



BOARD REPORT

Friday, June 19, 2009



Medical Officer of Health

REPORT TO THE BOARD

Friday, June 19, 2009

BALANCED SCHOOL DAY

The *Balanced School Day* is an alternative to the traditional schedule of two 15-minute recesses and a one-hour lunch break. Typically, the *Balanced School Day* divides the 300-minute instructional day into three 100-minute blocks of teaching/learning time, separated by two 45-minute physical activity and nutrition breaks.

In September 2002, the Simcoe County District School Board began a pilot of the *Balanced School Day* in 13 of its schools. The Simcoe County District Health Department partnered with the project to look at the impact on physical activity and healthy eating. Schools in the St. Clair Catholic Board, Hamilton-Wentworth, Peel Region, Lambton-Kent and Halton also piloted similar schedules. As a result, several school boards across the province are replacing traditional schedules with the *Balanced School Day*.

Research shows the longer nutrition and physical activity breaks in the balanced schedule makes better use of instructional time. The longer period of class time helps students to maintain focus and permit for more blocking of time for literacy and numeracy. Schools participating in the *Balanced School Day* report increases in student attention levels, academic performance, physical fitness and a decrease in discipline problems.

Schools found that less time is lost with changing and transitions by having two breaks per day instead of three. The two longer break periods also allow more time for intramural activity during the day. This is an advantage in rural schools where after school activities are not possible due to bussing. The longer breaks seem to provide enough time for significant physical activity but not enough time to move into a period where problems begin to arise on the schoolyard.

A *Balanced School Day* presents challenges with the timetable include juggling schedules around half-day classes such as JK/K, accommodating children who wish to travel home during a break and ensuring contractual prep time for teachers. It was noted some schools found it easier to timetable prep time and were able to provide team planning opportunities for teachers.

The *Balanced School Day* provides an opportunity to enhance parents' understanding of the importance of physical activity and healthy nutrition for children. The program addresses the messages in *Canada's Guide to Physical Activity for Children and Youth*. The attached *Nutrition for the Balanced School Day* and *Simple Solutions to Balanced School Day Nutrition Breaks* were designed specifically as tools to educate parents about nutrition issues for the *Balanced School Day*.

Hazel Lynn

Reference:

H&PE Curriculum Support FAQ GenOntario Balanced School Day. Physical and Health Education Association (OPHEA). Retrieved from <http://www.ophea.net/ophea/Ophea.net/hpefaqgeneral.cf>

Nutrition for the *Balanced School Day*

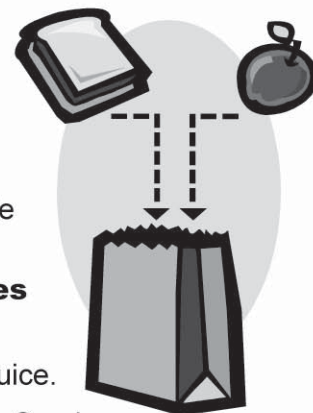
The *Balanced School Day* is a change in routine for you and your children. Here is some nutrition information to make this change easier.

Frequently asked questions about the *Balanced School Day*

How do I organize my children's lunch bag?

- Meals for your children's lunch bag can be balanced in a variety of ways. Talk to your children about which approach they would prefer when planning their meals for school. Consider their unique eating habits, likes, dislikes and appetite.
- If your child does not eat breakfast before school, this can be a time to add breakfast into their daily routine.
- Put each meal into separate bags labelled "Break One", "Break Two".
- Put dividers in the lunch bag so your child eats everything above the cardboard in the first break and then lifts the card and eats the rest at the second break.
- You can organize your children's meals for their school breaks according to any of the 3 examples:

	Break One	Break Two
Example One	Snacks	Lunch
Example Two	½ of lunch + snack	½ of lunch + snack
Example Three	Breakfast	Lunch



What do I include in my children's lunch bag?

- Try to include foods from at least 3 of the 4 food groups from Canada's Food Guide to Healthy Eating for each break. The four food groups are: **Grain Products, Vegetables and Fruit, Milk and Milk Products, Meat and Alternatives**
- Add 2 beverages. Choose from the following healthy beverages most of the time: milk or chocolate milk, fortified soy beverage, water and 100% unsweetened fruit juice.
- On pizza and sub days, make sure your children have a healthy beverage to drink. Send healthy snacks for the other break.
- Keep a list on the fridge of favourite meals and let your children "order off the menu". Check back in a few months to update the list and add new menu items.
- Involve your children in planning and preparing their breaks. This can be done the night before. *See the back for menu ideas.*

How do I safely pack my children's lunch bag?

- To keep foods hot, use an insulated bottle or thermos. First, fill the bottle with boiling water and let it stand for a few minutes. Then empty the bottle and fill it with steaming hot food.
- To keep foods cold, use an insulated lunch bag and pack a frozen drink that will thaw by their break. Or use a freezer pack. Great food items to freeze are bottled water, juice boxes, reusable beverage containers, mini yogurt or yogurt tubes.

Menu Ideas for your Children's Lunch Bag

MONDAY			
Break One		Break Two	
Oatmeal Raisin Muffin	Grain Products: 1	Sliced turkey on whole wheat bread or bagel	Grain Products: 2 Meat & Alternatives: 1
Banana	Vegetable & Fruit: 1	100% fruit juice	Vegetable & Fruit: 2
Milk	Milk Products: 1	Baby carrots	
		Milk pudding cup	Milk Products: 1

TUESDAY			
Break One		Break Two	
Container with whole grain cereal	Grain Product: 1	One whole wheat pita with salsa & cheese	Grain Products: 2 Milk Products: 2
Milk	Milk Products: 1	Milk	
Banana	Vegetable & Fruit: 1	Cucumber slices	Vegetable & Fruit: 1
Handful of seeds	Meat & Alternatives: 1	Chickpeas	Meat & Alternative: ½- 1

WEDNESDAY			
Break One		Break Two	
Cheese	Milk Products: 1	Tuna salad sandwich(non-albacore) on whole wheat bread	Meat & Alternatives: 1 Grain Products: 2
Whole wheat crackers	Grain Products: 1	Salad with dressing	Vegetables & Fruit: 1
Grapes	Vegetables & Fruit: 2	Fortified soy beverage	Milk Products: 1
100% fruit juice			

THURSDAY			
Break One		Break Two	
1-2 Cold waffles	Grain Products: 1-2	Homemade soup (with lean meat, vegetables)	Meat & Alternatives: 1
Applesauce	Vegetables & Fruit: 1	Applesauce	Vegetable & Fruit: 2
Vanilla Yogurt	Milk products: 1	Whole wheat crackers	Grain Products: 1
Water		Chocolate Milk	Milk Products: 1

FRIDAY			
Break One		Break Two	
Whole wheat wrap filled with vegetables and hummus; cut in half	Grain products: 1 Vegetable & Fruit: ½ Meat & Alternatives: ½	Other half of whole wheat wrap with vegetables and hummus	Grain Products: 2 Meat & Alternatives: ½ Vegetable & Fruit: 1 ½
100% fruit juice	Vegetables & Fruit: 1	Fig Bars	
Milk	Milk Products: 1	Strawberries	
		Yogurt drink	Milk products: 1

Want more tips and information?

The following resources are available on the Region of Waterloo Public Health website. Go to www.region.waterloo.on.ca/ph.

- **Canada's Food Guide to Healthy Eating.** Click on Resources, follow the Nutrition link and click on General Nutrition.
- **School Lunch Your Kids will Munch.** Click on Resources, follow the Nutrition link and click on Child & Adolescent.
- **School Lunch Safety.** Click on Services, follow the Environmental Health link and click on Food Safety.

Balanced School Day Menu Ideas

Morning Break

MONDAY

- ✓ oatmeal raisin muffin
 - ✓ milk
 - ✓ banana
- Grain Products: 1 serving
Vegetables and Fruit: 1 serving
Milk Products: 1 serving



Afternoon Break

- ✓ Breadsticks wrapped with cold deli meat
 - ✓ 100% fruit juice
 - ✓ milk pudding cup
 - ✓ baby carrots
- Grain Products: 1 serving
Vegetables and Fruit: 2 servings
Milk Products: 1 serving
Meat and Alternatives: 1 serving



TUESDAY

- ✓ yogurt cup or tube
 - ✓ apple
 - ✓ sunflower seeds
- Vegetables and Fruit: 1 serving
Milk Products: 1 serving
Meat and Alternatives: 1 serving



- ✓ leftover pizza
 - ✓ cucumber slices
 - ✓ chocolate milk
- Grain Products: 1-2 servings
Vegetables and Fruit: 1-2 servings
Milk Products: 1 serving
Meat and Alternatives: 1 serving



WEDNESDAY

- ✓ cheese and crackers
 - ✓ raisins
 - ✓ fruit juice
- Grain Products: 1 serving
Vegetables and Fruit: 2 servings
Milk Products: 1 serving
Meat and Alternatives: 1 serving



- ✓ cold chicken breast or leg
 - ✓ whole wheat roll
 - ✓ green pepper rings
 - ✓ milk
- Grain Products: 1 serving
Vegetables and Fruit: 1 serving
Milk Products: 1 serving
Meat and Alternatives: 1 serving



THURSDAY

- ✓ trail mix (dry cereal, dried fruit, sunflower seeds)
 - ✓ celery sticks with cheese spread
 - ✓ water
- Grain Products: 1 serving
Vegetables and Fruit: 1 serving
Milk Products: 1 serving
Meat and Alternatives: 1 serving



- ✓ hard boiled egg
 - ✓ whole wheat bread
 - ✓ applesauce
 - ✓ milk
- Grain Products: 1-2 servings
Vegetables and Fruit: 1 serving
Milk Products: 1 serving
Meat and Alternatives: 1 serving



FRIDAY

- ✓ popcorn sprinkled with parmesan cheese
 - ✓ milk
 - ✓ veggies and dip
- Grain Products: 1 serving
Vegetables and Fruit: 1-2 servings
Milk Products: 1 serving



- ✓ leftover macaroni and cheese mixed with ham
 - ✓ fruit cup
 - ✓ oatmeal cookies
- Grain Products: 1-2 serving
Vegetables and Fruit: 1 serving
Milk Products: 1 serving
Meat and Alternatives: 1 serving



Use Canada's Food Guide to Healthy Eating and your imagination for more great menu ideas!



Simple Solutions to Balanced School Day Nutrition Breaks



Something is new in the way your child will eat at school!

Regional
NIAGARA
PUBLIC HEALTH DEPARTMENT
905-688-3762 or 1-800-263-7248
www.regional.niagara.on.ca



This is a great opportunity to talk with your children about what food choices will be best for their nutrition breaks at school. They should understand the importance of planning nutritious, satisfying mini-meals to help them reach their full potential throughout the school day.

Balanced school day nutrition breaks offer at least 20 minutes in the morning and again in the afternoon, to sit and eat a nutritious mini-meal.

It is important to remember that children on the balanced school day timetable need the same amount of food during the day as other children do. What's different is the timing of when this food is eaten.

Will this change mean more work, or worry for you? NO WAY!

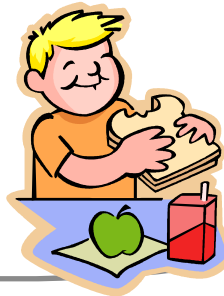
Aim for at least 3 of the 4 food groups in Canada's Food Guide to Healthy Eating for each break – Grain Products, Vegetables and Fruit, Milk Products and Meat and Alternatives.

Be sure to involve your children in the planning/packing their food for the day. They are more likely to eat what is packed when they contribute to the choices.



Planning Tips...

- ❶ Sandwiches can be cut in half and wrapped separately – one half for each break.
- ❷ Foods that are packed in a thermos may be hotter and taste better if they are eaten during the first break.
- ❸ Cold foods like juice and yogurt can be frozen to help them last to the second break.
- ❹ For younger children you can mark #1, #2 on reusable containers to help them divide their food.



Pack'em Safely...

- ✓ Pack foods like deli meats, tuna, egg salad and milk with a small freezer pack in an insulated bag.
- ✓ Freeze juice boxes and yogurt to help keep these and other foods cool.
- ✓ Prepare meat sandwiches and other foods to be kept cold the night before. Leave them in the fridge overnight to chill well.
- ✓ Make sure hot foods are steaming hot when they go in a thermos.
- ✓ Use fresh ingredients or leftovers that are not more than one day old.
- ✓ Clean lunch bags, food containers, water bottles and all utensils everyday.
- ✓ Food wrappings should not be reused as they can carry bacteria.

Simply Put ...



Chocolatey granola bars, yogurt covered fruit nuggets and other special goodies are fun treats every now and then. Menu planning will be a lot easier if your child learns early on that these treats are "sometimes foods" and not the best choices for everyday. Few children get enough vegetables and fruit each day. Try to include one of each everyday. Locally grown produce in season is the most nutritious and economical choice.

Adding more than colour...

- ❁ **sweet pepper & cucumber slices**
- ❁ **baby carrots**
- ❁ **cherry tomatoes**
- ❁ **celery, broccoli or cauliflower pieces** (if your child will only "dip" these veggies, then include a low-fat dressing or dip)
- ❁ **orange segments**
- ❁ **clementine slices or grapes**
- ❁ **kiwi with the top cut off to scoop out the fruit inside** (include a spoon)
- ❁ **cantaloupe or watermelon chunks**
- ❁ **applesauce and mixed fruit cups**
- ❁ **strawberries, blueberries & raspberries** (buy them in season & freeze)



Program Report June 2009



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Program Report is issued on a monthly basis to inform our board and community partners of our activities.

The highlighted programs are featured in this issue...

DIRECTOR, HEALTH PROMOTION: Maureen Handley

Lynda Bumstead

Chronic Disease Prevention

Early Detection of Cancer

Sarah Ellis

Healthy Babies

Healthy Children

Carrie Griffith

Reproductive Health

Child Health

Oral Health Services

Denna Leach

Sexual Health

Injury Prevention

Substance Abuse Prevention

Linda Davies

Tobacco Projects

Tobacco Control Act

Tobacco By-law Enforcement

CINOT Expansion.....	Page 1
Safe and Nutritious Food Choices	Page 4
Crystal Methamphetamine - Tackling the Issue.....	Page 4

DIRECTOR, HEALTH PROTECTION: Chris Mumm

Karen Sweiger

Vaccine Preventable Diseases

Rabies Control

Andrew Barton

Food Safety

Health Hazard

Investigation

Emergency Planning

Lou D'Alessandro

Safe Water

Environment

Susan Shular

Control of Infectious Diseases

Pandemic Planning

Vector Borne Diseases

Tuberculosis Control

Ontario Drinking Water Stewardship Program.....	Page 2
Cosmetic Pesticide Ban	Page 2
Mumps Campaign	Page 3
Bed Bugs.....	Page 4

CINOT EXPANSION

January 2009, the Ministry of Health Promotion expanded the Children In Need of Treatment (CINOT) program to include children 13-17 years old. Expansion of this service as part of the Ontario poverty reduction strategy ensures that no child goes without essential or emergency dental care as a result of a family's inability to pay for services. Prior to this year, CINOT only covered children 0-12 years old.

Research links oral health to an individual's overall health and well being. Children with tooth decay can experience pain, loss of appetite and inability to concentrate. Periodontitis, the advanced form of gum disease that can cause tooth loss is associated with cardiovascular disease, stroke and bacterial pneumonia.

For the first quarter of 2009 there were:

- 229 CINOT claims for children from 0-12 years
- 22 CINOT claims for children from 13-17 years (4 claims January to March; 18 claims in April)

An awareness campaign launched in April supporting the CINOT program includes posters, school announcements and an information insert in report cards. Monthly screening sessions are now available at secondary schools. A significant increase in the participation of children aged 13-17 years is expected.

ONTARIO DRINKING WATER STEWARDSHIP PROGRAM

The local Source Water Protection Committee (SWPC) through the Ministry of Environment has established the Ontario Drinking Water Stewardship Program (ODWSP).

This program provides funding for landowners to protect sources of drinking water near wells and municipal drinking water system intakes. The SWPC has identified eligibility lands as those that lie, fully or partially, within the two-year time of travel delineation around Wellhead Protection Areas or that lie, fully or partially, within the Intake Protection Zone 1 for municipal surface water intakes.

Eligible projects are:

- Decommissioning of abandoned wells and upgrading of existing wells. The grant availability is for 80% of costs; the grant ceiling is \$4,000.
- Septic systems inspections and upgrades. The program will provide funding for the repair, upgrade and replacement of faulty or malfunctioning septic systems. The grant availability is for 80% of costs. The grant ceiling is \$7,000 or \$15,000 for advanced systems.
- Run off and erosion protection. This program is designed to fund projects that will protect municipal drinking water sources from run off contamination and soil erosion. Buffer strips and riparian zones would be restored. Manure storage, manure application, nutrient management planning and barn improvements are also eligible for funding. The grant availability for these projects is between 25% and 75%. The grant ceiling is up to \$60,000 depending on the project type.
- Pollution prevention reviews are offered to small and medium-sized businesses that dispose of materials into water, land or air. These reviews would identify threats to sources of municipal drinking water. The grant availability for this program is 100%.

The local marketing of the ODWSP is coordinated through the SWPC *Be a Water Steward* (BWS) program. As noted in the December 2008 *Board Report*, Public Health is the lead agency requesting grants from the Ministry of Environment to fund the BWS program, which is otherwise fully administered by the local Conservation Authority.

COSMETIC PESTICIDE BAN

The Health Hazard team was asked by the Ministry of Natural Resources to comment on the public health impacts from herbicides used to eliminate invasive *Phragmites australis* (common reed). This request is a result of the new provincial ban on the use of cosmetic pesticides. The ban prohibits pesticides except in cases where there is a public health risk, significant economic impact or the pest is threatening an endangered species. The evidence was lacking to support invasive *Phragmites australis* as a public health risk. Due to this new ban, it is anticipated that Public Health will be asked to comment on the use of cosmetic pesticides in various situations.

Phragmites australis



MUMPS CAMPAIGN

Mumps is a contagious viral illness; it is usually benign but can have serious complications in young adults. Mumps is preventable with vaccination.

The incidence of mumps has been increasing across Canada. In the past two years, there have been several outbreaks occurring mainly in university and college students who had received a single dose of mumps vaccine.

As a result, the National Advisory Committee on Immunization (NACI) now recommends that students at post secondary institutions should be offered a second dose of Measles Mumps and Rubella (MMR) vaccine, if they have not already had two doses.

In the summer and fall of 2008, Oxford County experienced an outbreak of mumps primarily in a previously unvaccinated population. By the time it was declared over, nearly 300 cases of mumps were confirmed.

These outbreaks prompted the Ministry of Health and Long-Term Care (MOHLTC) to launch a province-wide media campaign targeting the post secondary age group to check their immunization status and to get vaccinated if they did not receive the second MMR shot. The MOHLTC tasked local health units to notify the public and contact all post secondary institutions in their area to arrange an on-site vaccine clinic.

In Grey Bruce, the Public Health media campaign of news releases and follow-up media interviews sparked hundreds of calls from residents checking on their MMR status. One third of the students at the Owen Sound campus of Georgian College, 82 students, were vaccinated at a clinic in January. Over the course of the campaign from October 2008 to March 2009, 299 residents in the target group (born between 1970 and 1995) were vaccinated.

Vaccinations are also available through physician's office.



BED BUGS

The Health Hazard team of the Grey Bruce Health Unit partnered with the City of Owen Sound to address the increasing number of complains regarding bed bugs. The partnership resulted in a better understanding of each agency's role and their legislative responsibilities with respect to a bed bug infestation. A fact sheet on recognizing and eliminating an infestation was developed. The information contained checklists identifying the roles of various individuals including landlords, tenants, homeowners and community workers who conduct home visits.



SAFE AND NUTRITIOUS FOOD CHOICES

Public Health provides training, resources and nutrition guidelines for Grey Bruce agencies that care for children and youth. Training supports the quality assurance principles of promoting healthy eating, preparing healthy food, choosing local/Ontario food, being environmentally conscious and maintaining high standards of food safety.

In 2008:

- 32 daycare cooks and 22 volunteer coordinators with Grey Bruce Eat & Learn school nutrition program, received nutrition and food safety training.
- Over 60 Bruce County CAS providers participated in an interactive nutrition education seminar.
- Community health representatives at Cape Croker and Saugeen First Nation engaged in a train-the-trainer infant feeding nutrition workshop.

CRYSTAL METHAMPHETAMINE – TACKLING THE ISSUE

At a special meeting in Walkerton on March 27, 2009, the Grey Bruce Crystal Meth Steering Committee presented *Crystal Meth...A Profile of its Use in Grey and Bruce Counties, the Associated Challenges, and Recommendations for Action*. In response to increasing local use of Crystal Meth and with an eye to directing future action, various community stakeholders undertook the study to examine the extent and impact of the problem.

A panel responding to the draft report included representatives from the Ministry of Health; Grey and Bruce County Councils; Medical Officer of Health, Dr. Hazel Lynn; Canadian Mental Health Association Executive Director, Claude Anderson; Federal Crown Attorney, Clayton Conlan; Grey Bruce Community Health Corporation Executive Director, Sandy Stockman; Ministry of Community Safety and Correctional Services representative, Kent Smith; and family members impacted by the problem.

The panel members agreed with the recommendation to establish a task force to lead a comprehensive community response. The task force will adopt what is considered a best practice model for developing a comprehensive and coordinated drug strategy. The model addresses four distinct but inter-related areas requiring intervention: Enforcement, Harm Reduction, Prevention and Education, and Treatment. Dr. Hazel Lynn will sit on the task force providing input on the Prevention and Education strategies.

Working with you to Protect and Promote Health and Prevent Disease