

Niagara Region Public Health School Health Newsletter

November 2023

It's the season – Cold & Flu

Respiratory illness season has arrived and isn't going anywhere anytime soon. Cold, flu, COVID-19 and RSV (respiratory syncytial virus) are all in the mix.

Keeping up to date with vaccines can activate you and your child's immune system's natural fighting ability. Our immune system uses vaccines to practice fighting germs so it knows what to do when faced with them. Getting an [XBB COVID-19 dose](#) and a [flu shot](#) will give the immune system a much-needed top up - just like charging a cell phone battery.



It's safe to take the flu shot and fall 2023 COVID-19 dose at the same time. These vaccines may also be given any time before or after other vaccines, like the ones offered to [grade 7 students](#).

Head Lice



Students are now back into the swing of things and spending lots of time with friends and classmates during school and after school. Lice can spread regardless of a student's age. Head lice are spread by direct head-to-head contact or by sometimes sharing items like combs, brushes, hats, pillows, etc. Anyone can get head lice, it's not a sign of poor personal hygiene or an unclean environment.

Check out School Health's new webpage on head lice for more information: [Head Lice - Niagara Region, Ontario](#)

EpiPen® and Auto-Injectors

During the school day, your child will be in contact with many staff members and other children, moving around to different locations inside and outside. Remember to check if your child's EpiPen® Auto-Injectors are up to date (not expired).



Check out [Food Allergy Canada - elementary school](#) for some great tips and [resources!](#)



Educational Resources

Hand Washing and Germs Teaching Tools – JK/Grade 1

For background information and learning activities on handwashing and germs visit <https://www.niagararegion.ca/health/schools/curriculum/personal-safety-injury-prevention/handwashing-and-germs/default.aspx>

This teaching tool is designed for students in kindergarten and grade one to help students:

- Reflect on how germs and illness are spread
- Practice correct handwashing and hand-rub techniques
- Use correct respiratory etiquette as part of their daily living



National Child Day

November 20th, 2023 marks the 30th anniversary of [National Child Day](#) in Canada – it's a day to honour our country's commitment to upholding the rights of young people and two historic events: the 1959 signing of the UN Declaration of the Rights of the Child and the adoption of the UN Convention on the Rights of the Child in 1989.



Young people are influential leaders within their surroundings, consistently shaping their schools and communities daily. Participate in celebrating your students and explore the different learning opportunities in the links below:

- [2023 National Child Day Events Calendar](#)
- [National Child Day: Child Rights Activity Guide](#)
- [Resources for National Child Day](#)

Healthy Schools Spotlights

The Public Health School Health Team wants to shine light on some of the great work that is going on within Niagara schools! The spotlight showcases the Healthy School initiatives at one school in Niagara each month.

Check out our [Healthy Schools Webpage](#) or [#HealthySchoolsNiagara](#) on Facebook, Instagram or Twitter to see past Healthy Schools Spotlights!

Welcome back
to our Healthy School
Committees of Niagara!

