



Healthy Learners in School Newsletter

Want to know more about ...

- Allergy and anaphylaxis
- Communicable disease
- Concussions
- Diabetes at School
- Policy 711 Healthier School Food Environment
- Link Program
- Fluoride Mouth Rinse Program
- Back care
- Mental Fitness/CELEBRATE

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

Welcome to the 2018-2019 school year!

Healthy Learners in School Program helps to improve, maintain and support the long-term outcomes of student health, wellness services and learning achievement.

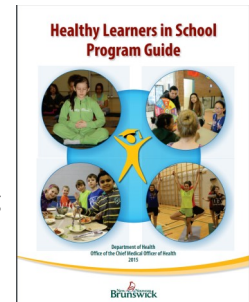
Based on the [Comprehensive School Health Framework](#), the school community helps to improve health and wellness by:

- Providing healthy, supportive and safe learning environments.
- Acquiring knowledge, skills and experiences that build

competencies

- Building partnerships and accessing services wellness.
- Developing and supporting practices and policies that promote health and wellness.

The program includes initiatives and activities that occur in schools and their surrounding communities. The program is not intended to provide individual level services/care.



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

ASD-S District Health Advisory Committee

The District Health Advisory Committee (DHAC) helps to provide structure, support and context to the Healthy Learners in School Program.

The DHAC promotes healthy school communities through health promotion and primary prevention actions that involve all areas of health (mental, physical, emotional, social and spiritual).

The priorities for the DHAC (2017 –2020) are based on evidence from the NB Student Wellness and OurSCHOOL surveys, as well as other sources.

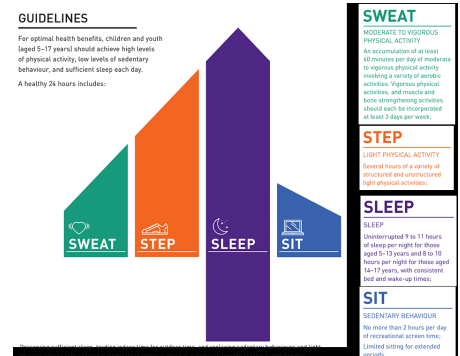
The 3 health focus areas include: mental fitness, healthy relationships and physical activity.

Committee members are representative of the schools, parents and the community.

GUIDELINES

For optimal health benefits, children and youth (aged 5-17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



physical Activity

Healthy Relationships

Mental Fitness

Allergies and Anaphylaxis

To assist you with your annual review and hands on epinephrine auto-injector training there are a variety of resources available. These can be accessed through [One site](#) and/or the allergy and anaphylaxis accordion file located at your school. This upcoming school year a process for doing a middle/high school wide presentation utilizing a PowerPoint, *Caroline's Story* video and trainers will be emailed to you. The expectation for schools is that this information is presented at a school wide assembly **no later than October 26, 2018**.

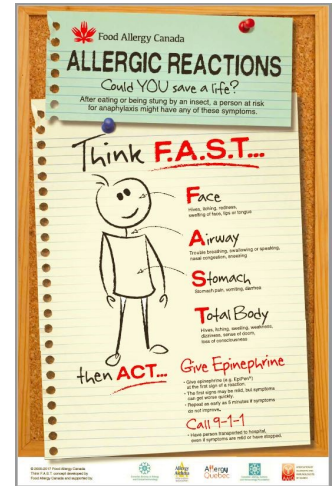
On the ASD-S website under the Parent Resources tab there is information and links on Allergy and Anaphylaxis.

We will provide you with facts and helpful tips you can share on your school website and/or newsletters.

- Grades 3 to 5 - [CBC White Coat Black Art](#) – 8 year old River explains her allergic reaction and how she uses her Epi-pen.
- UK lesson plans and resources for 5 to 7 year olds and 7 to 11 year olds www.allergyadventures.com/for-schools/sign-uplog-in/confirmation.aspx

[Sweet Caroline Foundation](#)

[Food Allergy Canada resources](#)



Communicable Diseases - What Do I Need To Do?



Worried about all the germs and bugs that are part of back to school? We have a solution for you.

Check out the Parent Resource tab on the ASD-S website for helpful information. For example, the [Communicable Disease Resource for Educators and Parents](#) which

includes information on the NB Immunization Schedule, NB School Exclusion Guide, Influenza Reporting, When to Keep Your Child Home from School and much more.



Concussions - What's All the Commotion About?

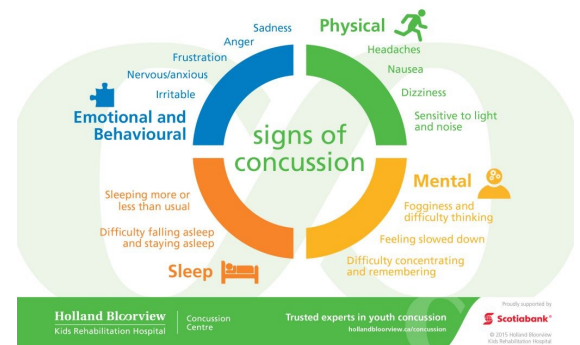
Are you feeling bombarded by information about concussions? Are you unsure what to do? We can help clarify.

During the 2017-2018 school year the Healthy Learners nurses surveyed all schools in ASD-S with grades 9-12 about concussions and how it effects each school community. A common theme from the discussions is the need for clear communication amongst families, schools and healthcare providers.

The importance of having a process that includes a plan for prevention education, recognition and management is essential.

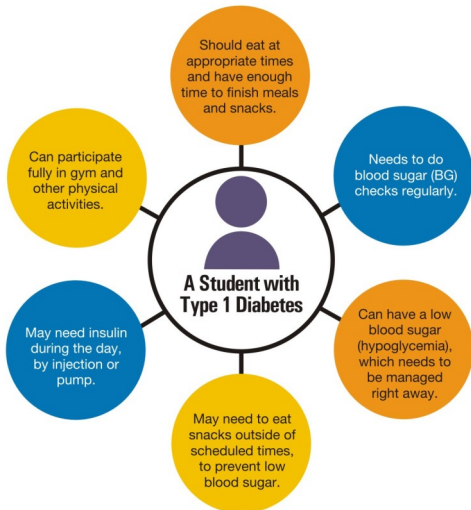
Typically, children and youth will recover from a concussion in 2 to 4 weeks, while adults usually heal within 7 to 10 days. Approximately 85% of people will fully recover within 3 months; however, some symptoms can last for months and have the potential to cause long-term difficulties. Following a return to learn plan can help.

Resources are available at [Parachute Canada](#) and [Concussion Awareness](#)



Diabetes at School

Key Points for School Staff



Annual diabetes training options include resources on ASD-S One Site Health Resources and click below diabetes@school



Policy 711 Healthier School Food environment: Are You ready?

In June 2018, the Department of Education and Early Childhood Learning released the revised [Policy 711](#) : Healthier School Food Environment. A variety of resources are available to assist you. Links in the policy provide you with the tools to understand how to apply the policy. The policy ap-

plies to all foods and beverages that are sold, served or otherwise offered in all school districts and public schools in New Brunswick including: classroom, co-curricular, extra-curricular, fundraising, school sponsored and

endorsed activities and events. **The policy does not apply to foods and beverages that students bring from home.**

Tools relating to vending machines, fundraising and celebrations can be found on ASD-S One site under Health Resources as well as the [ASD-S website](#) under Parent Resources.

“Eat Smart Be Smart”



The Link Program - Here for You



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

ASD-S Leads NB: Fluoride Mouth Rinse Program

Another successful year for our ASD-S Fluoride Mouth Rinse Program for Elementary students (grades 1-5). ASD-S leads New Brunswick with all 48 Elementary Schools offering and delivering the program this year with an 84% participating rate!

All schools have ordered their supplies for 2018-19. Schools should have the consent forms pamphlets and the remainder of the supplies will follow early September.

Fluoride is a naturally occurring element that helps prevent tooth decay. When we eat, the bacteria living in our mouth produce acid. That acid attacks the outer layer of the tooth called the enamel. This can lead to tooth decay. Fluoride makes tooth enamel stronger and interferes with the bacteria's ability to produce acid.



SUPPORTIVE ENVIRONMENTS PLAY AN IMPORTANT ROLE IN OUR MENTAL FITNESS



Back to School Back Care: Backpacks

Following are some backpack tips from the [American Academy of Orthopedic Surgeons](#) and the [Canadian Chiropractor](#)

Look for a backpack that is an appropriate size. The bottom of the pack should rest in the curve of the lower back. It should not be more than 10 cm below the child's waist.

The backpack should

- Have two wide, padded shoulder straps
- Have a Padded back
- Have a Waist strap
- Be Lightweight
- When packed should only weigh 10% of the students body weight

Encourage students to tell their caregiver about any numbness, tingling, or

Remind students to:

- Always use both shoulder straps to help distribute the weight of the backpack across the back.
- Tighten the straps to keep the load closer to the back.
- Place heavier items inside low and towards the center of the backpack.
- Only carry items that are needed for the day
- Lift properly by bending at the knees when picking up a backpack.



Themes

Check out your box at your school to support mental fitness

September—Being Yourself

October—Being Grateful

November—Being Kind

December—Being Generous

