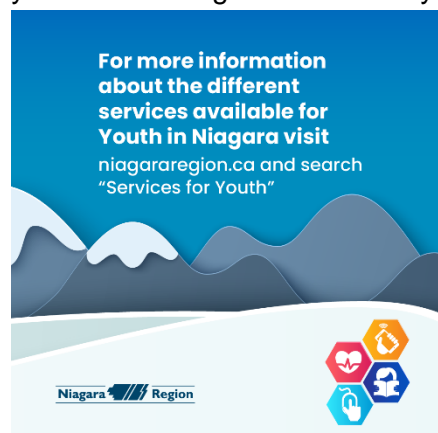


## Niagara Region Public Health School Health Newsletter

### December 2023

#### Holiday Expectations

The holidays may be a difficult time for your child. A change in routine and different holiday expectations can be stressful and isolating. Here are some tips and resources to share with your child throughout the holiday season:



1. **Validate Feelings:** Let your child know it's okay not to feel happy during the holidays. Their thoughts and emotions are valid. Encourage open conversations about any concerns.
2. **Find Quiet Relief:** When things get overwhelming, suggest to your child that they find a quiet place to take a break. This can help alleviate anxious feelings.
3. **Explore Support:** Help your child discover available support services and guide them in accessing what they believe will be most beneficial.

For more information about the different services available for Youth in Niagara visit:

<https://www.niagararegion.ca/health/schools/youth-services.aspx>

#### Reminder to Report your Child's Vaccines to Public Health

Don't forget to let Public Health know about your child's vaccinations! Sometimes, even if your child is all caught up on shots, Public Health might not have the record.

Every time your child receives a vaccine, be sure to report it:

- [Online](#)
- By phone: 905-688-8248 or 1-888-505-6074 ext. 7425 or
- Fax: 905-688-8225

[Find out which vaccinations are required and recommended](#) for children attending school.

#### Report your child's vaccines

Each time your child receives a vaccine, report it to Public Health.

Health care providers don't do this for you.

If there is a disease outbreak, Public Health uses the vaccine information to:

- Identify children at risk
- Reduce the spread of disease



[niagararegion.ca/vaccines](https://niagararegion.ca/vaccines) OR  
905-688-8248 or 1-888-505-6074 ext. 7425

 **parents**

Niagara  Region

## Giving Back

Supporting families in need during the holiday season is a wonderful way for a school community to come together and make a positive impact. Here are some charities and organizations in the Niagara region, or those that have a presence in the area, that you can consider supporting:

[Community Care](#)

[Newark Neighbours](#)

[Salvation Army](#)

[Community and Family Services](#)

[Pelham Cares](#)

[The HOPE Centre](#)

[Project SHARE](#)

[Grimsby Benevolent](#)

[Fund](#)

[Port Care Reach Out Centre](#)

[Open Arms Mission](#)

[United Way Niagara](#)

[Jammies for Families](#)



## Niagara Parents

[Niagara Parents](#) provides a variety of services to help you raise a happy and healthy family. Individuals can connect with a Public Health Nurse instantly in whichever language they are most comfortable speaking.



Providing supports & services to help you raise a happy and healthy family

### Connect with Niagara Parents

Live chat or speak with a public health nurse in **90 different languages available:**

 [niagararegion.ca/parents](https://niagararegion.ca/parents)

 905-684-7555  
or 1-888-505-6074 ext. 7555

 [parents@niagararegion.ca](mailto:parents@niagararegion.ca)

 Niagara Parents

 [niagaraparents](#)

Niagara  Region

### Services offered:

- Questions or concerns about parenting, your child's health, or pregnancy.
- Parenting classes, breastfeeding support, prenatal appointments and more.
- Postpartum support.
- Links to services within the community.

Connect with a Public Health Nurse Monday to Friday, 8:30 a.m. to 4:15 p.m. through phone, live chat, video call, or email. Live chat is available in 90 different languages.

Find Niagara Parents on [Facebook](#), [Instagram](#) or [Twitter](#) for different activities you can do with your kids, relevant resources and virtual events for parents.



## Educational Resources

### Notice and Identify – ONE CALL

Teachers are vital in helping students who are facing difficulties by connecting them to the resources they need for success. Identifying issues early can prevent future mental health issues. [School Mental Health Ontario](#) has developed **ONE CALL** to guide teachers in supporting their students. The **ONE CALL** process offers educators a clear step-by-step approach to help students showing emotional or behavioral issues.



**School  
Mental Health  
Ontario**

To learn more information check out the [ONE-CALL desk reference](#) a resource created for educators.

### Jingle Bell Walk!

December's [Active School Travel](#) theme is the annual Jingle Bell Walk! It's a great time to use the holiday spirit to promote Active School Travel!

**Activity Idea:** Host a Jingle Bell Walk by asking parents and students to walk to school with bells or anything that jingles. You can also suggest wearing warm festive hats – or topping their hats off with antlers!

