

## Niagara Region Public Health School Health Newsletter

### October 2022

#### International Walk to School Month (IWALK)



Join families across Niagara and the world in celebrating October's International Walk to School Month. Kids who walk or bike to school arrive alert and ready to learn. To teach your child how to be a safer pedestrian, check out tips from Blue the Butterfly. If you live too far away to walk or wheel all the way to school, try driving to a location near your school and walk the rest of the

way. Using active transportation helps reduce congestion at your school. This October, practice walking to school so you can leave the car at home more often.

#### On Your Feet Challenge

Throughout October 10<sup>th</sup> to 28<sup>th</sup>, the On Your Feet Challenge invites students, families and schools to travel 6,000 kilometers by active transportation – the distance from one end of Canada to the other! You can gain kilometers by walking, running, cycling or scootering! For more information about this active challenge, visit <https://defiactivetespieds.ca/en/the-challenge/>.

#### Don't Be Scared by Cavities this Halloween!

Here are some helpful tips to keep your child's teeth healthy during Halloween:



- Limit the amount of sticky and sugary treats and drinks
- Choose candy smartly. Hard candies like lollipops and jawbreakers can chip teeth.
  - If your child has braces, have them avoid eating any popcorn, hard candy, and chewy treats
  - Brush and floss teeth after eating tasty sweets

Book your child a **FREE** dental appointment at one of Public Health's dental clinics by calling **905-688-8248** or **1-888-505-6074 ext. 7399**. To learn more on how to keep your family's teeth healthy, visit [www.niagararegion.ca/health](http://www.niagararegion.ca/health) search "dental."

## COVID-19 Updates

The COVID-19 vaccine is the best line of defense for preventing the spread of COVID-19 in schools and protecting our community. Children six months of age and older can get vaccinated at any [Niagara Region Public Health COVID-19 Vaccination Clinic](#). Public Health clinics are **currently accepting walk-ins** for any dose.

You can also get the COVID-19 vaccine from:

- [Participating pharmacies](#)
- Participating family doctor's offices
- Participating medical [walk-in clinics](#)
- [GO-VAXX buses](#) (five years of age and older)



If you or your child are experiencing symptoms of COVID-19 or have tested positive on a PCR or rapid antigen test, please review our [guidance on self-isolation](#).

Helpful links and resources:

- [Schools, Child Care Centres, Licensed Home Child Care Programs, and Camps During COVID-19](#)
- [COVID-19 school screening \(ontario.ca\)](#)



## Educational Resources

### Active School Travel

For additional resources, check out the Niagara Region elementary teaching tools that encourage teachers, school staff, and students to take part in daily Active School Travel.

- [Active School Travel \(Grade 4\)](#)
- [Active School Travel \(Grade 5/6\)](#)

### Tobacco and Vaping Education

[Niagara Region Public Health - Teaching Tools](#): Substance use, addictions and related behaviours educational resources are available for grades three to eight.

[Vaping: What Elementary School Educators Need to Know \(PDF\)](#) – School Mental Health and The Centre for Addiction and Mental Health (CAMH)