



# Healthy Learners in School Newsletter

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

### Want to know more about ...

- Cold or Flu?
- 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; all 23 middle and high schools provided information sessions for staff and students about allergy and anaphylaxis; high school food conference for HEC and SSEC (SJEC in March)

**Hampton Education Centre**

Ann Hogan BScN RN

**Saint John Education Centre**

Alberta Stanton Rousselle RN BN

**St. Stephen Education Centre**

Joyce Walker-Haley BScN RN

**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...**

- Lung infections
- Throat infections
- Ear infections
- Sinus infections

**COMPLICATIONS CAN INCLUDE...**

- 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



In December 2018, the Department of Education and Early Childhood Development updated the revised [Policy 711](#) : Healthier School Food Environment. A variety of resources are available to assist you. They can be found on ASD-S One site under Health Resources as well as the ASD-S website under Parent Resources. March is [NutritionMonth2019.ca](#) 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.

### March is Nutrition Month

Kudos to HEC and SSEC for their very successful School Food Conferences, where high school teams discussed food culture and marketing, food security, food waste, school gardens, and other components of a healthy school food environment. We are looking forward to SJEC's School Food Conference in March 2019!

Resources can be found on ASD-S One Site: Health Resources → Nutrition → School Food Conference.



## Allergies and Anaphylaxis

Congratulations to all of our 23 middle and high schools that provided information sessions to staff and students regarding allergy awareness and anaphylaxis management! In conjunction with Sweet Caroline Foundation and Food Allergy Network, ASDS is leading a national pilot to enhance allergy awareness and emergency response to an anaphylactic reaction.

- [CBC White Coat Black Art](#) – 8 year old River explains her allergic reaction and how she uses her EpiPen.
- Food Allergy Canada Anaphylaxis 101 (2 minute [video](#))
- [Sweet Caroline Foundation](#)
- [Food Allergy Canada Resources](#)

# Concussion – Update

[Concussion Awareness Training Tool Online](#)

Concussion 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](#)



# Hot Topics: Cannabis and Vaping

A clear message for students is there are no circumstances under which vaping or cannabis are healthy behaviors for youth. None of these substances can be used on our properties which includes school buses as per the [Policy 702 Tobacco Free School](#) which includes cannabis and vaping.

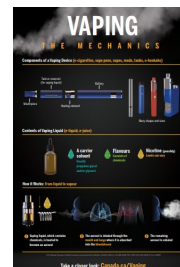
If we teach youth to refuse tobacco, they will be less likely to try vaping, alcohol, cannabis, and other risky behaviors. Youth remain unclear about the effects and harms of cannabis and vaping, and do not see them to be as risky as tobacco. It is important for frequent intentional conversations regarding the evidence-informed harms of vaping and cannabis, to challenge the sources upon which youth base their opinions.

## Cannabis

- Health Canada [Cannabis resources](#)
- Government of NB [cannabis](#)
- [Ophea](#)



Health Canada [vaping](#)



## Winter Safety

Click [here](#) for Parachute Winter Safety Tips

## February—Suicide Prevention



### How We Talk About Suicide Makes a Difference

Language is key to caring, and understanding. When talking about suicide or suicide related behaviours, the language of hope and comfort helps to avoid stigmatization. Preferred terms are “died by suicide” or “suicide attempt”; rather than “committed suicide” or “completed suicide”

Learn more: [Canadian Mental Health, Health Canada](#)

### February [Teen Dating Violence Awareness Month 2019](#)

Your Love is Unique ... with Consent a reminder that each relationship has it's individual traits, and everyone deserves to have their boundaries respected!

[May Sexual Assault Awareness Month](#) Watch for information about a contest for high schools about consent and boundaries.



The goal of The Link Program is to give an individual experiencing any kind of issue an opportunity to access a service through the Helping tree. Requesting the support of a Link companion, or of a trusted person, is also recommended. We want to give everyone the chance to find a solution to their concern, through a supportive resource, before it becomes more serious.

Link Companions are found in every middle and high school in ASD-S.

For more information check out the Link website [www.programmelemaillon.com](http://www.programmelemaillon.com)



### Themes

Check out your 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

## Stress? What Can I Do About It?

Are you stressed out?

Some symptoms of being stressed include feeling anxious, constantly irritated, unmotivated, overwhelmed, fatigued, and having trouble sleeping.

Click for more info [Anxiety Youth Canada](#)