Connect with your school public health nurse for program information at 905-799-7700. In Caledon, call 905-584-2216.

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Peel Schools Do It Again....
67 Schools Awarded Ophea Certification

Congratulations to all Peel schools who received Ophea’s Healthy Schools Certification for the 2016 – 2017 school year. The Ophea program recognizes and celebrates school communities for promoting and enhancing the health and well-being of students, school staff and the broader community. Sixty-seven Peel schools were awarded certification: 44 gold, 19 silver, three bronze and one participant.

As part of a healthy school approach, students and community members work together on a five step comprehensive process. The five step process set out by, The Ontario Ministry of Education: The Foundation for Health (2014), includes:

1. forming a healthy school committee;
2. assessing your school;
3. developing an action plan;
4. implementing the action plan; and
5. evaluating the activities and celebrating.

The Foundations for a Healthy School resource supports the integration of healthy schools policies, programs and initiatives into schools, school board planning and implementation processes. There are five areas which contributes to a healthy school:

1. Curriculum, Teaching & Learning
2. School & Classroom Leadership
3. Student Engagement
4. Social & Physical Environments
5. Home, School & Community Partnership

Enrollment for the 2017 – 2018 school year will open in September, visit: ophea.net/healthy-schools-certification or contact your school public health nurse at 905-799-7700 to support your schools journey to certification.
Southfields Village Public School
Awarded Ophea Gold Certification

Written by: Judi Guaragna

For the first time participants, Southfields Village (SFV) Public School came out on top, earning an Ophea gold certification award. With the support of their public health nurse (PHN) Judi Guaragna, teachers Kristin Schwass and Taylor Ingham, and a student committee called the “Physical Falcons,” approximately 1000 students participated in the challenge.

Following the healthy schools approach, a school health survey was implemented and indicated a high percentage of students being dropped off and picked up regularly, creating high volumes of traffic. This influenced the Physical Falcons to focus on increasing physical activity through active transportation initiatives. The following activities were implemented:

- iWalk fall and winter
- Walking school bus
- Terry Fox run walk
- Bike to School Week – Community Bike Ride
- Parent nights – interactive use of Walk and Roll Peel maps
- The use of Peel resources – Walk and Roll Peel website, maps, and school travel planning route

Through the implementation of these activities, more students were observed walking to and from school with parental support.

During the annual Bike to School Week – the Community Bike Ride event was held with support from the PHN and Caledon OPP Officers. The event proved to be a success as the number of students riding their bikes to and from school on a daily basis, increased. To help with the increase in students biking to school SFV will be award two additional bike racks from the Region of Peel.

Research demonstrates that physically active children make healthier students. Kirstin and Taylor, along with the PHN and the Physical Falcons have been instrumental in supporting the SFV students throughout the process; leading to their win!

Congratulations Southfields Village Public School on a job well done!

Kirstin Schwass and Taylor Ingham, Physical Education teachers, Southfields Village
Bike to School Week is a celebration launched across the GTHA to encourage cycling to and from school. Visit storify.com/WalkandRollPeel for highlights from Bike to School Week 2017 in Peel Region! Interested in joining Bike to School Week in spring 2018? Want to encourage more cycling at your school? Contact walkandroll@peelregion.ca

**Number of Schools Participating**

<table>
<thead>
<tr>
<th>Year</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>25</td>
</tr>
<tr>
<td>2016</td>
<td>52</td>
</tr>
<tr>
<td>2017</td>
<td>152</td>
</tr>
</tbody>
</table>

- **15,321 students** in Peel participated in Bike to School Week 2017, making a total of **15,805 trips** by bike in Peel!

- **During Bike to School Week,** the percentage of students biking to school increased from **less than 1%** to **5%**!

- **Over 80%** of participating schools completed the 2016 Bike to School Week Reporting Survey - by far the highest response rate in the GTHA!

- **75%** of reporting schools in Peel are willing to participate in Bike to School Week again next year!

**353 teachers** and **872 volunteers**

including parents, community volunteers, and Peel school health nurses participated in organizing Bike to School Week events in 2017!
P.A.L.S. Motto:
“There’s always room for one more”

Here’s a fun and interactive game to kick-off your P.A.L.S. program and get your students energized with a game of Chuck the Chicken a student favourite.

This game can be played indoors and outdoors.

What’s needed: Large playing area • Pylons or ropes to make distinctive lines on the playing area • Rubber chicken (bean bag, rubber/foam ball) • Eight or more players

Chuck the Chicken

How to play:

• Divide players into two teams – Team 1 and Team 2.
• Each team forms a straight line anywhere in the playing area.
• The last player in Team 1 throws the chicken as far away from Team 2 as they can and begins to run laps around their team. Every time that player completes a lap, they receive a point.
• As soon as Team 1 throws the chicken, Team 2 runs to the chicken, forms a straight line and begins to pass the chicken alternating over heads; under legs until the last player has the chicken.
• As soon as the last player in Team 2 has the chicken they yell “stop”. That player then throws the chicken as far away from Team 1, and begins to run around their team.
• Team 1 then runs to the chicken, forms a line and completes the over and under pattern and yells “stop” and game is repeated.
• A winner is determined by the number of laps completed by each team

For more active games, check out: P.A.L.S. Games Handbook or CIRA Ontario: Active Playgrounds by: Pat Doyle

For more information on how you can establish a P.A.L.S. program in your school, call your school public health nurse today at 905-799-7700 or visit schoolhealth101.ca.

Why is Oral Health Important?

- Untreated tooth decay may lead to:
  - Acting out
  - Pain
  - Low self-confidence
  - Lack of focus
  - Inattention
  - Misbehaving
  - Poor grades
  - Poor concentration
  - Irritability
  - Low self-esteem
  - Absenteeism
  - Misbehaving
  - Poor diet
  - Tiredness

Why is Dental Screening and School Preventive Important?

- To identify dental needs
- To provide access to free dental services for those who are eligible

Dental Screening

- Peel Public Health screened 70,794 school children

School Preventive

- (dental cleaning, fluoride varnish, pit and fissure sealants)
- Peel Public Health provided 2,063 children with preventive services at schools

Peel Public Health greatly appreciates your partnership! It was because of your support, we were able to help so many children with their oral health.

We look forward to working with you again in the next school year. Your continued partnership with Peel Public Health’s Oral Health program supports the health of your students and the community.

If you have any questions, please contact the Oral Health Coordinator at 905-799-7700, ext. 2560 or schooldentalscreenings@peelregion.ca.
Healthy Food for a Happy Smile

Help prevent cavities; encourage students to choose tooth friendly food and drinks!

Tips for Choosing Tooth-Friendly Food and Drinks

Students can:

• Drink tap water instead of pop, fruit drinks or sports drinks.
• Choose healthy food such as cucumbers, apples, cheese or hard-boiled eggs.
• Avoid sticky foods such as jelly beans, fruit gummies and raisins.
• Avoid food that has sugar listed as one of the first ingredients. Some packaged foods contain sugar, but may not have the word “sugar” listed on the label. Check the ingredient list for sugars such as corn syrup, dextrose, fructose, glucose, sucrose or honey.

Promote Healthy Habits

Motivate students to:

• Visit a dental professional regularly (at least once a year).
• Brush teeth at least two times a day for two minutes each time.
• Choose healthy food and drinks.

For more information about oral health, visit peelregion.ca/dental.

What’s in Season This Fall?
Find Out in the 2017 Edition of Grown In Peel

Celebrate fall with fresh, nutritious, locally-grown produce in Peel!
The Grown in Peel guide provides a variety of information to help you:

• Locate farms and farmers’ markets in Region of Peel.
• Locate greenhouses and similar business that offer locally grown products throughout the season.
• Find out the seasonal availability of locally grown vegetables and fruit.
• Know what events are happening at local farms and farmers’ markets.

The 2017 edition of Grown in Peel guide is currently available at GrownInPeel.ca
Alcohol – Did You Know?

One in three Peel students have tried alcohol in or before Grade 6 according to the School Health Survey (2011).

Kids are curious. Talking about alcohol and drugs is challenging, here are some resources to help:

• The Grade 5 Toolkit: Alcohol the Whole Truth provides free interactive activities you can download to support the curriculum. The toolkit was created to support the Grade 5 curriculum however the activities can be used for any type of drug education.

• The Talk about Drugs Online Parent Modules provide strategies to talk to children about drugs and help build resiliency in children to prevent high-risk behaviours. These modules were created for parents or anyone who interacts with children. Add the website to your classroom newsletter.

The key is to talk early and talk often.

For more information, visit schoolhealth101.ca or talkaboutdrugs.ca.

Role of School Public Health Nurses:

School public health nurses collaborate to assess, plan, implement and evaluate strategies with whole school communities to create supportive environments for healthy living and learning.

Connect with your school public health nurse for program information at 905-799-7700.
In Caledon, call 905-584-2216.