



Healthy Learners in School Newsletter

Healthy Learners in School Nurses: The Greatest Wealth is Health

Want to know more about ...

- Social media
- Sleep for Kids
- Is It Cold or Flu?
- Allergies and Anaphylaxis
- Concussions
- Winter Safety
- Nutrition
- Dental Health
- Making Change
- Risky Play

Happy 2020!

We are looking forward to working with all of you in the upcoming months.

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Social Media

Check out these cyberbullying resources for [parents](#)

A Quick Guide to [TikTok](#)

Children 5 years old and older should spend NO more than 2 hours of screen time per day. Issues with the amount of time spent on screen time? Check out this info sheet [Power Down](#)



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Sleep for Kids

Children 5 to 12 years old should have 10 to 11 hours of sleep each night to be the best they can be each day. Click [here](#) for resources including facts and games for children.




NB Sexual Health Survey for Parents

Looking for parents, step-parents or guardians of a child 18 years or younger. Horizon and Vitalité Public Health want to hear from you!! [Click to access the survey](#). Thank you for your participation!

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!

**IS IT A
COLD OR FLU?**

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT 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.

Pertussis (whooping cough) is a disease of the lungs and throat caused by the bacteria *Bordetella pertussis*. Check out these [facts](#). **Immunization** is the best way to protect against whooping cough. It is recommended all adults receive a pertussis vaccine.

Allergies and Anaphylaxis

With the start of a new year it is an excellent time to remind your school community about being **Allergy Aware**. This includes food and scents. Upcoming opportunities for awareness include March Nutrition Month and May is Food Allergy Awareness month. Reminder to everyone where the epinephrine auto-injectors are kept, to check expiry dates and where F.A.S.T. posters for anaphylaxis are displayed.

- [Allergy-aware resources](#) for educators
- [Sweet Caroline Foundation](#)
- [Food Allergy Canada Resources](#)
- [AllergyCheck.ca](#) An easy tool to help identify the likelihood of a food allergy.

Concussion – Update

Concussion awareness online learning for [school professionals](#).

Check out the Parachute Canada concussion campaign video [CheckForConcussion](#)

CBC Kid News has an interesting 5 minute video [“Have you ever tried to hide a concussion?”](#) The kids share their stories and speak with Dr. Kevin Gordon, a pediatric neurologist in Halifax.

Winter Fun

Get outside and have fun in winter. Check out tips and ideas from [Active for Life](#)

Click [here](#) for winter safety tips.



Cannabis: What's New?

An emerging concern is the legalization of cannabis edibles and beverages. This may be helpful information when discussing environmental hazards and poisons with students. [7 Things You Need to Know about Edible Cannabis](#)

[Resources](#) for teachers and parents regarding the legal implications and health facts related to cannabis use.

Healthy Food Healthy Life

Looking to make some changes in the New Year? Find 10 "SMART" Healthy Eating goals at [UnlockFood.ca](#)

When food is prepared and cooked at home, the amount of highly processed products purchased and consumed can be reduced. Meals cooked at home support healthier eating because they tend to use ingredients lower in sodium, sugars and saturated fat (Canada's Dietary Guidelines for Health Professionals and Policy Makers, 2019).



[March Nutrition Month 2020](#) theme is “More Than Food”

A variety of resources are available to assist you on ASD-S One site under Health Resources as well as the ASD-S website under Parent Resources.

Remember “Go With the Flow Drink H2O” and continue to promote the benefits of drinking wa-

[Canada's Food Guide](#)

[Educator toolkit](#) for K-8

[Canada Food Guide ordering resources](#)

Dental Health

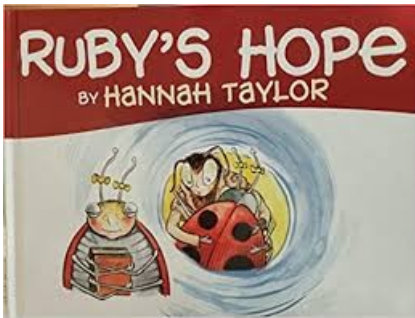


The Fluoride Mouth Rinse Program will not have any more fluoride rinse available this year.

NB Dental Society offers lesson plans for [teachers](#) [Puzzles and games](#)

Brushing with toothpaste that has fluoride, flossing and visiting a dentist regularly can help a child maintain healthy teeth and gums.

[Healthy Smiles, Clear Vision Program](#) is applicable some families.



Power of Kindness

Last fall, Hannah Taylor author of *Ruby's Hope*, a story that inspires hope and caring and empowers its readers to get involved and "make change", at any age was a guest speaker at the Youth *MakeChange* in their community event hosted by Fundy Wellness Network. The Saint John Medical Society and Fundy Wellness Network purchased a copy of *Ruby's Hope* for each of our elementary schools. Click [here](#) to listen to a video reading of the book.

Risky Play: What's It All About?

Risky play allows for opportunities for children to challenge themselves, test limits, explore boundaries to encounter and learn about risk of injury. For more information click [here](#)

Hazard: An item or situation where the source of harm is not obvious to the child. e.g. needle in the sand, broken equipment on the playground.

Risk: A situation where the child can recognize and evaluate the challenge and decide on what to do (e.g., climbing a tree).



Stress? What Can I Do About It?

Themes

- January - Being a Good Citizen
- February - Being Empathetic
- March - Being a Team Player
- April - Being Fair
- May - Being Responsible
- June - Being Respectful

