



Healthy Learners in School Nurses: Promoting Health and Wellness

Welcome to the 2022-2023 school year!

Saint John Public Health and Anglophone South School District (ASD-S) work together to provide safe and healthy environments in our school communities. Every day schools provide opportunities for students and staff to make healthy choices!

More than 90% of all injuries are predictable and preventable.



[Parachute](#) is Canada's leader in injury prevention focusing on unintentional injuries in the home, at play, sports and on the move.

Check out their new podcast [Popping the Bubble Wrap](#). This focuses on the "household safety officer" the person in a family who worries about safety."

Protect Your Brain—You Only Have One



Helmets are for EVERYONE of all ages! A brain injury can permanently change the way someone walks, talks, plays and thinks for life.

Helmets need to be correctly fitted and secured to work properly. Did you know there are different helmets for different activities?

Check this out to find out [what helmet is right for what activity](#).

multi-impact helmets such as hockey or skateboard helmets and are designed to protect against more than one impact, but must be replaced when you see damage.



Booster Seat or No Booster Seat, How Do I Know?

[Parachute Canada](#) recommends this five-step test to see if your child is ready to move from a booster seat to a seat belt. Remember that each vehicle is a bit different. Your child may not need a booster seat in one vehicle but may require one in a different vehicle.

Your child

- can sit all the way back against the back of the vehicle seat.
- knees bend comfortably over the edge of the vehicle seat without slouching.
- lap belt fits low and snug across the hips and doesn't ride up on the stomach.
- shoulder belt goes across the chest bone and the middle of the shoulder, not touching the neck and never behind the back.
- can sit properly for the entire trip.
- is taller than 145 cm (4 ft. 9 in.).

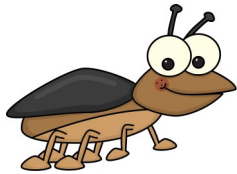
Communicable Diseases Questions ?

Need any information on a communicable disease such as [Influenza](#), [chicken pox](#), [whooping cough](#) ([pertussis](#)) and lots more. When does my child need to stay home from school? Check out the Family Resources tab and Health Topics on the ASD-S website for lots of helpful information [Communicable Disease Resource for Educators and Parents](#)

COVID-19 information may be found on the GNB website [Living with COVID-19](#)



Health Protection Surveillance Centre—Ireland

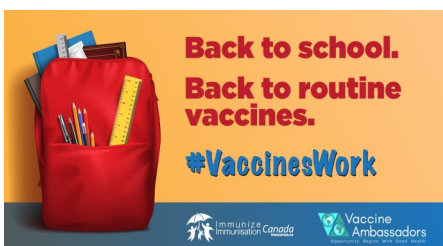


Things That Might Bug You - [Insects and Mites](#)

Lice, scabies, and bed bugs usually do not cause any serious health risk but they can be a nuisance. Head lice and scabies live on the human body. Bed bugs do not stay on a person for any length of time but can be found living in homes and other buildings.

Note: **If your child has an undiagnosed rash or skin condition, they should be evaluated by a healthcare provider before returning to school.

- [Head lice](#) - can be challenging to manage. Click [here](#) for a useful calendar tool to help you keep track of lice treatment. No exclusion from school is required.
- [Scabies](#) - is caused by tiny insects called mites. The mites dig into the skin and lay eggs which causes small, red, raised spots usually between the fingers and/or toes, in the groin area, around wrists or elbows but can be anywhere on the body. This rash usually causes itchiness that is worse at night. Before returning to school scabies needs to be treated with a cream or lotion that you can get at a pharmacy.
- [Bed bugs](#) - cannot fly or jump. They are typically found where people sleep and can be carried into a home on objects such as furniture, clothing or luggage. Bed bug bites typically appear in a straight row of 2 or 3 bites. Check out this [FAQ](#).



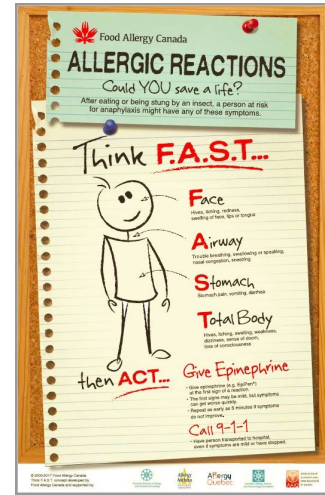
Wondering what immunizations are recommended at various ages? Check out this [link](#)

ASD-S: We are Allergy Aware. Our schools and buses are peanut/nut free.



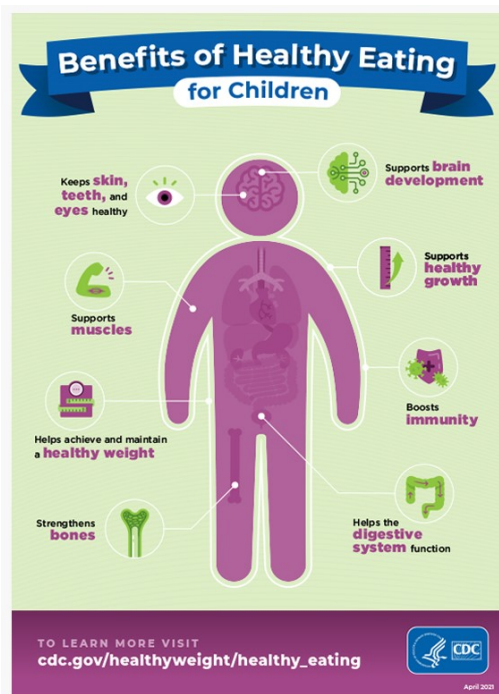
Food allergy FAQs

- 1 What is it?**
When you have a food allergy, your immune system mistakes something in a particular food (most often, the protein) as harmful. Your body responds to the food (an allergen) by having an allergic reaction.
- 2 How much of a food allergen does it take to cause a reaction?**
Even a small amount of an allergen can cause a serious allergic reaction.
- 3 How fast can a reaction to a food happen?**
Most allergic reactions happen within minutes, but some can occur a few hours after exposure.
- 4 What can be done to prevent a reaction?**
There is no cure for food allergy. Avoiding the allergenic food is required to prevent a reaction. This can be done by reading ingredient labels, taking precautions when preparing and serving food, and following other safety measures.



[Food Allergy Canada](http://FoodAllergyCanada.com)

What's for Snack and Lunch? Why is it Important? Looking for Ideas? [Healthy Snacks - Tips and Tricks](#)



Saint John Public Health healthy Learners in School Program



Hampton Education Centre - Ann Hogan BScN RN
 Saint John Education Centre - Tracey Curtis RN BN
 St. Stephen Education Centre - Kelly Harrell BN RN