



This newsletter was put together by Timiskaming Health Unit for educators, parents, and guardians who are supporting children and youth at this time. Childhood is a time when health practices and behaviours are learned, and adolescence is a period when both positive health behaviours and risk behaviours are adopted. This newsletter started out as a resource for school teachers, but considering the current school closures we have turned it into a newsletter for ANYONE educating kids!

Kudos to everyone for helping students learn in a new way!

Below you will find resources, curriculum-linked activities and more, all to help promote student wellbeing.



Check out *Kids Boost Immunity*[™] for free Science, Social Studies and Health lessons developed by teachers to inspire digital age learning in support of UNICEF Canada.

New COVID-19 lessons have been added, including what we should know about staying healthy, and how to avoid misinformation.

Curated lessons with interactive quizzes that mirror your province's science, health and social studies curriculum – all for free. **For every quiz that students complete, we'll donate a vaccine to someone in need!** [Here's how it works.](#)

This is so easy to use! Within 5-10 minutes of registering, you'll understand how it works!

STEP 1: Register as a teacher
(Create a teacher account by filling out a simple online form that takes a minute)

STEP 2: Make a team (class)

STEP 3: Get your students to join your team

**CLICK HERE
TO GET STARTED**

<https://kidsboostimmunity.com/how-it-works>



RECIPE OF THE MONTH



Cheesy Egg Stuffed Peppers

<http://www.eatingwell.com/video/8540/how-to-make-cheesy-egg-stuffed-peppers/>

<http://www.eatingwell.com/article/17485/50-inspiring-omelet-filling-ideas/>

NORTHERN FRUIT & VEGETABLE PROGRAM

We are working with the Student Nutrition Program (SNP) and The Northern Fruit & Vegetable Program (NFVP) to reallocate the food students regularly get at schools to their homes. Keeping students healthy will support them with learning from home. Information on where to access healthy food packages can be found here!

[FREE Fruits and Veggies for Students – The Northern Fruit and Vegetable Program](#)

The [Northern Fruit and Vegetable Program](#) provides vegetables and fruit every week to students in JK to Grade 12. For the duration of the COVID-19 pandemic, NFVP has partnered with Red Cross's Student Nutrition Program (SNP), New Liskeard Salvation Army and Kirkland Lake Salvation Army to provide free food hampers for students to pick up at the two Salvation Army food banks or other locations. Each food hamper will include snacks provided by the SNP as well as 1 bag of whole fruits and 1 bag of vegetables provided by the NFVP.

How can I pick up a hamper?

If your child is in JK to Grade 12, and your school has not yet provided you information on how to do so, please follow these **2 simple steps**:

1. Identify which pick up location and time works best for you.

| LOCATION: | DAY | TIME | CONTACT |
|-----------------------------------------------|-----------|-------------------|-----------------------------------------------------|
| New Liskeard Salvation Army | Friday | 10 a.m. – 12 p.m. | New Liskeard Salvation Army |
| Elk Lake (Curb-side drop off within Elk Lake) | Mondays | Contact THU | Timiskaming Health Unit 1-866-967-9355, Ext 2278 |
| Kerns Public School Parking Lot | Friday | 12 – 2 p.m. | Timiskaming Health Unit 1-866-967-9355, Ext 2278 |
| Cobalt (St. Patrick School parking lot) | Friday | 2 – 3 p.m. | Red Cross 705-679-3191 |
| Temagami Legion | Friday | 1 – 6 p.m.** | Timiskaming Health Unit 1-866-967-9355, Ext 2278 |
| Haileybury Food Bank | Thursday | 10 a.m. – 12 p.m. | Red Cross 705-679-3191 |
| Englehart Public School parking lot | Friday | 12 – 1 p.m. | Red Cross 705-679-3191 |
| Earlton Assomption School parking lot | Friday | 1 – 1:30 p.m. | Red Cross 705-679-3191 |
| Kirkland Lake Salvation Army* | Wednesday | 1 – 3 p.m. | Kirkland Lake Salvation Army |
| Larder Lake Town Hall parking lot | Friday | 2 p.m. | Kirkland Lake Salvation Army |
| McGarry Township Hall parking lot | Friday | 3 p.m. | Kirkland Lake Salvation Army |

2. Show up and pick up a bag! It is that easy!

*Note: If you plan to pick up from **Kirkland Lake Salvation Army** on Wednesdays, please RSVP by 5pm every Tuesday with this link: <https://salvationarmykirklandlake.book-appointment.com/>

For any questions, please contact the corresponding contact person or organization based on your location!

BE A ROLE MODEL

Let your kids see you eating and enjoying vegetables and fruit!

Did you know that when you sit down and eat together with your family you eat better?

Children who eat meals with their family: eat more vegetables and fruit; eat and drink more calcium-rich foods like milk and drink fewer sweetened beverages. Sharing a meal is a chance to catch up with those whom we love, an opportunity to de-stress, and build positive relationships with family members. It could help our children do better in school, get in better shape, and be less likely to abuse drugs and alcohol.



ENVIRONMENTAL HEALTH – SPRING CLEANING!

“When we organize and clean, we are moving and being physical. Any type of exercise is known to help reduce stress, which helps improve your mental health. When you feel organized and in a clean space, it can help you feel more relaxed, refresh your mind and help you gain clarity.” Dennise Conforti, president of the Professional Organizers in Canada.

There have been growing questions around the best ways to clean our homes to prevent spread of the virus. High-traffic areas like the entryway of your home where you and your family come and go from -- should be cleaned each day.

For dirty surfaces, the first line of defense is use of household cleaners. Disinfectants with 70% alcohol should also be used after the surface has been cleaned. **Reminder: always check the expiry date on disinfectants and ensure the product has a Drug Identification Number or DIN (8 digit#) on the label to show it has been approved by Health Canada.**

You can make your own disinfectant that will kill the COVID-19 virus by mixing 1 part bleach to 9 parts water. Mix thoroughly and make sure to clean soiled surfaces with soap and water first prior to using disinfectants. **Please do not make any other forms of cleaners and disinfectants as these are not tested or approved for use in Canada and could be harmful to your health. Including skin and lung damage.**

IMMUNIZATIONS/VACCINES

Even though the focus is on COVID-19 right now, it is important to protect children and youth from all vaccine preventable illnesses.

Ontario's Ministry of Health recommends that immunization services be provided during COVID-19, with proper measures in place to do so safely. Because routine in-school clinics are not happening this Spring, we invite parents/guardians to contact the THU to book an in-office appointment for student immunization if able to. THU may also prompt parents/guardians by mail or phone as we are able to. For students not able to come in to the office, we will follow-up in schools with catch up clinics in the Fall once it is safe to do so.

Routine Spring school clinics would have included:

- **Grade 7:** the second dose of human papillomavirus (HPV) and hepatitis B vaccines and any catch up for the meningococcal conjugate vaccine.
- **Students aged 14 to 16:** the three-in-one tetanus, diphtheria and pertussis (Tdap) vaccine.

For students who are due for the **4 to 6 year old booster**, contact your health care provider or call the THU to book an appointment.

To view immunizations required for school-aged children visit <https://www.ontario.ca/page/vaccines-children-school>. You can report and review student immunization records here: http://www.timiskaminghu.com/default.aspx?content_id=281.

YMCA AT HOME

In response to Covid-19, YMCA's across Canada launched **YMCA at Home**, a web-based virtual YMCA with free fitness classes, children's programs and personal wellness resources. In under 3 weeks, YMCA at Home has surpassed 4,000 subscribers and 75,000 views from Canada, USA, Australia, and even farther afield.

To support virtual classrooms, the YMCA is now proud to launch **YMCA Gym Class** - a free, virtual physical education program being made available to students across Canada.

YMCA Gym Class will feature Canadian-made content based on YMCA Canada's Health & Fitness programs and Canada's Physical Activity Guidelines, instructed by YMCA certified fitness coaches. Workouts will be designed to complement physical education course curriculum and we encourage school boards to make this resource available to students during school closures.

To preview **YMCA Gym Class**, go to <https://www.ymcahome.ca/gymclass>

EMERGENCY DENTAL SERVICES AVAILABLE

Although non-emergency dental services are suspended during the COVID-19 pandemic, emergency dental services are still available in Timiskaming. **If a student is eligible for the Ontario Healthy Smiles Program and is in need of emergency dental care, we can connect them to emergency dental services at no cost.**

Families can contact the Timiskaming Health Unit toll-free at 1-866-747-4305 to apply or find out more.

ORAL Good for Life™ HEALTH

Taking proper care of your teeth and gums is a lifelong commitment. Follow these simple steps to keep your oral health good for life.



1. Keep your mouth clean

- Brush your teeth and tongue twice a day.
- Use a soft-bristle toothbrush and fluoride toothpaste.
- Wait at least 20–30 minutes after eating before brushing your teeth.
- Floss every day.
- Look for oral care products with the Canadian Dental Association (CDA) Seal.
- Eat a well-balanced diet.
- Limit foods and beverages containing sugar or carbohydrates.
- Ideal snack foods: cheese, nuts, vegetables, and non-acidic fruits.



2. Check your mouth regularly

Look for signs of gum disease:

- Red, shiny, puffy, sore or sensitive gums
- Bleeding when you brush or floss
- Bad breath that won't go away

Look for signs of oral cancer:

- Bleeding or open sores that don't heal
- White or red patches
- Numbness or tingling
- Small lumps and thickening on the sides or bottom of your tongue, the floor or roof of your mouth, the inside of your cheeks, or on your gums



3. Don't smoke or chew tobacco.

Besides ruining your smile, smoking and chewing smokeless tobacco can cause oral cancer, heart disease, and a variety of other cancers.

4. Visit your dentist regularly.

48% of Canadians who haven't seen a dentist in the past year have gum disease. Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.



TIMISKAMING ACTIVE SCHOOL TRAVEL

May is Bike Everywhere Month!

Riding bikes is a great way for kids (and grown-ups!) to get the activity they need to stay healthy.

This month gives everyone a little push to discover how using a bike can make everyday trips a joy! Biking isn't just for getting to school. It's great a great way to keep healthy (and safe) while getting exercise, getting groceries, or spending time with your family.

Timiskaming AST will be posting a series of challenges, activities, outdoor adventures, and indoor learning ideas all month long! Like and follow the Timiskaming Active School Travel [Facebook](#) and Instagram page to stay in the loop. #JourneyOutside



Are you ready for your first challenge?

Bike Everywhere Month – Bike Safety Bingo Card

Challenge: Look for and/or discuss items designated in each square and mark them off. Submit a photo of your adventure and completed card to be featured on our Facebook page as an Active Travel Champion!



You can submit your photos to aeltermane@timiskaminghu.com, or message our [Facebook page](#).

Happy Riding!

Bike Safety

| | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
|  Practice a left turn signal |  Create a route map in your neighbourhood |  Check out your city's bike map |  Test out your bike bell |
|  Decorate your bike! |  Learn to fix your bike chain |  Practice a stop signal |  Practice 'slow down' signal |
|  Go for a ride with your family |  Practice a right turn signal |  Pump up your tires |  Practice a right turn signal |
|  Take a picture of bike lanes/ bike racks when out walking |  Practice changing gears as you ride |  Fit your helmet properly |  Adjust your bike seat |

<https://www.stswr.ca/walkzone/home-support/active-transportation-bingo/>

OUTDOOR PLAY

Even with restrictions from COVID-19, playing outside is good for you and your family! Enjoy fresh air with people in your household, stay 2 metres away from others and wash your hands when you go back indoors.

We're challenging families to join in our outdoor play challenge! Click the link and join in the fun!

[30 Days of Outdoor Play Challenge during COVID-19](#)

SMOKING AND VAPING MAY WORSEN SYMPTOMS OF CORONAVIRUS



When it comes to vaping, sharing is not caring. To prevent the spread of viruses, it is important to avoid sharing highly touched devices such as any e-cigarettes.

Did you know...evidence suggests that exposure to aerosols from e-cigarettes harm the cells of the lungs and diminishes the ability to respond to infection? Reduce your risk and protect yourself.

Smoking and vaping are linked to respiratory illnesses and so is COVID-19. Reduce your risk and protect yourself. Visit www.smokershelpline.ca to stay connected to help cut down or remain smoke/vape free.

Help students quit smoking/vaping by sharing the following quit resources:

Stay tuned to the next newsletter for more information on vaping/smoking to share with your class.

HOW TO ACCESS QUIT SMOKING SUPPORT



Speak with a Telehealth Ontario Quit Coach
1 866-797-0000 (toll-free)



SmokersHelpline.ca



Smokers' Helpline Text Support
Text "IQUIT" to the number 123456



First Week Challenge Contest
Register at FirstWeekChallengeContest.ca

CONNEXIONS TIMISKAMING CONNECTIONS

Timiskaming Connection is a COVID-19 Volunteer Line created to connect those who need help (individuals members of the community OR organizations in need for volunteers, such as food banks) with available community helpers.

If you are in need of assistance, or would like to volunteer your time to help, please call or email us and we will connect you with an appropriate match.

- [Connexion Timiskaming Connections during / pendant COVID-19](#)
 - [Volunteer Information Package](#) | [Information pour les bénévoles](#)
 - [COVID-19 Support Request](#) | [Demande d'assistance](#)
 - [Volunteer Sign-up](#) | [Inscription des bénévoles](#)
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Feeling unwell and not sure if you should be tested for COVID-19?

If you think you have symptoms of COVID-19 please call the THU COVID-19 line for additional screening and testing arrangements if applicable.

705-647-4305, Ext. 7 | 1-866-747-4305, Ext. 7

Monday to Friday - 8:30 a.m. - 4:30 p.m. | Saturday and Sunday - 9 a.m. - 12 p.m.

The school nurses at Timiskaming Health Unit are available to the school community during COVID-19 to help answer questions and to support the schools as they usually do. Please contact them directly:

Logan Tullett: tullettl@timiskaminghu.com

Angela Labonte: labontea@timiskaminghu.com

STAY INFORMED, STAY SAFE!

Resources including factsheets, posters, assessment tools and current data can be found in the links below for Public Health Ontario, Public Health Agency of Canada and the Timiskaming Health Unit website.

- <https://www.timiskaminghu.com/90484/covid-19>
- <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>
- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>



Services de santé du
TIMISKAMING
Health Unit

New Liskeard
247 Whitewood Avenue
New Liskeard, ON
705-647-4305
1-866-747-4305

Englehart
63 Fifth Street
Englehart, ON
705-544-2221
1-877-544-2221

Kirkland Lake
31 Station Road North
Kirkland Lake, ON
705-567-9355
1-866-967-9355

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