

Peel Public Health: October 2024 School E-Blast



What you'll find in this edition:

For Parents/Guardians

- Dental Screening at School
- Pedestrian Safety Month
- Get Ready for International Walk to School Month!
- Routine Vaccines for Students in Grades 7-12 - It Takes a Village
- Zero Tolerance for Vaping
- Tips for Managing Screen Time

Dental Screening at School

Did you know? Peel Public Health provides free dental screening for kids in Peel elementary schools.

What is a dental screening?

- A dental screening is a quick look in the child's mouth by a registered dental hygienist using a no-touch technique.
- dental hygienist using a no-touch technique.
- A separate, sterilized mouth mirror is used for each child.
- A dental screening identifies children who may need dental care.



[Image description: A child receiving a dental screening.]

What happens after a school dental screening?

- A form with the results of the dental screening will go home with every child screened.
- If a child is identified with a dental condition requiring immediate dental treatment, an additional form will be attached for parents to fill in and return to Peel Public Health. Please read the form(s) carefully.

A dental screening can help increase access to free dental services for eligible children. Visit peelregion.ca/dental or call Peel Public Health at 905-799-7700 to learn more.

Pedestrian Safety Month

Happy fall! Along with changing leaves and pumpkins, fall also brings an earlier sunset. That's why October is Pedestrian Safety Month in Peel!

Brush up on your pedestrian safety skills with our [games for elementary students](#). To stay safe this fall, remember these [safety tips](#):

- Stay alert when walking, rolling or cycling, and avoid distractions such as cell phones or headphones.
- Be visible by wearing reflective or brightly coloured clothing.
- Follow traffic rules, and even if you have the right of way, ensure drivers see you by making eye contact with them before crossing.



[Image description: a family goes for an autumn walk, wearing jackets, scarves, and hats.]

Get Ready for International Walk to School Month!

As we approach Autumn, it's the perfect time for students to walk to and from school! With support from School Travel Planning, students can improve their physical activity and mental health!

Let's all...

- **Celebrate the Season:** Encourage students to walk or roll to school daily and take in the beauty of the changing leaves.
- **Include everyone:** For those who live further, consider alternatives like walking to the bus stop or getting dropped off a few minutes away to walk the last part of the journey.

Fall 2024 Ideas



WALKtober -International Walk to School Month (IWALK)

October is the time to celebrate walking and rolling to school! Visit the Ontario Active Travel website for inspiration: [International Walk to School Month](#)

Travel Tips Webinar

[Active, Safe and Healthy: Travel Tips for your Daily Journey to School](#)

Take the One-Walk-a-Week Challenge

Challenge yourself and others to add one extra day of walking, rolling or biking. Plan your route using the [School Trip Planner Tool](#).

Mindful Walks

Walking is great for the mind and body! Take a moment during your walk to notice the cool fall air and the beautiful colors of the season.

Routine Vaccines for Students in Grades 7-12 - It Takes a Village

Routine Vaccines for Students in Grades 7-12 - It Takes a Village

Every year, Peel Public Health teams up with schools and parents to make sure students get their important vaccines. As part of the Ontario immunization routine schedule, Grade 7 students aged 11 or older are eligible for their routine vaccines. Students can get Hepatitis B (HB), Human Papillomavirus (HPV-9), and Meningitis (Men-C-ACYW) vaccines. These vaccines are safe, have been used for a long time and help keep everyone healthy!

Vaccinations: A Shared Responsibility

Starting in the fall, vaccination clinics will be set up in schools to help students stay on track and get these vaccines for free. The goal is to make sure all students get their vaccines before they complete Grade 8.

For Parents: Keeping Your Child Healthy

If your child is in Grade 7 or 8, check with their school to see when vaccine clinics are happening. You will also get an immunization **fact sheet and a paper consent form to sign**.

For parents of high school students, it's not too late! If your child missed these vaccines in elementary school, they could receive them for free. You can book an appointment at one of [Peel's community immunization clinics](#). Remember, students 16 years or older must give their own consent for vaccines.

Want More Information?

For more details about the vaccines, visit the [Peel Public Health website](#) or at 905-799-7700.

By working together, we can keep our students healthy and build a stronger community through vaccines.

Zero Tolerance for Vaping

Hey Parents, heads-up! As required by the Ministry of Education, all schools now have a zero-tolerance rule for vaping and smoking. Students are not allowed to have or use tobacco, vapes, or nicotine products at school. This means that if your child is caught with any of these items, the items will have to be given up, and you'll be notified right away.

Vaping nicotine has risks. Some risks of vaping include:

- Addiction to nicotine
- Difficulty learning
- Increased anxiety and stress
- Lung damage and changes to how the brain grows and develops

To help you talk to your kids about the risks of vaping, check out our “Let’s Talk About Vaping” resource for parents or visit [Not An Experiment](#). Let’s work together to keep our schools safe and healthy!

Tips for Managing Screentime

Did you know?

Preschoolers (3-4 years) should get [no more than 1 hour](#) of screen time – less is even better. Children (5-11 years) should get [no more than 2 hours per day](#).

Tips for Managing Screentime

- Develop a family media plan for when, how, and where screens may (and may not) be used, including a family plan and content limits.
- Replacing sedentary screen time with energetic play and reducing screen time before bed can provide greater health benefits.
- Discourage [media multitasking](#), especially during homework.

Contact Us

Peel Public Health – School Health Inbox

PublicHealthSchoolSupport@peelregion.ca

Use [#SchoolHealthinPeel](#) to connect with us on Social Media!