

Niagara Region Public Health School Health Newsletter

February 2023

School Vaccination Clinics

Niagara Region Public Health is offering vaccination [clinics in participating schools](#). Students are welcome to attend the clinic at their school if they receive an [immunization notice from NRP](#).

Talk with your child if you would like them to catch-up on any of the offered vaccines.

On clinic day, students should:

- Eat breakfast or a snack
- Wear a loose-fitting shirt
- Bring their immunization record (yellow card)
- *Optional:* Bring a distraction (music, phone, book) as a comfort measure



After the clinic, please report all vaccines received to your healthcare provider.

*** NOTE: Students can ONLY attend the clinic located at their own school ***

Addressing Bullying

Every child has the right to feel safe at home, at school and in the community ([United Nations Convention on the Rights of the Child, 1989](#)). Bullying is not a normal part of growing up, and there can be serious [effects from bullying](#) when it is not addressed. To stop the hurtful behaviour, adults need to support children seeking their help.



Examples of bullying:

- **Physical:** hitting, shoving, damaging or stealing property
- **Verbal:** name calling, mocking, making sexist, racist or homophobic comments
- **Written:** writing notes and signs that are hurtful or insulting
- **Social:** spreading gossip, rumours or excluding others from a group
- **Electronic or cyberbullying:** spreading rumours or hurtful comments using email, text messages and social media

For more information on bullying, how to prevent it and address it with youth, visit <https://www.ontario.ca/page/bullying-we-can-all-help-stop-it>

Services to Youth

If you know a child or teen looking for support with their health or well-being, check out [Niagara's youth services](#) webpage. It is packed full of information and great services for youth across Niagara.

Pathstone Mental Health: Pathstone now has [10 Walk-In Clinics across Niagara](#), open Monday-Friday. Their team can meet in-person or through a video session.

- Appointments are encouraged but not required to have a one-on-one session with a Pathstone counsellor
- Walk-in clinics are free and are open to anyone in Niagara 18 and under, as well as to families with children who are under 18
- For more information and to make an appointment, call **1-800-263-4944**

Welcome to Kindergarten!

Do you have a little one starting Kindergarten?

Some parents and caregivers may have questions around what to expect when their children enter school. Your School Health Nurse partners with teachers, support staff, students and parents to work towards the goal of a healthier school community for everyone. Your School Health Nurse can provide support and resources on a variety of health-related topics.



Check out our Welcome to Kindergarten video that reviews a few helpful reminders from Public Health!

- English: <https://youtu.be/mkJcbqwxwzzk>
- French: <https://youtu.be/eu20sVNoTOU>

Eating Disorders Awareness Week

From **February 1st to 7th 2023**, eating disorder groups across Canada unite to commemorate Eating Disorder Awareness Week (EDAW) with a national week of action focused on educating the public about eating disorders. It is a time to escalate awareness of the impact of eating disorders, the dangerous stereotypes and myths, and the supports available for people living with or affected by them.

Join us for an [Instagram live](#) on **Tuesday, February 7th at 3:00 pm EST**. A Niagara Region School Health Nurse will be chatting with a member from the [National Eating Disorder Information Centre](#), an organization that provides information, resources, referrals and support to Canadians affected by eating disorders.

To learn more about Eating Disorders Awareness Week visit <https://nedic.ca/edaw/>



Educational Resources

Pink Shirt Day

Pink Shirt Day also known as *Anti-Bullying Day*, will take place on **Wednesday February 22, 2023**. Over the month of February, and throughout the year, [CKNW Kids' Fund's](#) Pink Shirt Day aims to raise awareness of the issues of bullying, as well as raise funds to support programs that foster children's healthy self-esteem. Pink Shirt Day is a day when all people come together by wearing pink shirts to show that they stand against bullying! The mission to create a more kind, inclusive world by raising awareness and funds for anti-bullying initiatives. It is important that victims of bullying know that they are not alone and that there is help and support available.



Remember to wear your Pink Shirt on the 22nd to show that you stand against bullying! For more ways to get involved visit <https://www.pinkshirtday.ca/get-involved>.