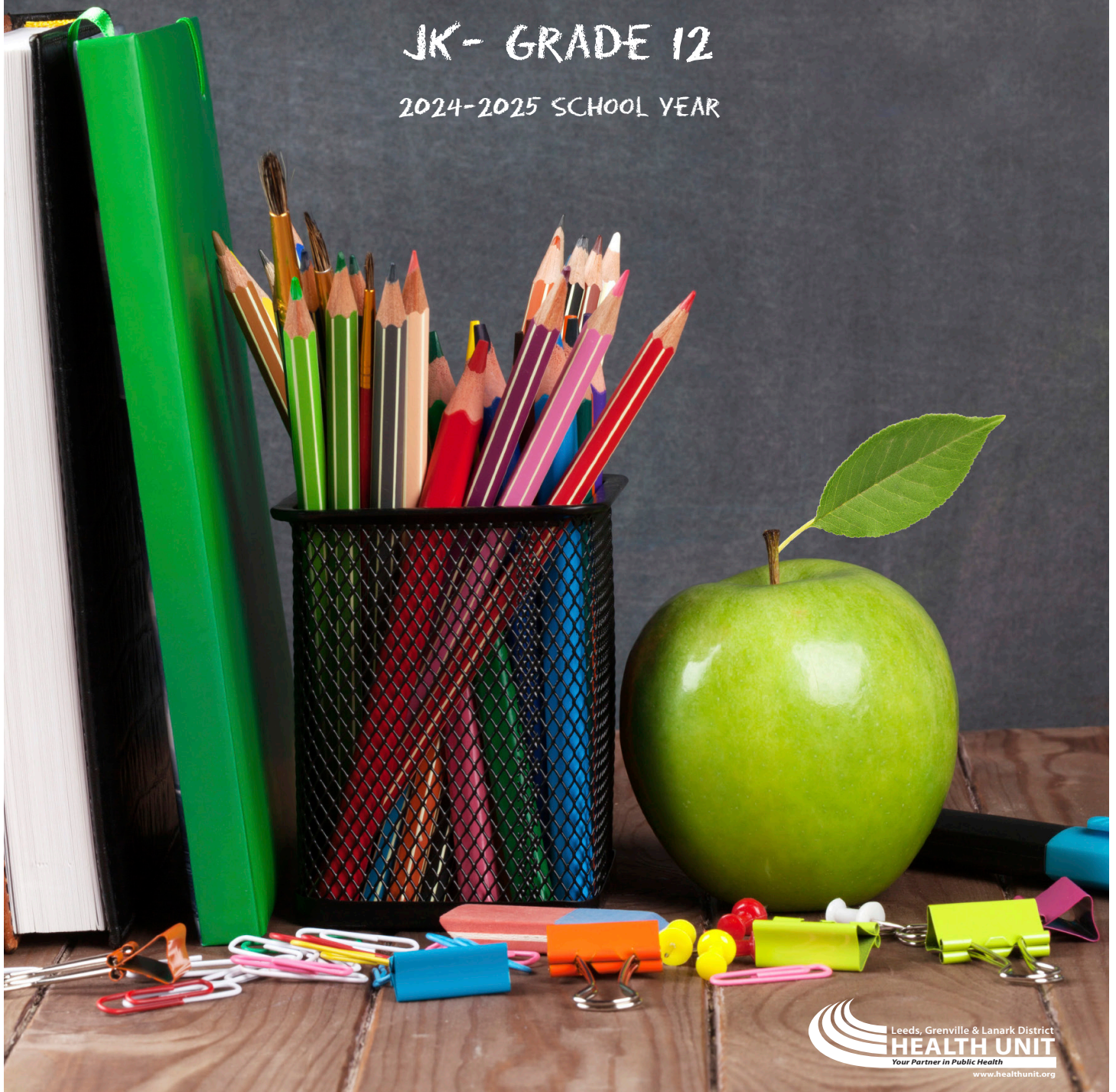


# HEALTHY SCHOOLS

PROGRAMS & SERVICES GUIDE

JK- GRADE 12

2024-2025 SCHOOL YEAR



**Welcome to our Healthy School Programs & Services Guide!** This guide is a 'one stop' convenient place for you to access a variety of resources to support the health curriculum, and to create a healthy school environment!

This guide focuses on the 3 priority topics identified by our school communities. They include:

- Mental Health and Wellbeing
- Healthy Growth and Development
- Substance Use Prevention (including vaping)

You will find each section divided into:

- Foundational Resources & Training for Educators
- Lesson Plans/Activities and Videos (divided by elementary and secondary)
- Connecting School to Home -- because we know how important it is to keep parents/caregivers in the loop

**Remember to look for the programs & services with a red star.★ The star indicates Health Unit Staff-Led services.**

At the back of this guide you will find additional School Health resources from Oral Health, Triple P- Positive Parenting, Immunization, Head lice, Infection Prevention & Control, and many more health topics.

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# Introducing the School Health Team

The Leeds, Grenville and Lanark District Health Unit's school health team consists of Public Health Nurses (PHN), a Registered Dietitian and an Administrative Assistant. The team is supported by other public health professionals such as Health Promoters, Tobacco Enforcement Officers, Public Health Inspectors (PHI), the Oral Health Team with Registered Dental Hygienists and Certified Dental Assistants, and an Immunization Team.

Each school has an assigned PHN who works in the school's geographic area. The School PHN is a capacity builder, facilitator, and advocate for school health. They can assist school communities to identify strengths and health concerns in order to build healthier school environments.

More specifically, the School PHN can assist schools by:

- Navigating the Health Unit's resources and services (e.g., facilitate consultations with other public health professionals).
- Providing consultation, resources and \*in-class support (e.g., related to curriculum, healthy school environments).
- In-servicing principals, teachers, parents, and community partners on a variety of health related topics & programs.
- Supporting healthy school committees, whole school initiatives, and health policies & practices.
- Connecting parents with support.
- Training and supporting student champions to implement wellness initiatives.
- Connecting the school community to services & programs offered by community partners.

\*Your school's PHN may be able to provide in-class support or co-facilitate lessons on certain topics, with the intention of building the comfort and capacity of the educator.

To connect with your school's PHN, email: [SchoolReferral@healthunit.org](mailto:SchoolReferral@healthunit.org).

## What Guides our Work?

The school team is accountable for implementing the Ministry of Health and Long-Term Care's School Health Standard that is outlined in the [Ontario Public Health Standards](#) (OPHS). The goal of the standard is "to achieve optimal health of school-aged children and youth through partnership and collaboration with school boards and schools" by assisting with the implementation of health-related curricula and health needs, and by developing and implementing public health interventions using a comprehensive health promotion approach.

Comprehensive School Health (CSH) is an internationally recognized approach to supporting improvements in students' educational outcomes while addressing school health in a planned, integrated and holistic way (Pan-Canadian Joint Consortium for School Health). This multi-strategy approach is more effective than a single strategy. CSH goes beyond the classroom and encompasses the whole school environment to ensure students learn about healthy, active living in an environment that reinforces their learning. CSH consists of these four inter-related areas:

- Teaching and learning: Student-centered learning and teacher training through resources, activities, and curriculum.
- Social and physical environment: The quality of relationships, and emotional well-being of students and staff, in addition to the buildings, grounds, spaces around the school, and essential requirements such as air and water quality.
- Policy: Management practices, decision-making processes, rules, procedures and policies at all levels that promote health and well-being, and shape a respectful, welcoming and caring school environment.
- Partnerships and services: Supportive working relationships within schools, between schools, and between schools and other community organizations and representative groups.



Source: <http://www.jcsh-cces.ca/en/concepts/comprehensive-school-health/>

To learn more about Comprehensive School Health, check out this video: [Comprehensive School Health in a Nutshell](#).

### Healthy Schools Certification



Source: Ophea: <https://healthyschools.ca/>

Schools are invited to collaborate with their school's PHN to focus on health topics that are important to them and to plan activities considering the four CSH areas listed above. Ophea's Healthy Schools Certification and their accompanying 4 step process is an additional tool to support this work. Contact your school's PHN for more information.

While not every school may be ready to implement school health using a CSH approach, your school's PHN can offer a variety of other resources to support the Health & Physical Education curriculum and to create healthier learning environments - with an emphasis on building protective factors in children and youth. For a list of supports, check out the rest of this guide!

# Mental Health & Well-being

## Foundational Resources & Training for Educators

### Mental Health & Well-being

[Personal resiliency tips for helpers who support students](#)

[Mentally healthy classroom reflection tool](#)

[Supporting minds strategies at a glance](#)

[SMHO: Find a resource](#)

[Community resources for youth](#)

## Healthy Bodies Healthy Minds

### Healthy Bodies, Healthy Minds Training

Healthy Bodies, Healthy Minds focuses on empowering children and youth; promoting health, not weight; being a positive role model through words and actions; promoting nutrition and physical activity in a positive way; and providing encouragement and opportunities for all students. The Health Unit can support schools with promoting a positive body image and self-esteem by:

- In-servicing parents and school staff on effective ways to address topic areas related to body image and self-esteem including: media literacy, nutrition, physical activity, healthy bodies and eating disorders.

**[Mental health and weight bias in schools:](#)** Supporting inclusive and safe environments to reduce weight bias and promote a positive body image.

[Creating a positive food environment in schools](#)

[Raising healthy eaters in the classroom \(Elementary\)](#)

[Raising healthy eaters in the classroom \(Secondary\)](#)

[Physical activity fact sheet](#)

[Mental Well-being fact sheet](#)

[A tool for working with children and teens](#)

[Clever Replies to Damaging Remarks](#)

# Elementary Resources

## Lesson Plans/Activities

★ indicates Health Unit Staff-Led Service

Grades 4-6	
Stress Management & Coping	<ul style="list-style-type: none"> <li>★ <b>Healthy Transitions:</b> A four session program designed to promote mental health through interactive activities, videos and group discussions.</li> <li><a href="#">The First 10 days (&amp; beyond)</a>: Help students ease into school routines and get the school year off to a good start.</li> <li><a href="#">Kindness in the classroom</a>: Social Emotional Learning (SEL) curriculum.</li> <li><a href="#">School Mental Health Ontario</a> (SMHO): Supports the development of basic mental health literacy and SEL skills.</li> <li><a href="#">OPHEA</a>: Mental Health Activities</li> <li><a href="#">Kid's Help Phone Self Care Checklist</a></li> </ul>
Sleep	<ul style="list-style-type: none"> <li><a href="#">Sufficient and Satisfactory Sleep Classroom Activity</a></li> </ul>
Screen Time & Technology	<ul style="list-style-type: none"> <li><a href="#">OPHEA (Gr. 4)</a>: Internet Safety</li> <li><a href="#">OPHEA (Gr. 5)</a>: Internet Safety</li> <li><a href="#">OPHEA (Gr. 6)</a>: Internet Safety</li> </ul>
Stigma	<ul style="list-style-type: none"> <li><a href="#">Bust stigma and stereotype activity</a></li> <li><a href="#">SMHO – Conversation starters</a>: Helping students develop a positive mindset and reduce stigma around mental health.</li> <li><a href="#">SMHO (Gr. 5)</a>: Stigma</li> <li><a href="#">SMHO (Gr. 5)</a>: Helping Others</li> </ul>
Body Image & Self-Esteem	<ul style="list-style-type: none"> <li><a href="#">Dove: Confident me</a>: Designed to empower students to feel confident and reach their full potential.</li> <li><a href="#">National Eating Disorder Information Centre (NEDIC) workshop</a>: Aims to help children and youth appreciate diversity and build their resilience against pressures to change their appearance.</li> </ul>

<b>Balanced Eating</b>	<ul style="list-style-type: none"> <li>• ★ <b>You're The Chef:</b> A cooking program to help learn important cooking skills, and to learn how to make healthy and tasty recipes. YTC is run by volunteer leaders, who are trained by a registered dietitian from the Health Unit.</li> <li>• <a href="#">OPHEA</a> has many resources available for balanced eating. Below are 3 recommendations: <ul style="list-style-type: none"> <li>• <a href="#">Food literacy</a></li> <li>• <a href="#">Growing Chefs! Ontario</a></li> <li>• <a href="#">Food systems</a></li> </ul> </li> <li>• <a href="#">BrightBites©</a></li> <li>• <a href="#">Canada's food guide Toolkit for Educators (ages 4 - 11)</a></li> <li>• <a href="#">Canada's food guide snapshot</a></li> <li>• <a href="#">Foodland Ontario</a></li> </ul>
<b>Movement &amp; Physical Activity</b>	<ul style="list-style-type: none"> <li>• <a href="#">Playground Activity Leaders in Schools (PALS):</a> A playground leadership program that encourages all children to participate in activities at recess.</li> <li>• <a href="#">Beyond the walls</a></li> <li>• <a href="#">50 fitness activity GIFs</a></li> </ul>

## Videos

Grades 4-6	
<b>Stress Management &amp; Coping</b>	<ul style="list-style-type: none"> <li>• <a href="#">How to feel feelings</a> (4:14)</li> <li>• <a href="#">Overwhelmed: Managing feelings and racing thoughts</a> (7:05)</li> </ul>
<b>Screen Time &amp; Technology</b>	<ul style="list-style-type: none"> <li>• <a href="#">Social media: Ways to stay healthy</a> (2:07)</li> <li>• <a href="#">Responding respectfully to harmful online behaviour (Gr. 4)</a> (5:00)</li> <li>• <a href="#">The power of positive actions: Helping others online (Gr. 5)</a> (4:30)</li> <li>• <a href="#">Being a good digital citizen (Gr. 6)</a> (3:42)</li> </ul>
<b>Body Image &amp; Self-Esteem</b>	<ul style="list-style-type: none"> <li>• <a href="#">Confident me: Introduction to body confidence</a> (5:37)</li> </ul>
<b>Balanced Eating</b>	<ul style="list-style-type: none"> <li>• <a href="#">Why and when do we eat?</a> (7:34)</li> </ul>
<b>Movement &amp; Physical Activity</b>	<ul style="list-style-type: none"> <li>• <a href="#">Exploring physical and health literacy</a> (2:53)</li> </ul>

## Secondary Resources

### Lesson Plans/Activities

★ indicates Health Unit Staff-Led Service

	Grades 7-8	Grades 9+
Stress Management & Coping		<ul style="list-style-type: none"> <li>★ <b>Mental Health Workshop:</b> A 3hr workshop with a small group of students to introduce concepts of mental health, stress management and coping strategies to build resilience.</li> </ul>
	<ul style="list-style-type: none"> <li><a href="#">The First 10 days (&amp; beyond)</a>: Help students ease into school routines and get the school year off to a good start.</li> <li><a href="#">Kindness in the classroom</a>: Social Emotional Learning (SEL) curriculum.</li> <li><a href="#">School Mental Health Ontario</a> (SMHO): Supports the development of basic mental health literacy and SEL skills.</li> <li><a href="#">OPHEA</a>: Mental Health Activities</li> <li><a href="#">Kid's Help Phone Self Care Checklist</a></li> <li><a href="#">Healthy bodies healthy minds fact sheet</a></li> </ul>	
Sleep	<ul style="list-style-type: none"> <li><a href="#">Sleep well</a>: The importance of sleep for physical and mental health</li> <li><a href="#">Sufficient and satisfactory sleep</a></li> <li><a href="#">Healthy sleeping fact sheet</a></li> </ul>	
Screen Time & Technology	<ul style="list-style-type: none"> <li><a href="#">OPHEA (Gr. 7)</a>: Internet Safety</li> <li><a href="#">OPHEA (Gr. 8)</a>: Internet Safety</li> <li><a href="#">Digital detox: How to unplug and recharge</a></li> </ul>	
Stigma	<ul style="list-style-type: none"> <li><a href="#">SMHO: Societal views and impact on stigma</a></li> <li><a href="#">Bust stigma and stereotype activity</a></li> <li><a href="#">SMHO – Conversation starters</a>: Helping students develop a positive mindset and reduce stigma around mental health.</li> <li><a href="#">SMHO (Gr. 5)</a>: Stigma</li> <li><a href="#">SMHO (Gr. 5)</a>: Helping Others</li> </ul>	

	Grades 7-8	Grades 9+
<b>Body Image &amp; Self-Esteem</b>	<ul style="list-style-type: none"> <li>• <a href="#"><b>Dove: Confident Me</b></a> Designed to empower students to feel confident and reach their full potential.</li> <li>• <a href="#"><b>National Eating Disorder Information Centre (NEDIC) workshop</b></a>: Aims to help children and youth appreciate diversity and build their resilience against pressures to change their appearance.</li> </ul>	
<b>Balanced Eating</b>	<ul style="list-style-type: none"> <li>• <a href="#"><b>OPHEA</b></a> has many resources available for balanced eating. Below are 4 recommendations: <ul style="list-style-type: none"> <li>• <a href="#"><b>Growing Chefs! Ontario</b></a></li> <li>• <a href="#"><b>Food systems</b></a></li> <li>• <a href="#"><b>Taste like a chef</b></a></li> <li>• <a href="#"><b>Value of food</b></a></li> </ul> </li> </ul>	
	<ul style="list-style-type: none"> <li>• <a href="#"><b>Alberta Health Services</b></a> has many resources available. Below is a list of recommendations: <ul style="list-style-type: none"> <li>• <a href="#"><b>Food detective</b></a></li> <li>• <a href="#"><b>Cereal slayer</b></a></li> <li>• <a href="#"><b>Thirst quencher</b></a></li> <li>• <a href="#"><b>Ingredient investigation</b></a></li> <li>• <a href="#"><b>Fat match</b></a></li> <li>• <a href="#"><b>Sodium analyzer</b></a></li> <li>• <a href="#"><b>Time crunch - what do I eat?</b></a></li> </ul> </li> <li>• <a href="#"><b>BrightBites©</b></a></li> <li>• <a href="#"><b>Canada's food guide snapshot</b></a></li> </ul>	
<b>Movement &amp; Physical Activity</b>	<ul style="list-style-type: none"> <li>• <a href="#"><b>Beyond the walls</b></a></li> <li>• <a href="#"><b>50 fitness activity GIFs</b></a></li> <li>• <a href="#"><b>Tips to get active</b></a></li> <li>• <a href="#"><b>Healthy bodies healthy minds: Physical activity fact sheet</b></a></li> </ul>	

## Videos

	Grades 7-8	Grades 9+
<b>Stress Management &amp; Coping</b>	<ul style="list-style-type: none"> <li>• <a href="#">Mental health literacy pyramid explained</a> (3:46)</li> <li>• <a href="#">Stress</a> (3:52)</li> <li>• <a href="#">The 5-4-3-2-1 method: A grounding exercise to manage anxiety</a> (4:28)</li> <li>• <a href="#">Kids Have Stress Too! What is Stress? video</a> (0:50)</li> </ul>	
<b>Sleep</b>	<ul style="list-style-type: none"> <li>• <a href="#">Why are teens so sleepy?</a> (3:03)</li> <li>• <a href="#">Mood matters: How food, movement &amp; sleep can have an impact on you</a> (4:20)</li> </ul>	
<b>Screen Time &amp; Technology</b>	<ul style="list-style-type: none"> <li>• <a href="#">Social media: Ways to stay healthy</a> (2:07)</li> <li>• <a href="#">Managing your digital footprint to stay safe online</a> (5:42)</li> <li>• <a href="#">Avoiding dangerous situations while online</a> (5:39)</li> </ul>	
<b>Stigma</b>	<ul style="list-style-type: none"> <li>• <a href="#">Reducing stigma</a> (4:11)</li> </ul>	
<b>Body Image &amp; Self-Esteem</b>	<ul style="list-style-type: none"> <li>• <a href="#">Confident me: Introduction to body confidence</a> (5:37)</li> </ul>	
<b>Balanced Eating</b>	<ul style="list-style-type: none"> <li>• <a href="#">Mood matters: How food, movement &amp; sleep can have an impact on you</a> (4:20)</li> </ul>	

# Connecting School to Home

## Mental Health & Well-being

[Supporting mental health and wellness during the return to school](#)

[Noticing mental health concerns for your child](#)

[By your side: Video Series](#)

[Social emotional learning supports mental health through life](#)

[Kids have stress too: Parent and caregiver guide and activity workbook](#)

## Sleep, Screen Time & Technology

[Sleep for children and youth: A fact sheet](#)

[Parenting tips for teaching good screen time habits](#)

[14 year-round ideas to break free from screens](#)

[Screen time and digital media: Advice for parents of school-aged children and teens](#)

[Social media: What parents should know](#)

[Beyond screen time: Help your kids build healthy media use habits](#)

## Healthy Bodies Healthy Minds

[A tool for parenting children](#)

[A tool for parenting teens](#)

[Get active in nature: Family physical activity plan](#)

## Balanced Eating

[What's for Lunch? \(Elementary Version\)](#)

[What's for Lunch? \(Secondary Version\)](#)



# Human Development & Sexual Health

## Foundational Resources & Training for Educators

**Getting Ready to Teach Sexual Health**: Topics include personal values, instructional methods, ground rules, diversity, sexual and gender identity, puberty, and answering frequently asked questions.

**The 'Everybody'**: Explains sex, gender identity, gender expression and sexual orientation.

**The Sexuality Wheel**: Shows how broad the idea of sexuality really is.

**Gender & Sexual Identity in Schools**: Provides tips for educators on how to build inclusive environments in schools.

**Guide to Inclusive Language**: A resource designed for educators that reviews the importance of language surrounding the topic of sexual health.

## Elementary Resources

### Lesson Plans

Grade 4	Grade 5	Grade 6
<a href="http://Teachingsexualhealth.ca">Teachingsexualhealth.ca</a> Consider these topics*: <ul style="list-style-type: none"> <li>• Puberty</li> </ul>	<a href="http://Teachingsexualhealth.ca">Teachingsexualhealth.ca</a> Consider these topics*: <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Reproduction</li> <li>• Anatomy &amp; physiology</li> </ul>	
	<ul style="list-style-type: none"> <li>• <a href="#">Puberty &amp; the reproductive system</a></li> <li>• <a href="#">Self-concept &amp; sexual orientation</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Healthy relationships</a></li> <li>• <a href="#">Gender &amp; sexual diversity: Stereotypes and assumptions</a></li> </ul>

\*As this is a resource from Alberta, filtering by grade shows resources for their province's grade curriculum, which may differ from Ontario's. Topics should be considered by curriculum.

### Presentations

Grade 4	Grade 5	Grade 6
<ul style="list-style-type: none"> <li>• <a href="#">Puberty</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Puberty &amp; growing up (A review, if needed)</a></li> <li>• <a href="#">Reproductive system part 1</a></li> <li>• <a href="#">Reproductive system part 2</a></li> <li>• <a href="#">Pregnancy</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Healthy relationships</a></li> <li>• <a href="#">Stereotypes &amp; assumptions</a></li> </ul>

## Videos

Grade 4	Grade 5	Grade 6
<ul style="list-style-type: none"> <li>• <a href="#">Pimples and periods</a> (3:19)</li> <li>• <a href="#">Anatomy assigned sex at birth as male</a> (3:06)</li> <li>• <a href="#">Anatomy assigned sex at birth as female</a> (1:51)</li> <li>• <a href="#">Emotional changes during puberty</a> (2:36)</li> <li>• <a href="#">Menstruation what to expect</a> (3:18)</li> <li>• <a href="#">Wet dream</a> (1:48)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Female reproductive system</a> (4:35)</li> <li>• <a href="#">Male reproductive system</a> (10:23)</li> <li>• <a href="#">How do you get pregnant?</a> (1:58)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Range of gender identities</a> (2:56)</li> <li>• <a href="#">Consent &amp; communication</a> (2:58)</li> <li>• <a href="#">What makes a healthy relationship</a> (2:16)</li> </ul>

## Additional Resources

(worksheets, websites, booklets, services)

Grade 4	Grade 5	Grade 6
<ul style="list-style-type: none"> <li>• <a href="#">Nothing better than a good friend</a></li> </ul>		
<ul style="list-style-type: none"> <li>• <a href="#">Puberty kit</a></li> <li>• <a href="#">Puberty changes Kahoot</a></li> </ul>		
	<ul style="list-style-type: none"> <li>• <a href="#">Always changing &amp; growing up: Grades 5-6 workbook</a></li> </ul>	

## Secondary Resources

### Lesson Plans

Grade 7	Grade 8	Grade 9-12
<a href="http://Teachingsexualhealth.ca">Teachingsexualhealth.ca</a> Consider these topics*: <ul style="list-style-type: none"> <li>• STBBIs</li> <li>• Contraception</li> </ul>	<a href="http://Teachingsexualhealth.ca">Teachingsexualhealth.ca</a> Consider these topics*: <ul style="list-style-type: none"> <li>• STBBIs</li> <li>• Contraception</li> <li>• Gender identity/expression, Sexual Orientation</li> <li>• Consent</li> </ul>	<a href="http://Teachingsexualhealth.ca">Teachingsexualhealth.ca</a> Consider these topics*: <ul style="list-style-type: none"> <li>• STBBIs</li> <li>• Contraception</li> <li>• Gender identity/expression, Sexual Orientation</li> <li>• Consent</li> <li>• Reproductive health</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="#">Sexual health decision-making</a></li> <li>• <a href="#">Sexually transmitted infections</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Gender &amp; sexual diversity</a></li> <li>• <a href="#">Healthy relationships</a></li> <li>• <a href="#">Making decisions about sexual health</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Contraception</a></li> <li>• <a href="#">Healthy relationships</a></li> <li>• <a href="#">Sexually transmitted infections</a></li> </ul>
<p><a href="#">OPHEA</a> has health &amp; physical education lesson plans available. Create a free account to access all OPHEA content including lesson plans and activities.</p>		

\*As this is a resource from Alberta, filtering by grade shows resources for their province's grade curriculum, which may differ from Ontario's. Topics should be considered by curriculum.

### Presentations

Grade 7	Grade 8	Grade 9-12
<ul style="list-style-type: none"> <li>• <a href="#">Sexual health</a> <ul style="list-style-type: none"> <li>• <a href="#">STIs part 1</a></li> <li>• <a href="#">STIs part 2</a></li> </ul> </li> <li>• <a href="#">Gender &amp; sexual diversity</a> <ul style="list-style-type: none"> <li>• <a href="#">Healthy relationships</a></li> </ul> </li> <li>• <a href="#">Making decisions about sexual health</a></li> </ul>		<ul style="list-style-type: none"> <li>• <a href="#">Contraception</a></li> <li>• <a href="#">Healthy relationships</a></li> <li>• <a href="#">Sexually transmitted infections</a></li> </ul>

## Videos

Grade 7	Grade 8	Grade 9
<ul style="list-style-type: none"> <li>• <a href="#">Setting Healthy Boundaries</a> (3:38)</li> <li>• <a href="#">Female reproductive system review</a> (4:35)</li> <li>• <a href="#">Male reproductive system review</a> (10:23)</li> <li>• <a href="#">Sexting</a> (2:20)</li> </ul>		
	<ul style="list-style-type: none"> <li>• <a href="#">How do you get pregnant?</a> (1:58)</li> <li>• <a href="#">Understanding consent</a> (3:03)</li> <li>• <a href="#">Contraceptives 101</a> (3:01)</li> <li>• <a href="#">Consent is like a bike ride</a> (4:02)</li> <li>• <a href="#">Gender identities</a> (2:56)</li> </ul>	

## Additional Resources

(worksheets, websites, booklets, services)

★ indicates Health Unit Staff-Led Service

Grade 7	Grade 8	Grade 9-12
<ul style="list-style-type: none"> <li>• <a href="#">Nothing better than a good friend</a></li> <li>• <a href="#">Sexting</a></li> </ul>		
	<ul style="list-style-type: none"> <li>• <a href="#">Responsible and healthy relationships</a></li> <li>• <a href="#">Condom line-up game</a></li> <li>• <a href="#">Sexandu.ca</a></li> <li>• ★ Sexual Health Chat</li> <li>• ★ Curriculum consultations</li> <li>• ★ Free condoms</li> <li>• ★ Sexual health clinic promotion</li> </ul>	

## Connecting School to Home

**Triple P Parenting:** A positive parenting program for all families with children from 0–16 that offers a toolbox of ideas to match needs of parents. Call 1-800- 660-5853, email [triplep@healthunit.org](mailto:triplep@healthunit.org) or visit [Triple P: Positive Parenting Program](#) for tips.

**Caring for Kids:** Outlines how gender develops through the ages, and provides tips on how parents can support their children.

**Talking to Children and Teens about Sexual Health:** Learn how you can prepare for and start the conversation about sexual health, and find information & resources accessible by topic or age. Note: this website is from Alberta and may have references specific to that province.

**Teens Can Be Resilient!:** This guide provides tips on raising resilient teens such as developing supportive relationships, and helping teens to build healthy coping skills, optimistic thinking, emotional awareness and skills for living.

# Substance Use Prevention (including Vaping)

## Foundational Resources & Training for Educators

### Substance Use:

[OPHEA Allyship and Substance Use - Tips for Educators by Youth](#)

[OPHEA Teaching Harm Reduction regarding Substance Use - Tips for Educators by Youth](#)

[OPHEA Mental Health and Substance Use - Tips for Educators by Youth](#)

[OPHEA Understanding and Addressing Stigma Around Substance Use - Tips for Educators by Youth](#)

[OPHEA Talking to Youth about Substance Use - Tips for Educators by Youth](#)

[SMHO Substance Use and School: Opportunities to Support Students](#)

[SMHO Substance Use and School: What Youth Want Educators to Know](#)

[Cannabis: What Educators Need to Know](#)

[Understanding Substance Use](#)

[Info. Sheet - Prescription Opioids, including Fentanyl: What Educators Need to Know](#)

[Talking Pot with Youth](#)

### Vaping:

[OPHEA The Educator Voice: Talking About Vaping with Students - Part 1](#)

[OPHEA The Educator Voice: Talking About Vaping with Students - Part 2](#)

[SMHO Vaping: What elementary school educators need to know](#)

[SMHO Vaping: What secondary school educators need to know](#)

[Quash Brief Conversations Toolkit](#) - a digital toolkit for those who work with youth who use nicotine products to support a simple and brief conversation about quitting.

## Elementary Resources

### Lesson Plans/Activities

★ indicates Health Unit Staff-Led Service

Grades 5-6	
Substance Use	<ul style="list-style-type: none"> <li>★ <a href="#"><b>My Brain My Choice:</b></a> Adapted from KFL&amp;A Health Unit, this program aims to delay and prevent substance use in youth. Following educator teaching on general substance information, a Health Unit staff-led presentation is provided on brain development and the effects of substances on the brain. Follow up lessons and a caregiver resource are available.               <ul style="list-style-type: none"> <li>Educators provide general information on substances based on curriculum requirements, lesson plans are included.</li> <li>Your School's Public Health Nurse will provide a 45 minute presentation on brain development and the effects of substances on the brain. PowerPoint presentation, discussion and activities will be included.</li> <li>A caregiver resource is provided to be sent home by the educator (hard and digital copies available).</li> <li>Educators are encouraged to provide follow up lessons, with a focus on influences, healthy decision making, coping and where to go for help. Options for lesson plans are included.</li> </ul> </li> <li><a href="#"><b>OPHEA - Cannabis Elementary Activity Plans</b></a></li> </ul>
Vaping	<ul style="list-style-type: none"> <li><a href="#"><b>Public Health Sudbury and Districts – Activity: Refusal skills for vaping and e-cigarettes:</b></a> Activity provides youth the opportunity to learn about and practice using refusal skills when faced with peer pressure.</li> </ul>

### Videos

Grades 5-6	
Vaping	<ul style="list-style-type: none"> <li>OPHEA videos:               <ul style="list-style-type: none"> <li><a href="#"><b>Vaping: Responding to Peer Influences</b></a> (4:53)</li> </ul> </li> </ul>

## Secondary Resources

### Lesson Plans/Activities

★ indicates Health Unit Staff-Led Service

	Grades 7-8	Grades 9+
Substance Use	<ul style="list-style-type: none"> <li>• <a href="#"><u>OPHEA - Cannabis Elementary Activity Plans</u></a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#"><u>OPHEA - Cannabis Secondary Activity Plans</u></a></li> <li>• ★ <b>Vaping/Cannabis Workshop:</b> An interactive ½ day youth engagement workshop for students to take action in your school. A small group of students are trained and then share their knowledge with the rest of the school community (peers, younger students, parents, admin).</li> <li>• <a href="#"><u>Be. Do. Lead:</u></a> Self-directed youth advocacy e-modules that provide the knowledge and skills to take action on issues related to lung health</li> </ul>
Vaping	<ul style="list-style-type: none"> <li>• ★ <a href="#"><u>Not An Experiment - Vaping Presentation</u></a></li> <li>• <a href="#"><u>Not An Experiment – Grade 7/8 Lesson Plans</u></a></li> <li>• <a href="#"><u>Escape the Experiment - Escape room activity:</u></a> A dynamic, interactive activity intended to educate young people (grades 7–12) about the dangers of vaping.</li> <li>• <a href="#"><u>Public Health Sudbury and Districts – Activity: Refusal skills for vaping and e-cigarettes:</u></a> Activity provides youth the opportunity to learn about and practice using refusal skills when faced with peer pressure.</li> <li>• <a href="#"><u>What the Vape?!?!:</u></a> Online module that provides a critical look at e-cigarettes/vaping and how to take action.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#"><u>Not An Experiment - Downloadable Vaping Presentation</u></a></li> <li>• <a href="#"><u>Escape the Experiment - Escape room activity:</u></a> A dynamic, interactive activity intended to educate young people (grades 7–12) about the dangers of vaping.</li> <li>• <a href="#"><u>What the Vape?!?!:</u></a> Online module that provides a critical look at e-cigarettes/vaping and how to take action.</li> <li>• <a href="#"><u>VIBED (Vaping Information for Better-Educated Decisions):</u></a> A dynamic and engaging youth-oriented vaping education presentation designed to empower young individuals with knowledge and the tools to make healthier decisions. The presentation is available in self-facilitated and pre-recorded formats.</li> </ul>

## Videos

	Grades 7-8	Grades 9+
Vaping	<ul style="list-style-type: none"> <li>• <a href="#">Vaping: Factors that Influence Personal Choices</a> (4:03)</li> <li>• <a href="#">Healthy Canadians - Teen vaping and nicotine</a> (2:16)</li> </ul>	

## Additional Resources/Initiatives

Grades 9+
<ul style="list-style-type: none"> <li>• ★ <b>Party Smart:</b> Party Smart is an interactive half-day event that addresses safer partying principles. A theme is identified (e.g. distracted driving, binge drinking) by a “Party Smart Team” that includes school staff, a Public Health Nurse, students and community partners. Students and community partners are invited to participate in the planning and implementation of interactive stations that cover 1–2 key messages related to the identified safer partying theme.</li> <li>• <b>Naloxone Training:</b> Resources including a <a href="#">training guide</a> and <a href="#">video</a> are available.</li> </ul>
All Grades/Ages
<ul style="list-style-type: none"> <li>• For information on smoking and vaping legislation and cessation supports provided by the Health Unit, see “Additional Resources for School Health” section pages 22 &amp; 23.</li> </ul>

## Connecting School to Home

### Substance Use

[Cannabis: Important things to know - Kids Help Phone](#)

[Cannabis: What Parents/Guardians and Caregivers Need to Know](#)

[Info Sheet - Prescription Opioids, including Fentanyl: What parents and caregivers need to know](#)

[Drug Free Kids Canada](#)

[Triple P Parenting](#)

[Cannabis Talk Kit](#)

[1Call1Click](#)

[AccessMHA](#)

### Vaping

[Talking with your Teen about Vaping: A Tip Sheet for Parents](#)

[Conversation Starters About Vaping](#)

[Not An Experiment Parent Resource – Kids Listen More Than You Think, So Let’s Talk About Vaping](#)

- ★ **Vaping and Youth Parent Presentation** - A presentation delivered by Public Health staff to parent groups can be tailored to different audiences and needs.

[Quash Brief Conversations Toolkit](#) - a digital toolkit for those who work with youth who use nicotine products to support a simple and brief conversation about quitting.

## Additional Resources for School Health

### E-bits

E-bits is an electronic newsletter with school health information for Administrators, Educators, and Families. E-bits is sent to schools monthly (last week of each month) by the Public Health Nurse assigned to the school.

### School Website

The school section on our Health Unit website can be accessed via the following link: <https://healthunit.org/for-professionals/educators/>. Our school site contains relevant information for School Administrators, Teachers/School Staff, Parents/School Councils, and Students.

### ABC Booklet

The purpose of the booklet is to provide information about services for kindergarten children, and tips to keep them safe and healthy as they head off to school. It is intended to be distributed to parents at Kindergarten Registration or Welcome to Kindergarten events. To view our current ABC Booklet, please visit: [https://healthunit.org/wp-content/uploads/ABCs\\_Booklet.pdf](https://healthunit.org/wp-content/uploads/ABCs_Booklet.pdf)

### Oral Health

Dental screening for signs of cavities and other concerns are provided to selected grades in elementary schools by Registered Dental Hygienist. The screening may also include a recommendation for fluoride, scaling (cleaning), and/or dental sealants. All parents or guardians will be sent home a screening report card and will only be contacted by phone if the hygienist sees an urgent condition. The [Healthy Smiles Ontario](#) program may help with the cost of dental care if paying for a child's treatment is a financial hardship for the family. For more information on oral health, please call the LGLDHU 1-800-660-5853 ext 2456 to reach an oral health team member.

### School Immunizations - Grade 7 immunization program 2024/2025

The Grade 7 Immunization Information/Consent form will be sent home with all grade 7 students in September. Public Health immunization nurses will come to the school this fall and next spring to immunize the students who have returned a signed consent form. For more information visit: <https://healthunit.org/health-information/immunization/grade-7-immunizations/> or email [SchoolVaccine@healthunit.org](mailto:SchoolVaccine@healthunit.org).

Your School's Public Health Nurse (PHN) can offer a 20 minute Immunization Chat to Grade 7 classes before their scheduled clinic, to inform and prepare students. Contact your School's PHN, or email [schoolreferral@healthunit.org](mailto:schoolreferral@healthunit.org) to schedule a visit.

## Additional Resources for School Health

### Childhood Diseases

Childhood diseases information is available on our [website](#) and on a [poster](#). Contact your school's PHN for a hardcopy. The poster provides general guidance on common childhood infections, including; how the illness is spread, how to recognize the illness, when it is contagious, and when a child should be excluded. The poster also reviews the requirements for reporting to the Health Unit. To report a communicable disease, call the Health Unit at 1-800-660-5853 and ask to speak to a PHN or PHI on the Infectious Disease team.

### Head Lice

Although head lice are a nuisance, they do not carry disease and therefore are not considered a health hazard. The Health Unit's role is to provide information on head lice to educators and parents. Parents should check their child's head regularly for head lice and nits in order to start treatment as soon as possible. For more information visit: [https://healthunit.org/wp-content/uploads/headlice\\_factsheet.pdf](https://healthunit.org/wp-content/uploads/headlice_factsheet.pdf).

According to [Caring for Kids](#), children with head lice should be treated and then attend school or child care as usual. 'No-nit' policies that keep children with head lice or nits after treatment away from school are not necessary.

### Infection Prevention & Control

Resources to support the compulsory ***Infection Control training for the Health & Wellness SHSM:***

**[Ontario Council for Technology Education](#):** This SHSM Certification for Infection Control & PPE Awareness consists of 4 online modules that take approximately 2 hours to complete. There are assessment suggestions for each module at the conclusion of the training. Each module contain some basic vocabulary, PDFs and video links.

**[Alberta Health Services](#):** This online course will provide students with an understanding of Personal Protective Equipment from an Infection Prevention & Control perspective.

### Other Infection Control Curriculum Supports:

Visit <https://healthunit.org/for-professionals/educators/infections-illnesses-diseases/infection-control-resources/> or contact your School's Public Health Nurse for lesson plans, glo germ light, infection control guessing game, or the roulette wheel with questions.

## Additional Resources for School Health

### Food Safety at School Resources

**Food Safety Within School Kitchens** - This fact sheet can help you determine what type of food preparation and service you can do from your school kitchen.

**Food Safety Considerations for School Gardens** - There are many benefits that everyone can experience from participating in a gardening project at school. This fact sheet outlines some food safety considerations to address to ensure the food your garden produces is safe.

**Making Your School Barbecue Safe** - This fact sheet outlines food safety tips to help ensure the food you serve to students, staff and visitors is safe.

### Student Nutrition Programs (SNPs)

These programs are funded by the Ministry of Children, Community, and Social Services and through fundraising at the school level. These are universal programs that are meant to benefit all students.

Follow the **School Nutrition Program (SNP) Guidelines (2020)** when choosing foods offered in your SNP.

Leeds & Grenville schools receive support from **Healthy Eating for Better Learning (HEBL)** for their SNPs.

Lanark schools receive support from **Food 4 Thought** for their SNPs.

If you are delivering and/or interested in student nutrition programs, Ontario Dietitians in Public Health has developed three **learning modules** to help you to understand and apply the Nutrition Guidelines.

### **FoodcoreLGL's School Toolkit**

This toolkit was developed with input from educators, students and community supporters. Use the ideas and resources to bring together curricula, local food, food literacy, and community engagement. Use it too to illustrate the terrific food-related projects and lessons already going on in Leeds, Grenville and Lanark Counties' schools.

### Triple P Parenting

A positive parenting program that gives parents tools and strategies to help manage family life. It doesn't tell parents *how* to raise their children, but gives them the confidence and skills to build good relationships with their child, set boundaries and rules, and follow up with consequences that aren't harmful. Triple P Parenting can be delivered to school families in a seminar format, or individually to parents with children from 0–16 years of age around topics such as sleep, self-esteem, not listening, anxiety, aggression, family conflict – and many more! For support in Lanark, Leeds and Grenville, call 1-800-660-5853 and ask about Triple P or visit **[www.triplep-parenting.ca](http://www.triplep-parenting.ca)**.

## Additional Resources for School Health

### Roots of Empathy

Roots of Empathy is an evidence-based, award-winning classroom program that has shown significant impacts on elementary school children in reducing levels of aggression, including bullying, while raising social and emotional competence and increasing empathy. The program allows students to observe and interact with a parent and baby to see firsthand the effects of a loving relationship. A Roots of Empathy Instructor guides discussions with children, encouraging them to read a baby's emotional cues and take the baby's perspective. For more information about local programs, call 1-800-660-5853 and ask about Roots of Empathy, or visit [Home - Roots of Empathy](#).

### Smoke Free Ontario Act (SFOA) Legislation

The SFOA prohibits the smoking of tobacco or cannabis and the vaping of any substance on school property including the grounds associated with this school, and public areas within 20 metres of any point on the perimeter of the grounds of the school. This includes inside vehicles. School employees are required to inform staff, students and visitors of the law, post appropriate signage and ensure compliance. The "Smoke-Free" section of the health unit website has online forms to [request signage](#) or [report a school incident](#) directly to the enforcement team. Smoke Free Ontario Inspectors from the Health Unit will carry out inspections and respond to complaints.

Creating enhanced policies that go beyond the provincial legislation and address visible tobacco or vaping products, even when not in use, can help to reduce the social influence of substance use. Schools may also choose to support students with educational content for in-school suspensions or assignments following an incident under the SFOA. The recommended resources are intended to offer the student an opportunity to learn, to reflect and to be connected with supports. Connect with your school's Public Health Nurse for more information.

### Cessation

Students and/or staff looking for quit support can contact the Health Unit at 1-800-660-5853 ext 2468 or email [quit@healthunit.org](mailto:quit@healthunit.org) to speak to trained cessation provider(s) who can provide behavioural support, help develop a quit smoking/vaping plan, answer questions and provide referrals to programs and services.

Here are two Health Unit approved apps that you can refer students/staff to if they are not ready to reach out to a professional yet, or want to get started in the meantime:

**Quash App:** this is for young people who may be interested in quitting vaping or smoking. It allows them to design and track their own quit process.

**#StopVaping Challenge App:** this app challenges individuals to go as long as they can without vaping. It helps track cravings and moods, and allows users to earn badges and challenge friends.

**[Quash Brief Conversations Toolkit](#)** - a digital toolkit for those who work with youth who use nicotine products to support a simple and brief conversation about quitting.

For more information on cessation, visit: <https://healthunit.org/health-information/smoke-free/ready-to-quit-smoking-vaping/>