

**2006–07**

# **Secondary School Calendar**



# Health Promoting Schools



A “**Health Promoting School**” is a place where all members of the school community work together to provide students with integrated and positive experiences and structures that promote and protect their health.

In Thunder Bay there are 4 Public Health Nurses on the Health Promoting Schools Team who can provide:

- Health Information
- Classroom curriculum support and resources
- Programs and events such as “Exercise in Disguise” and “Turn Off the Screens”
- Facilitation of peer led initiatives such as Active Playgrounds and NicoTEEN
- Support for development or review of school policies in the areas of nutrition, physical activity, tobacco, injury and substance abuse prevention.

Looking for resources or information? Planning a health promotion initiative? Thinking about making changes? Call us, we’d love to help! Invite us to your next Staff meeting, School Council meeting, Student Council or Leadership meeting.

To contact the Nurse assigned to your school call 625-5972. For schools located outside the city of Thunder Bay, contact the Public Health Nurse in your community.



### **Interested in a specific topic?**

School Health Promotion Activities	September
Immunization/ communicable disease prevention	October
Substance Abuse Prevention	November
Injury Prevention	December
Tobacco Use prevention	January
Sun Safety	February
Nutrition	March
Oral Health	April
Youth Week	May
Workplace Health	June

Check out our newsletters for parents and teachers giving the latest information, events, and resources at [www.tbdhu.com](http://www.tbdhu.com)

# Thunder Bay District Health Unit Telephone Numbers



Health Promoting Schools Contact	625-5972
Alcohol and Substance Abuse Prevention	625-7994
Audiology	625-5922
Communicable Diseases	625-8318
Dental Services	625-5984
Fair Start	625-8817
Food Safety Courses	625-5930/5926
Genetic Counseling	625-5924
Healthy Babies Healthy Children	625-8819
Immunization and Traveler's Clinic	625-8810
Immunization – School Program	625-5971/8346
Injury Prevention/Risk Watch	625-5979
Media Relations (Communications)	625-8800
Nutrition Services	625-5968
Physical Activity Promotion/Heart Health	625-5923/5970
Prenatal Classes (Adults and Teens)	625-5972
Public Health Inspection/Septic	625-5930/5926
Reproductive Health	625-5972
Roots of Empathy	625-8825
Sexual Health Clinic Balmoral site	625-5944/5976
Village Clinic	624-2000
Anonymous HIV Test	625-5981
Speech Language Pathology	625-5936
Sun Safety	625-5914
Tobacco Resource Action Centre	625-5982
Wellness@Work	625-5911
Main Office	625-5900
Nipigon Office	887-3031
Schreiber Office	824-2413
Marathon Office	229-1820
Manitouwadge Office	826-4061
Geraldton Office	854-0454
Toll-free in Thunder Bay District	1-888-294-6630
Telehealth Ontario	1-866-797-0000



## Welcome to a healthy new school year!

**YOUTH WEEK 2007** needs youth volunteers! Check out the month of May for more information.

### **Student Councils?**

We would love to work with you! Call us to come in to your next meeting!

### **YAA (Youth Action Alliance)**

Have you heard of the YAA? Find out what these groups have planned for tobacco free initiatives in your community! They are making change happen! Call 625-8306.

**Volunteer Hours?** The YAA has opportunities for you, contact 625-8306 for more information.

For information or assistance with your school's health promotion plans, contact your Public Health Nurse. We'd love to help!

# September 2006

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

				1	2	3
Labour Day						
4	5	6	7	8	9	10
						Terry Fox Run
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
				Deadline for Eat Smart! Cafeteria applications		

Contact your Public Health Nurse \_\_\_\_\_



## **Have You had Your Immunizations?**

High school students are protected from many serious diseases, thanks to vaccines. Our Vaccine Preventable Disease Team provides an annual immunization clinic at school. High school students are offered a booster shot (tetanus, diphtheria, and pertussis) all in one shot.

A voluntary vaccine of Meningitis is also offered to students who have never received the immunization. Take responsibility for your health and get vaccinated. For more information regarding school immunization call 625-5971/625-8346.

### **Prevent Spread of Infection**

Hand washing is the single most important way to prevent the spread of infection! A guide for principals, teachers and child care providers is available to assist you in responding to communicable diseases.

### **Beat the Bug! Don't let the Flu make you blue!**

Visit a Flu clinic nearest you. They are scheduled throughout the community between November and December. Call the flu line for information 624-9082 or 1-866-607-3337.

# October 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
International Walk To School Week 2	3	International Walk To School Day 4	5	6	7	1 8
Thanksgiving Day 9	10	11	12	13	14	15
16	17	18	19	20	21	22
Healthy Workplace Week 23	24	25	26	27	28	29
30	Halloween 31					

Contact your Public Health Nurse \_\_\_\_\_



## Let's Talk

**Drug Awareness Week** is Nov. 19-25. Need ideas for videos to show in your classroom? Contact your Public Health Nurse.

Ask about our **Safe Party Resource Kit!**

Check out [www.teenwavez.com](http://www.teenwavez.com) – a website where teens can find information on safe partying including how alcohol and drugs affect their bodies.



**Plan ahead.  
Get home safely.**

# November 2006

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

		1	2	3	4	5
					Remembrance Day	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Drug Awareness Week						
20	21	22	23	24	25	26
27	28	29	30			

Contact your Public Health Nurse \_\_\_\_\_

# WEAR the GEAR

## Be Safe

- Buckle Up
- Drive Sober
- Wear the Gear

For more information on upcoming Injury Prevention activities visit our website @ [www.tbdhu.com](http://www.tbdhu.com)

Find out more about:

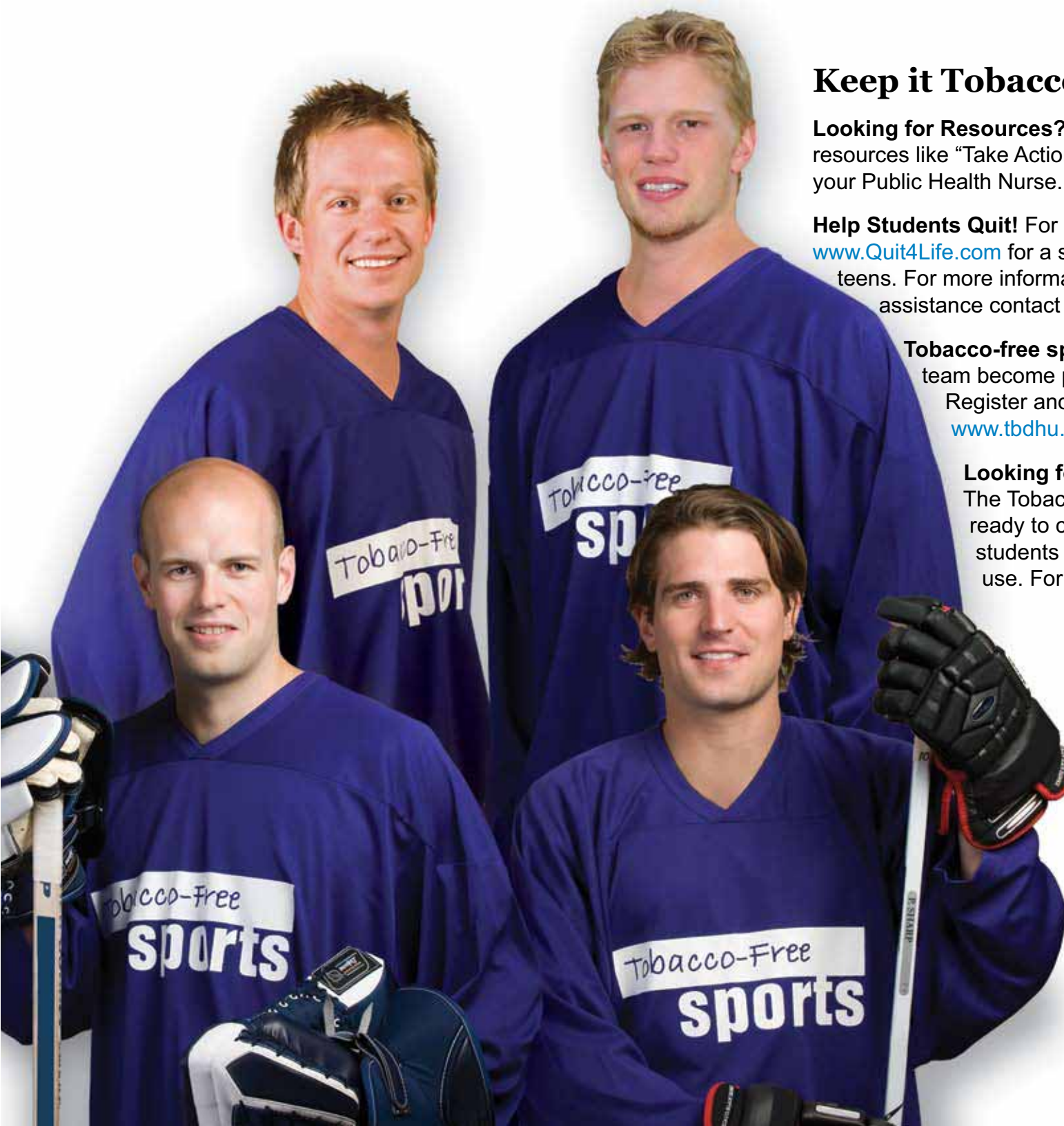
- Road Safety Challenge
- Snowmobile/ATV Safety
- Bicycle Safety
- Snowboard/Skiing Safety



# December 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	Christmas Eve
Christmas Day	Boxing Day					New Year's Eve
25	26	27	28	29	30	31

Contact your Public Health Nurse \_\_\_\_\_



## Keep it Tobacco-Free

**Looking for Resources?** Go to [www.ophea.net](http://www.ophea.net) for resources like “Take Action” and “Lungs are For Life” or call your Public Health Nurse.

**Help Students Quit!** For more information visit [www.Quit4Life.com](http://www.Quit4Life.com) for a self-help booklet designed for teens. For more information or for individuals looking for assistance contact 625-8815

**Tobacco-free sports!** Have your school sports team become part of “Tobacco-free sports”! Register and get more information at [www.tbdhu.com](http://www.tbdhu.com).

**Looking for Class Presentations?** The Tobacco Control Unit’s peer leaders are ready to come to your class to talk to your students about the dangers of tobacco use. For more information call 625-8306.

# January 2007

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

New Year's Day 1	2	3	4	5	6	7
8	9	10	11	12	13	14
National Non-Smoking Week 15	16	Weedless Wednesday 17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Contact your Public Health Nurse \_\_\_\_\_

# Volunteering for skin cancer?



**Be Skin Savvy.  
Avoid Tanning Beds.**

**Remember that any tan is skin damage!**

Want that tanned look? Try using a sunless tanning lotion! For more information or resources contact your Public Health Nurse.

USE A SUNSCREEN OF



OR HIGHER

# February 2007

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	National Heart Health Month		1	2	3	4
Eating Disorders Awareness Week			8	9	10	11
5	6	7	8	9	10	11
Through with Chew Week		Valentine's Day				
12	13	14	15	16	17	18
19	20	21	22	23	24	25
		Smoke-Free Movies Day of International Action				
26	27	28				

Contact your Public Health Nurse \_\_\_\_\_





## **Promote a healthy nutrition environment in your school!**

Take part in the **Nutrition Month Challenge**. Contact your Public Health Nurse to participate in this fun challenge.

Promote healthy choices in your cafeteria by joining ***Eat Smart!* Ontario's Healthy Cafeteria Program**. Call your Public Health Nurse for more information.

**Coming soon!** Contact your Public Health Nurse for the **new** Canada's Food Guide to Healthy Eating.

# March 2007

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	Nutrition Month					
			1	2	3	4
5	6	7	8	9	10	11
Spring Break					St. Patrick's Day	
12	13	14	15	16	17	18
19	20	22	22	23	24	25
26	27	28	29	30	31	

Contact your Public Health Nurse \_\_\_\_\_

# Don't 'chews' TO LOSE!

## **A healthy mouth is important for a healthy life!**

It's known that regular brushing, flossing, a healthy diet and regular visits to your dentist all contribute to good oral health. Were you aware of the negative impacts of smokeless tobacco on your oral health?

Smokeless tobacco use among youth is increasing. Remember to include smokeless tobacco in your school's current tobacco free policy. For more information call 625-8815.



# April 2007

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

				Dental Health Month		1
				World Health Day		
2	3	4	5	6	7	8
				Good Friday		Easter Sunday
9	10	11	12	13	14	15
Easter Monday					Earth Day	
16	17	18	19	20	21	22
23						
30	24	25	26	27	28	29

Contact your Public Health Nurse \_\_\_\_\_

A group of five young people, three boys and two girls, are smiling and holding a large white banner. They are wearing blue t-shirts with a yellow starburst logo and the text "Youth Week 2006 Advisory Council". The background is a vibrant red with stylized white and yellow text and graphics, including the words "ROCK" and "YOUTH WEEK".

# Youth Rock!

**Volunteer Hours?** Meet new people! Have FUN! Become a Youth Advisory Council member! Help to plan Youth Week events! Call 625-5972 for more information.

Planning an event? Have it advertised on the Youth Week calendar of events!

**YOUTH WEEK 2007!** Wanna see what it's all about? Check out [www.teenwavez.com](http://www.teenwavez.com) for information and pictures of last year's events.

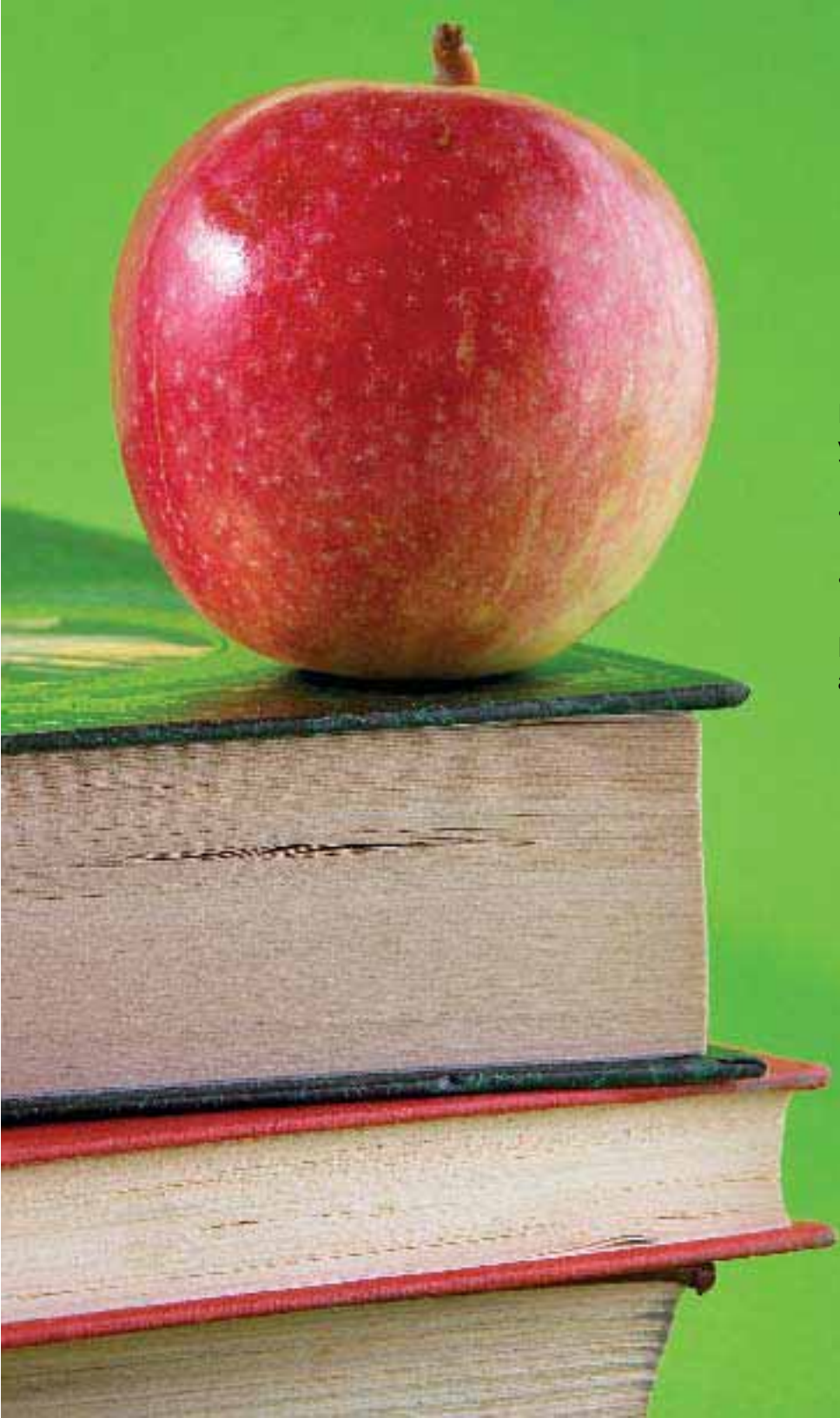
**Get Moving!** OPHEA is the place to go! [www.ophea.net](http://www.ophea.net) has a variety of resources to offer! Workshops, consultations, training and resources at your fingertips!

Planning to promote healthy active lifestyles? Call your Public Health Nurse for support.

# May 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Speech & Hearing Awareness Month						
	1	2	3	4	5	6
						Mother's Day
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Victoria Day						
21	22	23	24	25	26	27
National Sun Awareness Week			World No Tobacco Day			
28	29	30	31			

Contact your Public Health Nurse \_\_\_\_\_



## **Do the Math!**

### **Healthy Teachers = Healthy Students**

Incorporate healthy lifestyle activities into your work day as well as during your time outside of work.

- organizing a Healthy Snack Basket in the staff room for school staff
- participate in the 10,000 Step Workplace Pedometer Challenge

For more ideas, information and resources, contact Susan Armstrong at 625-5911.

# June 2007

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

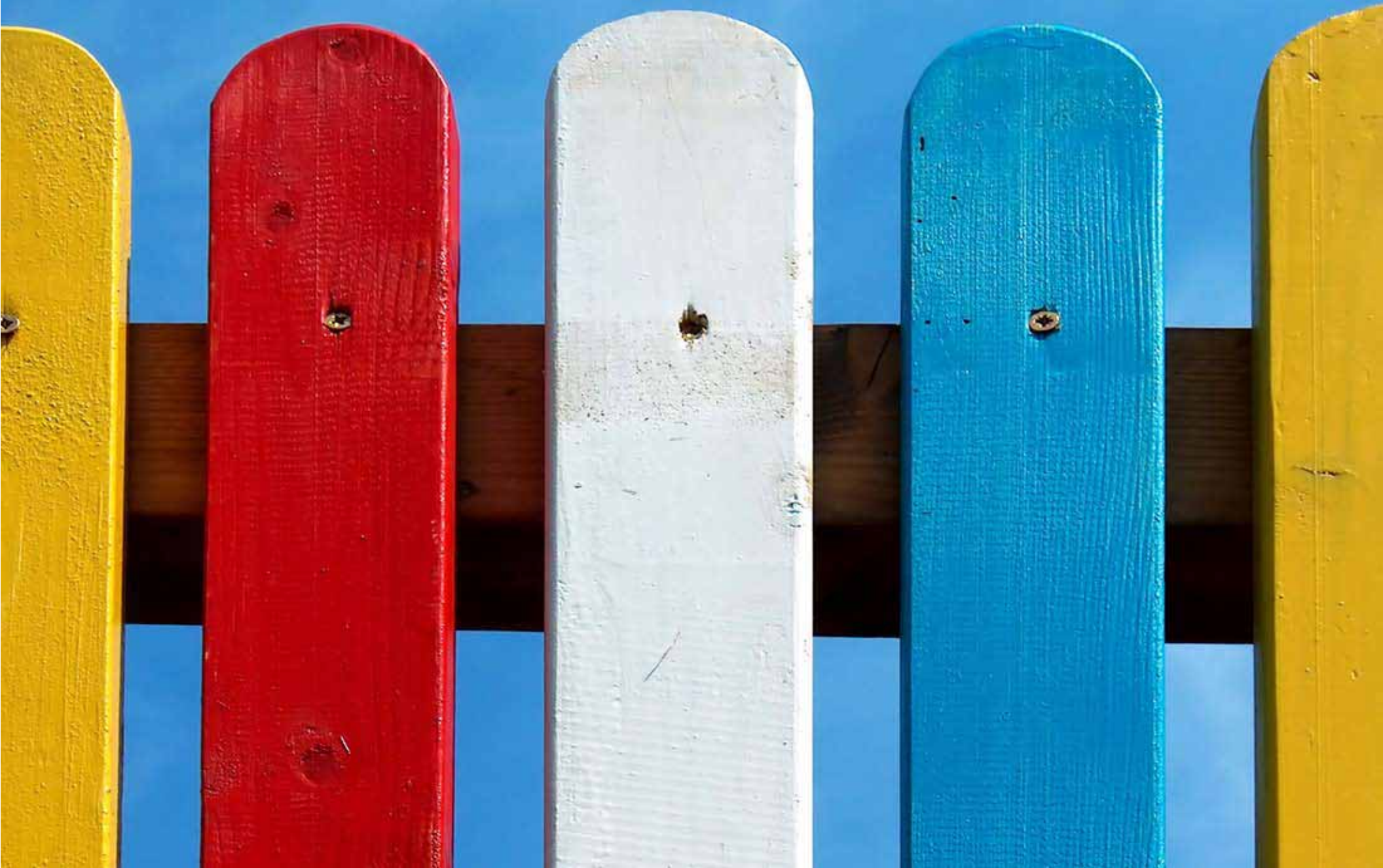
Sunday

					1	2	3
Safe Kids Canada Week							
4	5	6	7	8	9	10	
							Father's Day
11	12	13	14	15	16	17	
			National Aboriginal Day				
18	19	20	21	22	23	24	
25	26	27	28	29	30		

Contact your Public Health Nurse \_\_\_\_\_



**Have a safe and healthy summer!**



# July 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24					
30	31	25	26	27	28	29

# August 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Contact your Public Health Nurse \_\_\_\_\_



*Get active!*



*Reach for it!*



Thunder Bay District  
Health Unit

[www.tbdhu.com](http://www.tbdhu.com)



Health Promoting Schools



Health Promoting Schools

09-2006 HPS