

A newsletter for school staff to help support a safe return to school.

Prepared by your school health nurses at Timiskaming Health Unit.

Table of Contents

- THU's role
- COVID-19 school screening
- Immunizations/vaccines
- Special days
- Mental health
- Handwashing
- Oral health
- Vaping
- Nutrition
- Thrive Outside
- Warm winter wear available
- Active school travel
- Contact information



Timiskaming Health Unit's role in managing COVID-19

- Prevention and preparedness
- Case and contact management
- Outbreak assessment and management
- Surveillance

COVID-19 school screening

All staff and students must [self-screen](#) for COVID-19 signs and symptoms every day before going to school.

This online [school screening tool](#) will help you decide if you should or should not go to school today. If you have any symptoms of COVID-19, stay home and call Timiskaming Health Unit or your health care provider.

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. You can find more information on routine school clinics [here](#).

Special days coming up...



[Orange Shirt Day](#) - September 30th

World Suicide Prevention Day - September 10th

Terry Fox Run - September 15th

[International Walk to School \(IWALK\) Day](#) – October 7 2020



Mental Health

“COVID-19 has, and will, impact the mental health of people everywhere. Kids Help Phone has seen an unprecedented surge of young people feeling more stressed than usual reaching out during this global pandemic. Finding accurate information and appropriate resources can be hard. Jack.org, [School Mental Health Ontario](#) and [Kids Help Phone](#) have partnered to bring you all the information needed in one easy-to-access hub so that youth mental health remains top of mind, and our communities are able to easily access the education, tools, support and reliable information they need. Please share this widely with the young people in your life.”

[COVID-19 Youth Mental Health Resource Hub](#)

Handwashing

The single most important thing that can be done to prevent infections in a school setting is to keep hands clean. To facilitate teaching the importance of good handwashing techniques, the Timiskaming Health Unit has included some of their own activities as well as activities from multiple organizations [in one kit](#). This resource kit contains 20+ activity ideas that can be done with children and/or staff. They range from simple demonstrations, story books, experiments, physical activities and more.



Get serious about hand hygiene. Just use the GlitterBug potion for testing hand washing techniques and the GlitterBug powder to illuminate the “trail of contamination”. Fluorescent particles present on hands will sparkle under the UVA GlowBar light. GlitterBug will help you teach your students proper hand hygiene by visually demonstrating that their current techniques may not be effective.

Each school in our district has received a GlitterBug kit. If you can't locate it, please contact your local school nurse to coordinate borrowing our kit.

Oral Health

The THU dental team has missed students' beautiful smiles! Due to the current pandemic, we are waiting to see when we will be able to enter schools in our district to complete the Ministry of Health and Long Term Care's mandated dental screenings. We are still available to assist children with dental concerns. Some children may be eligible to enroll in the [Healthy Smiles Ontario](#) program if financial aid is required. As a reminder, dental offices in our area have reopened their doors for client treatment.

For more information, visit Ontario.ca/healthysmiles or contact us.

New Liskeard Oral Health Team 705-647-4305, ext. 2280

Kirkland Lake/Englehart Oral Health Team 705-567-9355, ext. 3229

Vaping resources: Talking to young people about the risks

[For youth](#) | [For elementary school educators](#) | [For secondary school educators](#)

Nutrition

[School Meal and Snack Program Protocol during COVID-19](#)

A message from the Red Cross Student Nutrition Program

“The Red Cross Student Nutrition Program (SNP) has teamed up with local distributor Fortier Beverages to bring in pre-packaged individual portions to help with your nutrition program. Email chantal.miron@redcross.ca or zhanga@timiskaminghu.com for assistance with ordering and sample menu ideas.

Contact [Ally, Public Health Dietician at THU](#) for assistance with building your school nutrition program.

Thrive Outside – Outdoor learning resource hub

The Child and Nature Alliance of Canada (CNAC) has developed a new, free resource hub: [Thrive Outside](#) – where educators can find resources to facilitate student learning and play outdoors.

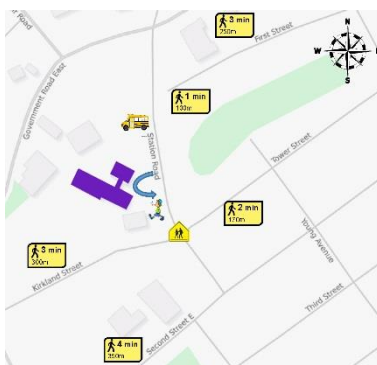
Warm winter wear available

With winter soon arriving, we recognize that not having appropriate winter wear is a barrier for many students in getting outside. To help ensure that all students are warm, we've partnered with Timiskaming Brighter Futures in Kirkland Lake to further distribute winter wear leftover from last years Coats for Kids program. If you have a student who is in need of warm winter clothing, please contact Crystal at gormanc@timiskaminghu.com

Timiskaming Active School Travel

Skip the congestion and drive to 5!

Encouraging families to park 1-2 blocks away and walk the last leg of the journey will help students and families get active while reducing car traffic around the school. Find your school's [Route 2 School Planning Map](#) and share with your school community by newsletter and social media.



Sidewalk stencils



Animal footprints and sidewalk games are popping up around schools in Temiskaming Shores, Cobalt, and Kirkland Lake. If your school or community is interested in borrowing stencils from THU, email Crystal at gormanc@timiskaminghu.com

Contact information

A school nurse will be available from **Monday - Friday** to assist you with any school specific inquiries related to COVID-19. Please keep in mind that this contact info is strictly for school staff. We continue to ask that parents and others with questions continue to call our general COVID phone line.

Telephone: 1 (705)-647-4305 ext. 2267

Email: schools@timiskaminghu.com



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1-866-747-4305

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1-877-544-2221

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

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Wishing you a safe and healthy return to school,
Angela, Bryannah, Cassandra, Diane, Stephanie, Ally, and Erika