

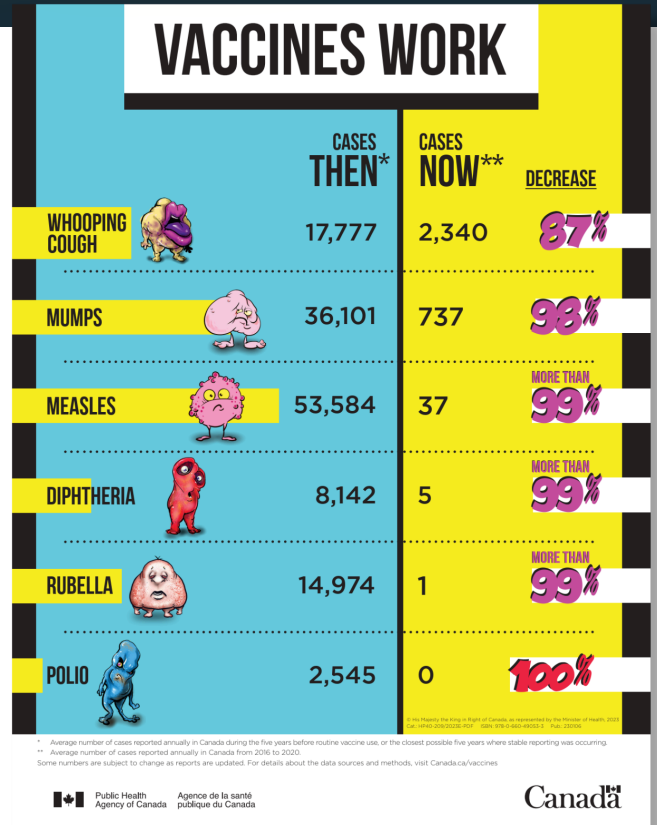


GBPH resuming routine immunization program in schools this fall

Grey Bruce Public Health has resumed their routine immunization program in schools this fall. Nurses offer all students in grade 7 the mandatory Meningococcal vaccine, and the recommended Hepatitis B and Human Papillomavirus vaccines. Clinics are held at the schools to vaccinate the grade 7 students in the fall and spring

The incomplete vaccination series for grade 8 students will also be completed during these visits. Moreover, clinics for high school students will be conducted in the winter.

Our goals include providing safe care for your students with minimal interruption to the school day. Providing routine vaccines minimizes the risk to all students, staff, and visitors against vaccine preventable diseases.



Illness Reporting

As schools gear up for another school year, so too does illness in students and staff. The following process should be followed for reporting illnesses to Public Health:

- If your school is experiencing generalized illness within one classroom or throughout school and illness absenteeism rates are above what is “normal” for your school, or greater than 10% of school population, please report here - [Illness and Absenteeism Reporting \(publichealthgreybruce.on.ca\)](https://publichealthgreybruce.on.ca/illness-and-absenteeism-reporting).
- If your school has received report of a Reportable Illnesses (e.g. chickenpox, pertussis, meningococcal) within a staff or student, please report here - [Reportable Disease of Public Health Significance \(publichealthgreybruce.on.ca\)](https://publichealthgreybruce.on.ca/reportable-disease-of-public-health-significance).

These reports will be sent directly to the Public Health email and reviewed by the School Health Nurse or an Infectious Diseases Nurse. If additional information or measures are needed you will be contacted by Public Health.

Any questions related to this process can be directed to your school’s Public Health Nurse, or contact schools@publichealthgreybruce.on.ca.





Screen & Digital Behaviour

For information, resources and curriculum supports, visit **GBPH website - Digital Citizenship and Screen Behaviour Section**


- [Stay in the Path: Teaching Kids to be Safe and Ethical Online](#) (Media Smarts) – provides lesson plans for Grade 5 – 8 and resources for students and parents.
- [Ophea Internet safety lesson plans](#) – here are a few highlights of what’s available, create a free Ophea account to access:
 - How can I Respond Safely to Cyberbullying? (Grade 4)
 - The Power of Positive Responses (Grade 5)
 - Building Respectful, Accepting, and Inclusive Online Communities (Grade 6)
- [My Voice is Louder Than Hate](#) (Media Smarts) – multimedia lesson resource designed to empower students in Grades 9-12 to push back against hate and prejudice in their online communities.
- [Digital Literacy Training Program for Canadian Educators](#) (Media Smarts) – provides an overview of essential digital literacy skills and key concepts of media and digital literacy and introduces resources from Media Smarts. These are 2-3 hours self-directed tutorials, available for Grades K-12, K-6, 7-12.
- [International Society for Technology in Education \(ISTE\) Digital Citizen Lessons](#)
Help your students become healthy digital citizen with ISTE + ASCD’s new Digital Citizenship Lessons! Each of the five Digital Citizenship competencies is explored through learning activities tailored for different grade levels, ensuring that students of all ages can develop the skills and knowledge necessary to grow and thrive as digital citizens.

Dental Screenings

Public health is mandated to provide dental screenings to all JK, SK, Grade 2 and other selected grades annually in all publicly funded elementary and private schools throughout Grey and Bruce counties.

A screening is a quick visual look using a sterilized mirror and is important for the prevention and early detection of oral health problems. Urgent dental needs if left untreated can result in pain, infection, loss of teeth, poor nutrition, lack of sleep, loss of body weight, difficulty learning and communicating and lack of self-esteem. Students who have tooth pain can also have poor school attendance.

After the screening, a dental report card is sent home with the findings and recommendations. This provides an opportunity for families who cannot financially afford to take their children to the dentist to access the Healthy Smiles Ontario (HSO) program. School staff can encourage families to connect with public health if they feel they could benefit from the Healthy Smiles Ontario program. Offering clinic locations include Owen Sound, Wiarton, Markdale and Walkerton. **The Oral Health program can be reached at 519-376-9420 and press “8”**



Student Health Centre's

All high schools in Grey Bruce now offer a Student Health Centre at a minimum interval of bi-weekly, staffed by a School Public Health Nurse.

Confidential, one-on-one health education and coordination of health services are available for students.

School staff are encouraged to refer students who may need support with any of the following topic areas:

- Healthy lifestyles (nutrition, physical activity, dental health)
- Healthy Relationships
- Tobacco and vaping cessation support
- Harm reduction education and supplies
- Health system navigation/referrals to community agencies and healthcare providers

Appointments can be arranged by:

- Dropping by your Student Health Centre
- Text - 519-375-2006
- Phone- 519-376-9420 x 3110
- Email – schools@publichealthgreybruce.on.ca



STUDENT HEALTH CENTRE

BOOK AN APPOINTMENT!

schools@publichealthgreybruce.on.ca

519 376-9420 / 800-263-3456 x 3110

TEXT: 519 375-2006



Health promotion & education



Healthy lifestyles



Healthy relationships



Tobacco & vaping support



Harm reduction education & supplies



publichealthgreybruce.on.ca

Vaping Diversion Process

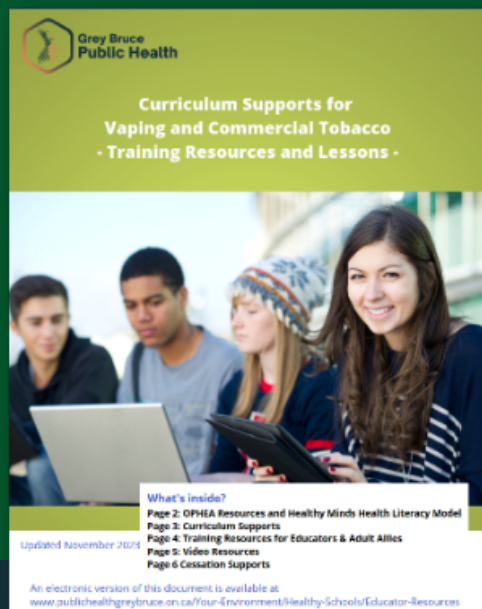
To better support students from the escalating use of vapes, GBPH has updated our response process. Any time a student has been found to have used an e-cigarette, or commercial tobacco product on school property, or when they have supplied these products to another student who is underage, the school administrator is required to contact a Tobacco Enforcement Officer (TEO) at the Public Health.

The first time a TEO interacts with a student, they will be required to meet with a school health nurse. The student can choose to decline a visit with the nurse, but then must follow the typical diversion process.



Vaping Educator Resource

As an educator or youth ally, you play an important role in engaging with young people around the topic of vaping and commercial tobacco products. For pre-teen and teenage students, it is a critical time to get the information and skills they require to make informed decisions about a variety of substances they may encounter. Check out the information, training resources and lesson supports available to support you on this topic. To download a copy, visit <https://bit.ly/EducatorResourcesVaping>



Free, in-school vision screenings for senior kindergarten students in schools across Grey Bruce.

Free, in-school vision screenings for senior kindergarten students are returning to schools across Grey Bruce.

The screenings will be conducted during the school day by trained Lions Club volunteers and overseen by Public Health. Screenings consist of three simple, non-invasive tests designed to screen for common childhood vision concerns.

Please reach out to your school's Public Health Nurse or schools@publichealthgreybruce.on.ca if you have any questions.



Road Safety

[Parachute Snap for Change](#) – This initiative officially launched during the Canadian Youth Road Safety Week 2024 and invites youth and their partners across Canada to share their voices and advocate for road safety measures in their communities. By taking a picture of a problem area and sharing ideas on how to make the area safer, youth can be eligible for a \$100 gift card for their submission.

Ride Smart Program – Designed for Grades 4-7, this program equips students with life long skills through safe cycling education. Experienced instructors will be present at all Ride Smart events. For more information, please contact Krista Linthorne: krista.linthorne@opp.ca



The Brief Conversations Toolkit

Do you know a young person who vapes, or maybe uses other substances? Are you thinking it's time to start a conversation with them? Get prepped with the [Brief Conversations Toolkit! Brief Conversations Toolkit \(quashapp.com\)](https://quashapp.com)



Content has been broken down into bite-sized pieces to simplify an evidence-based behaviour change concept, called Brief Contact Interventions. In less than 3 minutes, you can chat with a young person and make a big difference in their lives.

If a young person identifies they are willing to seek support for nicotine or other substance use, your first referral is likely to connect the student with the mental health worker at your school. Many students use substances to cope with stress, anxiety or other stuff going on in their life, which then makes their mental health worse overall.

For further support for various substance use concerns for themselves or family members, you can refer youth to the CMHA Choices Counsellor connected to your secondary school. For more info, visit [CHOICES Drug and Alcohol Counselling for Youth - CMHA Grey Bruce](#)

For support around vaping or smoking, secondary students can meet with their School Health Nurse. Find contact info and other quit supports here: [Quit Supports for Youth](#)

To get more familiar with the various substance topics, check out the information and toolkits from [Drug Free Kids Canada: Resources for Parents – Drug Free Kids Canada](#)

Harm Reduction

Youth Require Information on Opioids and How to Lower Opioid Risk

Adolescence is a time of developmental changes including physical, mental, emotional, and social developmental changes. These changes are accompanied with new behaviours and may involve an individual's first experimentation with substance use, including legal and illegal substances. This is concerning, as there is high potential for opioid overdose associated with the use of the current illegal drug supply.

While anyone using street drugs is at risk, youth who by nature are more curious and take more risks may have no tolerance for these types of drugs and therefore one use puts them at risk of an overdose and possible brain damage or death. This risk is greater for youth who lack accurate information.

Age at first experimentation varies but many individuals frequently report this occurring in high school. Regardless of when substance use starts, **youth require information on opioids, how to keep themselves safe, and lower their overdose risk.**

How can Educators help?

- Learn about the issue. Illegal drugs with fentanyl added to them are being added to the street drug supply and causing many opioid-related harms and deaths. Prescription opioids are also contributing to the crisis. While opioids have benefits, they also have risks.
- Understand [problematic opioid use](#) and how youth are being exposed.
- Be able to [recognize and response to opioid overdose](#).
- Get a [naloxone kit](#) and learn how to use it. Naloxone is available for free, no prescription required, from most local pharmacies and from Grey Bruce Public Health.
- Learn about safer partying tips.
- Consider incorporating this information into curricula and sharing it with your students.



Physical Activity

School staff and education resources supporting Healthy Schools Physical Activity (Grades K-12)

For information and curriculum supports, visit GBPH website - [Physical Activity, Sedentary Behaviour and Sleep Resources](#)

- Ophea offers several professional learning workshops to support both elementary and secondary educators including,
 - [DPA: Thinking Outside the Gym](#);
 - [Get In The Game With Teaching Games for Understanding; Intramurals: Including Everyone in Physical Activity](#);
 - [Disability-Centred Movement: Supporting Inclusive Physical Education e-Learning Module](#)
- [Try Day](#) – Publicly-funded schools may receive up to \$700 to engage students and introduce a new sport or physical activity to their current program. The Try Day grant program is funded by Ontario and administered by the Ontario Federation of School Athletic Associations (OFSAA).
- Training - PHECanada [Empower Grants](#). Educators and or schools can apply for funding for education and training for any Health and Physical Education through two grant streams. Additional funds can be found here: [Funding Opportunities | PHE Canada](#)
- [Physical Activity Leaders in Schools \(P.A.L.S.\)](#) This peer leadership program encourages youth engagement to create physical activity opportunities in schools during outdoor and indoor recess or Daily Physical Activity (DPA). An educator leader in the school is required. To receive the rest of the material for the PALS program contact Sarah s.milne@publichealthgreybruce.on.ca



Sports Injuries in Schools

Concussions – Ophea has updated their [Concussion Identification, Management and Prevention e-learning](#) for schools 2024/2025 (1-2 hours). There is also [Concussion Awareness Training Tool for School Professionals \(cattonline.com\)](#) to help school professionals respond to and manage concussions (45 mins).

Concussion apps: [Parachute Canada's Concussion Ed App](#) which includes a symptom checklist and [Hockey Canada's Concussion Awareness App](#) which is a great resource for parents, players, coaches and safety volunteers.

Sports Injuries - [Active & Safe](#) helps identify which injuries are most common in each sport, risk factors and how to prevent injuries from happening.



Resources updated for childcare centre's

- The Infectious Diseases team at Public Health has been busy updating resources for schools and childcare centres. Be sure to check out our website [Schools, Childcare Centres And Camps \(publichealthgreybruce.on.ca\)](https://publichealthgreybruce.on.ca) to find the most recent guidance.
- Updated resources include Infectious Disease Guidelines for Schools and Child Care Centre's and Food Safety for School Nutrition and Before and After Programs.

Nutrition

Resources to Create a Supportive Food Environment in your school and classroom

A supportive food environment is one that approaches food with curiosity, not judgement. It supports both mental and physical health.

Create a supportive food environment in your school or classroom by utilizing these credible Canadian resources. New toolkit for educators!

Health Canada recently launched [Canada's food guide toolkit for educators](#). This free resource offers ready-to-use activities for teachers, health promoters and community leaders to help kids (4 -11 years of age) understand Canada's food guide, learn food skills and develop eating patterns that support health and well-being.

Other credible Canadian sources for lesson plans:

- Sustain Ontario - [Food Is Science](#) with lesson plans for math and science for grades 3,5,6,7,8,9
- www.BrightBites.ca - new website under construction – will soon have curriculum supports, tools, tips, and lesson plans from Ontario Dietitians in Public Health.
- [Wayfinder: Your grade-by-grade guide to teach about mental health](#) - School Mental Health Ontario
- [Youths Take Action Toolkit from Love Food Hate Waste Canada](#) contains lesson plans aimed at helping children and youth understand the role of food waste in greenhouse gas emissions and climate change. Guiding principles on how to talk and teach about food
- [School Nutrition Resources](#) from Ontario Dietitians in Public Health are available to download and print for free and are often available in French and English, Some examples:
 - Nurturing Healthy Eaters in Elementary and Secondary Schools
 - How to Talk to Teens about Food
 - 10 tips to help your child have a positive relationship with food and their body
 - Creating a positive food environment in schools
 - Mental Health and Weight Bias in Schools
 - School Lunch Your Kids Will Munch

