

## Niagara Region Public Health School Health Newsletter

### April 2024

#### 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

Our 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.

#### Niagara Ontario Health Team – Events Calendar

The [Niagara Ontario Health Team](#) created an events calendar tool to highlight the diverse activities happening in our region. This initiative highlights the importance of health and wellness. It also serves as a valuable link, connecting community members to resources available in Niagara.

The [calendar](#) makes it easier to find and explore new things to do. It also helps create meaningful connections in our community. Visit today to learn more about what is going on near you!



#### Benefits of Risky Play



Did you know that letting kids [play freely outdoors](#), even if it involves a bit of risk, is super important for their growth and well-being? Learn about the benefits of exciting play that might seem a little risky, and how it can help kids develop better physically, mentally, and socially. Let's rethink how we see risks and explore how adventurous play can actually help kids stay healthier and happier in the long run. Join us in creating a world where every child has the chance to thrive!

For more information on what it is meant by risky play, check out [Active For Life webpage](#).

## Happy Oral Health Month!

Niagara Region Public Health Dental Program offers **FREE** dental clinics for children and youth 17 and under throughout Niagara.

Appointments are available for children in:

- Niagara Falls on Tuesdays
- Thorold on Mondays (afternoon and evening) and Wednesdays
- Welland on Thursdays



[Niagara's Mobile Dental Clinic](#) also travels around Niagara to various locations throughout the week.

All of our dental clinics offer free dental assessments, cleanings, fluoride and sealants. To book an appointment [contact the Dental Program](#) or [book a dental assessment online](#).



## Educational Resources

### Opportunities for Every Student with Play for All



To ensure a thriving intramural program, prioritize student safety and inclusivity. Tailor activities to student preferences, communicate goals clearly, and offer flexibility for participation. Cultivating student leadership is key for long-term success.

Explore [ophea.net/play-all](https://ophea.net/play-all) to discover additional resources, including planning tools and activity suggestions to enhance your students' physical activity throughout the day.

### Student Mental Health Ontario: Wayfinder

Unlock the power of mental health promotion and literacy in your classroom with confidence and ease! [School Mental Health Ontario Wayfinder](#) provides a clear framework for mental health learning in the classroom. Empower your classroom with mental health promotion and literacy tools perfectly aligned with the Ontario curriculum, fostering an inclusive space for students to support each other's mental well-being.

Wayfinder provides:

- A digital guide of lessons and activities with easy-to-follow instructions
- Ready-to-use communication materials to foster home-school connections
- Regular email messages to offer you tips, support and new classroom resources