



# Healthy Learners in School Newsletter

## Healthy Learners in School Program Nurses: Helping to Make the Healthy Choice the Easy Choice

### Want to know more about ...

- Flu or Cold
- Nutrition
- Injury Prevention
- Mental Fitness

Happy 2019!

Thank you for all the support during the first half of the school year. Several health related activities took place including the revision of Policy 711 Healthier School Food Environment and all elementary schools received a “Blue the Monkey” book and information about allergy and anaphylaxis to use in the classroom.

**Hampton Education Centre**  
Ann Hogan BScN RN  
**Saint John Education Centre**  
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**St. Stephen Education Centre**  
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**Is it a cold or flu?** Click the fact sheet to find out more. It's not too late to get immunized against the flu!

[Communicable Disease Resource for Educators and Parents](#) includes information on the NB Immunization Schedule, NB School Exclusion Guide, Influenza Reporting, When to Keep Your Child Home from School and much more.

School administrators please call Saint John Public Health Communicable Disease line 658-5188 to report a student with suspected or diagnosed with chickenpox, whooping cough (pertussis) or any other reportable communicable disease.

**COLD OR FLU  
KNOW THE DIFFERENCE**

The flu and a cold can have similar symptoms. The difference is how intense they feel and how common they are. In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.

COLD	FLU
You may feel chills but fever is rare	Fever
Cough, chest discomfort (mild but may last a while)	Cough, chest discomfort (dry cough can be severe)
Body aches & pains (mild)	Body aches & pains (can be severe)
Tiredness (you can still do your daily activities)	Bedridden (you may feel extremely exhausted)
Headache (mild)	Headache (can be severe)
Sore throat	Sore throat
Stuffy, runny nose, sneezing	Stuffy, runny nose

**COMPLICATIONS CAN INCLUDE...**

- COLD:**
  - + Lung infections
  - + Throat infections
  - + Ear infections
  - + Sinus infections
- FLU:**
  - + Pneumonia
  - + Pre-existing health conditions getting worse (such as asthma)
  - + Hospitalization
  - + Death

People experience symptoms differently. If your symptoms get worse or persist, see your healthcare provider.

TO LEARN MORE, VISIT [CANADA.CA/FLU](http://CANADA.CA/FLU)

Public Health Agency of Canada / Agence de la santé publique du Canada

## Hot off the press... [Canada's new Food Guide](#)



### March is Nutrition Month



In December 2018, the Department of Education and Early Childhood Development updated the revised [Policy 711](#) : Healthier School Food Environment. A variety of resources about breakfast, vending machines, fundraising, and celebrations/barbeques can be found on the ASD-S One site under Health Resources as well as the [ASD-S website](#) under Parent Resources.

March is [NutritionMonth2019.ca](#) This year's theme is *Unlock the Potential of Food*.

For other ideas [Dairy Farmers of Canada Teach Nutrition](#)

Remember "Go With the Flow Drink H2O" and continue to promote the benefits of drinking water.

Click on icons below for more resources.



An interactive Australian healthy lunchbox game

## Allergies and Anaphylaxis

Thank you so much for making our fall awareness allergy initiative so successful! All middle and high schools in ASD-S delivered a presentation to staff and students within the last year. It is helpful to revisit allergy and anaphylaxis information during May Food Allergy Awareness Month.. Here are links to videos that are 2 minutes long or less.

- Grades 3 to 5 - [CBC White Coat Black Art](#) – 8 year old River explains her allergic reaction and how she uses her Epi-pen.
- Food Allergy Canada Anaphylaxis
  - ⇒ 101 2 minute [video](#)
  - ⇒ [Curriculum resources](#)

[Sweet Caroline Foundation](#)

[Food Allergy Canada resources](#)



# Safe Kids Week 2019

## Winter Safety Tips: Click on the snowperson

**Parachute Safe Kids Week 2019** takes place June 3 to 9. This year's theme is preventing injuries due to children's falls in the home and at play.  
 #ParachuteSafeKidsWeek #PreventChildFallHarm



[Click here](#) for winter safety colouring pages



Parachute resources for athletes, teachers, coaches and trainers, parent and caregivers, as well as a statement on baseline testing have been posted on the ASD-S website under Parent Resources.

If you would like someone to attend a staff meeting to provide information to staff let your healthy learners nurse know.

A Powerpoint presentation will be available for school administrators to use for staff in the near future.

More in depth information and forms can be found on the ASD-S One Site under Health Related Resources.

Resources are also available at [Parachute Canada](#)

**Strategy for RETURN TO SCHOOL after a Concussion**

1. Each stage is at least 24 hours. Move to the next stage only when activities are tolerated without new or worsening symptoms.

2. If symptoms re-appear, return to the previous stage for at least 24 hours.

3. If symptoms don't improve, but continue to get worse, contact your doctor or get medical help immediately.

**AT HOME**

- Step 1: Cognitive & physical rest (24-48 hours)**
  - OK if tolerated: Short burst games, Short phone calls, Camera photography, Caffeine
  - Not OK: School, Physical exertion/ stair climbing, Organized sports
- Step 2: Light cognitive activity**
  - OK if tolerated: Easy reading, Limited TV, Drawing/LEGO/ board games, Some peer contact
  - Not OK: School, Walk, Physical exertion/ stair climbing, Organized sports
- Step 3: School-type work/ Light physical activity**
  - OK if tolerated: School-type work, School on 30 min chunks, Light physical activity, Some peer contact
  - Not OK: School attendance, Walk, Physical exertion/ stair climbing, Organized sports

**AT SCHOOL**

- Step 50: Part-time school Light load**
  - OK if tolerated: Up to 100 mins of cognitive work, Half-day at school 1-2 times a week, Some light physical activity
  - Not OK: Missed Phys. Ed class, Homework, Heavy physical loads (e.g. backpack), Organized sports
- Step 55: Part-time school Moderate load**
  - OK if tolerated: Limited testing, School work for 2-3 hours/day in classroom, Homework up to 30 mins/day, 2-3 days of school/week, Decreased learning
  - Not OK: Phys. Ed class, Physical exertion/ stair climbing, Intermittent homework, Organized sports
- Step 60: Briefly missed workload**
  - OK if tolerated: Nearly normal cognitive, Routine school work as tolerated, Homework up to 60 mins/day, Minimal learning accommodations
  - Not OK: Phys. Ed class, Structured, Routine school work as tolerated, Full participation in organized sports
- Step 65: Full time**
  - OK if tolerated: Normal cognitive, Routine school work, Full curriculum load, No learning accommodations
  - Not OK: Full participation in school events (See Return-to-Sport Strategy), No learning accommodations

Return to school work up to 100 mins a day for 1-2 days/week  
 Return to school work 4.5 hours/day in chunks for 2-4 days/week  
 Tolerates full-time academic load without exacerbating symptoms  
 Steps 54 of the Return to Sport Strategy

[Concussion Awareness Training Tool Online](#)

## Anglophone South School District

AM I...

- Providing the necessary supports for individuals to be successful - **COMPETENCE**
- Providing opportunities for individuals to have a voice - **AUTONOMY**
- Creating an environment where individuals feel a sense of belonging - **RELATEDNESS**



[NaviCare/SoinsNavi](#) (click for website) is a navigation centre that provides **free**, personalized help for families with a child with complex care needs under the age of 25. Complex care needs can be physical, mental, emotional, social, cultural, or spiritual in nature. Parents/Guardians needing assistance to find resources and services for either themselves or their child/youth, can call our toll-free number at 1-888-641-1977 Monday to Friday 9am to 5pm and speak with our Patient Navigators. Examples of assistance includes:

- Finding programs and services when their child/youth is newly diagnosed
- Finding summer camps, respite care, or after school care
- Getting help with completing complicated applications to access a program or service
- Needing assistance working with the care team
- Needing support as they are feeling overwhelmed



### Themes

Check out your Celebrate box at your school to support mental fitness.

January - Being a Good Citizen

February - Being Empathetic

March - Being a Team Player

April - Being Fair

May - Being Responsible

June - Being Respectful



## Positive Mental Health Toolkit