

Niagara Region Public Health School Health Newsletter

May 2023

Connecting the Curriculum to Home

Your child might start learning about various parts of healthy human growth and development based on their grade and the [Ontario Health and Physical Education \(2019\) curriculum](#). One important topic that is covered is consent.

Starting the Conversation of Consent: Connecting The Curriculum to Home

(Parents of Elementary aged students)

With our School Health Nurses



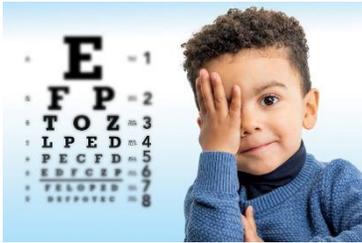
Public Health Nurses Jenn and Austin discuss how to start the conversation of consent, and how to connect the curriculum to home.

Watch here: [Starting the Conversation of Consent - Connecting the Curriculum to Home](#)

[Frequently Asked Questions about Puberty](#) – as your child starts learning more about human development, our school health team wants to support adults with answering some of those tricky questions.

Vision Health Month

Visual health is an important part of a child’s overall health and well-being. Proper vision is important for a child’s movement and coordination, independence, play and learning. If left untreated, vision problems may become serious and prevent a child from reaching their full potential.



A yearly eye exam is **FREE** – the Ontario Health Insurance Plan (OHIP) covers the cost of an eye exam every 12 months for children up to the age of 19 with a valid OHIP card. [Find an eye doctor near you.](#)

Also, contact an eye doctor if you see **ANY** of these signs:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Squinting or holding objects close to the eyes | <ul style="list-style-type: none"> • One eye that turns out or in |
| <ul style="list-style-type: none"> • Blinking often | <ul style="list-style-type: none"> • Rubbing, tearing, itchy or burning eyes |
| <ul style="list-style-type: none"> • Turning or tilting the head to the side often | <ul style="list-style-type: none"> • Reporting blurry or double vision |
| <ul style="list-style-type: none"> • Covering or closing one eye | <ul style="list-style-type: none"> • Reporting headaches, nausea or eye strain |

For more information on vision screening, please visit <https://www.niagararegion.ca/health/schools/vision-screening.aspx>.

ParticipACTION Community Challenge

Partake in **ParticipACTION Community Challenge** June 1 – 30, **2023!** Participate in the challenge this June to get moving, connect with others and help students within the Niagara community get crowned Canada's Most Active Community!

What is the Community Challenge?

The ParticipACTION Community Challenge is a national **physical activity** and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community.

Help your community win

Track your personal physical activity minutes on the **ParticipACTION app** to help your community win! You also have the chance to win great prizes for yourself when you use the app. Check out the **Apple App Store** or **Google Play** and download the ParticipACTION app today. You can also track physical activity minutes for yourself, your family or an organization on our website (**tracking opens in the spring**).

For more information visit <https://www.participaction.com/programs/community-challenge/>





Educational Resources

Human Development Teaching Resources

The School Health team has created supplementary videos to support reproductive health and sexual health topics. These videos give brief overviews to help open the conversation and ease students into the upcoming lesson.

Check out the playlist below – available in English and French

- [School Health: Healthy Growth & Development](#)
- [Programme scolaire: Développement humain et la santé sexuelle](#)

For additional support or resources, we welcome teachers to reach out to their assigned School Health Nurse or contact healthyschools@niagararegion.ca.

Mental Wellness Teaching Tools

Maintaining positive relationships with students within a caring school community that is safe, welcoming and inclusive contributes to students' social-emotional wellness and readiness to learn.

Visit our [school health teaching tools page](#) and check out 'Supporting mental wellness'.



Elementary teaching tools

Personal safety and injury prevention	+
Substance use, addictions and related behaviours	+
Human development and sexual health	+
Supporting mental wellness	+

These evidence-based resources focus on promoting positive mental health in classrooms by providing wellness tools that work to increase protective factors and resiliency.