

Health Information for Teachers, School Staff, Parents and Students!

BACK TO SCHOOL....HEALTHY!

The new school year is upon us and with that comes an interest in keeping kids active, safe, alert, and engaged. This issue will provide parents and teachers with helpful information to get their kids off to a fresh and healthy start.

Back to school buggy?

Whenever large groups of people are together germs can be spread. For protection:

- Stay home when sick to avoid passing germs.
- Encourage kids not to touch their eyes, nose, or mouth after touching door handles or other surfaces that might harbor germs.
- Remind children to wash their hands often and use their sleeve to cough or sneeze.
- Ask your school health nurse for displays and information on hand washing and about the education program "Do Bugs Need Drugs"

www.dobugsneeddrugs.org



Back to school safely!

Walking or riding a bike to school can be a fun, safe, and environmentally friendly way to travel.

- Clear out the cars! Schools can create a safe space for pedestrians to travel by foot by restricting the areas where cars can drop off kids. Use cones to mark no vehicle zones.
- Help children to identify a safe route to school by doing a mapping exercise – they will likely find someone else with the same route.
- Bike safety can be reinforced at home and in the classroom. http://www.skprevention.ca/wp-content/uploads/2012/12/Bicycle-Safety-Activity-Book_2014.pdf
- To encourage more students to walk or ride to school suggest or start a walking school bus!
- Participate in iWalk – International Walk to School Week Oct 6-10. It is not too late to sign up and receive resources for this event.

<http://dashbc.ca/what-we-do/programs-initiatives/walk-and-wheel/>



Back to school healthy!

• "Lunches to Go" including healthy tips and ideas for lunches and snacks. Share with parents and staff.



<http://www.interiorhealth.ca/YourHealth/ChildrenYOUTH/Documents/Nutrition-Lunches%20to%20Go.pdf>

• Role modeling is an excellent way to reinforce healthy eating messages!

• If you help to plan hot lunches at your school, use the School Meal and Nutrition Handbook, Guidelines for Food and Beverage Sales, Tips for Better Bites and Brand Name Food List. All have great ideas and tips on how to provide healthy school lunches. Visit

<http://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Pages/default.aspx>

Back to school happy!

New routines can be stressful. The quicker you get back into a healthy routine, the more settled and happy you will feel.



Whether you are a teacher or parent (or both) these tips can help.

- Kids need room to move! That doesn't mean more spaces and places—it means more time to run, move and play, throughout the day, in every way. Get out and be active with them!
- Try and have a consistent bedtime for the whole family. Sleep is important for physical, emotional, and mental health.
- Be patient with yourself and your kids. It takes time to get settled into a new year.
- Don't be afraid to ask for help. There are many resources that can support you and your children.

<http://www.interiorhealth.ca/YourHealth/ChildrenYOUTH/Pages/MentalHealthPromotion.aspx>

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