



Please share the OHSC Newsletter with your colleagues, post to internal communication networks and through social media.

## OHSC UPDATES

### OHSC WEB-MEETING: THURSDAY, OCTOBER 13<sup>TH</sup>

*Every school is a healthy school when we... work together.*

NOTE: meeting begins at **3:30pm-4:30pm**

ZOOM Link to Join the Meeting: <https://us02web.zoom.us/j/87357546657>



*Guest Speaker: Danielle Findlay, The Ontario Student Nutrition Program*

*More information to follow... stay tuned!!!*

*Please indicate your participation through the [Doodle Poll](#) and kindly include the organization/agency you are affiliated with.*

### SAVE THE DATE

**OHSC Web-Meetings 2022-2023**

Thursday, October 13<sup>th</sup>

Thursday, November 24<sup>th</sup>

Thursday, February 23<sup>rd</sup>

2023 Conference, the week of May 25<sup>th</sup> (tentative)

**CONFERENCE 2023** We are seeking interest in hosting and organizing the 2023 OHSC Conference. The conference provides a wonderful opportunity to showcase local success. For more information about this wonderful opportunity, please contact OHSC Admin Coordinator, Arlene Morell [amorell@rogers.com](mailto:amorell@rogers.com)

## HEALTHY SCHOOLS RESOURCES

*Healthy Schools Certification: New partnerships, a new website and a new school year!*

Registration for the Healthy Schools Certification program is now open until Friday, November 25, 2022, at 12:00pm (ET)! The Healthy Schools Certification program helps schools simplify and focus well-being policies and actions towards positive change for the school



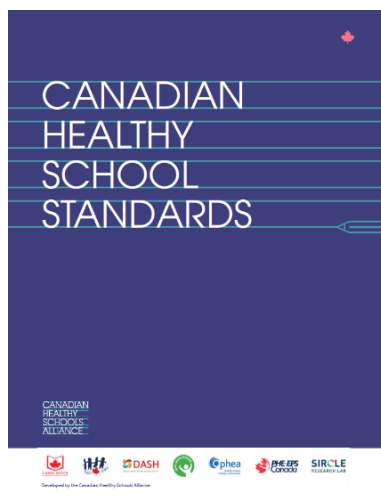
community. The [Healthy Schools Approach](#) brings staff, students, parents/caregivers, and the community together to affect the health and well-being of everyone in the school. The approach motivates and supports school communities in establishing healthy, safe, and inclusive learning environments where all students can reach their full potential.

During Healthy Schools Certification, schools will select up to three health topics to focus on during the school year. Health topics include: Mental Health, Physical Activity, Healthy Eating, Injury Prevention, Growth and Development, and Substance Use. Visit the new Healthy Schools Certification website, [healthyschools.ca](http://healthyschools.ca) to explore activity ideas related to the respective health topic. For further inspiration and success stories follow the hashtag #HSCert and Ophea's [Twitter](#) and [Instagram](#) accounts!

Thanks to support from [Max Bell Foundation](#); [Ever Active Schools](#), [PHE Canada](#) and [Ophea](#) are working in partnership to adapt and expand the Healthy Schools Certification program to school communities across Canada. [Learn more about this national partnership](#).

**[Register your school today](#) through the new Healthy Schools Certification website!**

The [Canadian Healthy Schools Alliance](#) is a network of organizations on a mission to promote health and well-being in school communities across Canada. To create greater consistency across Canada, build on the strengths of many existing models, and leverage the unique protective factors of each community, the [Canadian Healthy School Standards](#) were developed.



These standards provide clarity and direction for elevating well-being in schools through a whole school approach. You can learn more about the standards by downloading the complete [document](#), sharing the introductory [slide deck](#) or [infographic](#), and accessing the [leadership toolkit](#).



*Nutrition is linked with mental health and wellbeing for school-aged children and youth*

Ontario Dietitians in Public Health (ODPH) completed an evidence review to determine how nutrition affects mental well-being in school-aged children and youth. Evidence suggests that eating healthy food

may be linked to: • Better mental health and well-being • Better self-esteem and less peer problems • Better academic performance and achievement • Increased attention and memory • Better able to cope with stress • Lower feelings of depression and anxiety

Check out the [Summary of Evidence](#) and Infographic [Healthy Schools: Linking Nutrition and Mental Well-Being](#)

Make healthy eating a priority and include it in school action plans for creating a healthy school and improving mental health and wellbeing of students!

Here are some Quick Wins:

1. Offer only water at all school events.
2. Use non-food rewards for student recognition.
3. Use foods from [Canada's Food Guide](#) in classroom lessons or school activities.
4. Provide practical food literacy opportunities to learn about, see, smell, touch, grow, cook, and try a variety of food.
5. Make classroom celebrations healthier.
6. Encourage students to eat together and provide at least 25 minutes of eating time. Limit distractions and turn off screens.
7. [Make it a practice not to comment on students' lunches](#). Understand that many factors influence what foods families provide. Trust students to listen to their own hunger cues.
8. Offer food items in Student Nutrition Programs that meet the [nutrition guidelines](#).
9. Engage in healthy fundraising initiatives – include physical activity and non-food fundraisers.
10. Offer nutritious and appealing menu items and create a warm social environment in the cafeteria.

Looking for more ideas? Check out [BrightBites.ca](#)

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## HEALTHY SCHOOLS PRACTICE SPOTLIGHT

Public Health Sudbury & Districts is working with schools and school boards to address our community-focused recovery priorities to help get children back on track. With concerted efforts, strong partnerships, and community readiness, gaps are being identified and filled, emerging needs are being addressed, and school communities are starting to recover from pandemic disruptions.

It takes a village to cultivate the resources to thrive in children and youth. In support of comprehensive school health, Public Health Sudbury & Districts and school communities has adopted the Flourishing and Well-Being Model and Applied Practice Framework as a lens from which all school health programming and services are developed and delivered. The framework offers a holistic student and school community strengths-based approach that contributes to optimal student development, well-being, and educational outcomes.

*This framework includes three major pillars of flourishing and well-being—Personal, Environmental, Performance Strengths, helping children and youth be the best they can be, thrive, and flourish. When supported by caring and predictable relationships, students feel connected, safe, and valued. Flourishing and experiencing positive well-being is a progressive and unique process that evolves over time. It is unique to each student. The more strengths a student has, the greater their capacity to be resilient and flourish when faced with life challenges.*

*For more information, visit our web page for [Educators](#).*

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## **PRACTICE SPOTLIGHT**

### **Joint DSB-LPHA Collaborative Success Story**

*Across the province public health and school boards had to rally together to offer support and guidance during the pandemic to keep staff, students and families safe. For us that meant bringing 5 local public health agencies (LPHAs) and 4 district school boards (DSBs) together to share information and have consistent practices since we shared school boundaries.*

*In just over two years, from May 2020 to June 2022, our Joint DSB-LPHA Collaborative met 71 times. This was no small feat and doesn't include meetings of subgroups established throughout this process as well, such as one focusing on how public health can support mental health and wellness in schools. In an evaluation conducted earlier this spring, committee members felt this group was integral in navigating the challenges faced with interpreting ever changing COVID-19 restrictions and protocols and having the opportunity to share ideas, jointly develop resources (i.e., flowcharts) and to support each other on a regional basis while taking local trends into consideration.*

*“Having the weekly, face-to-face (virtual) meetings was not just helpful from an operational point of view, it was helpful from a mental health perspective. Regularly seeing the faces of all the people working hard to keep our school communities safe was a much-needed lifeline each week.”*

*Another key highlight, was the official signing of MOU's between the health units and school boards. With a formal process in place and buy in from senior level, it set the stage for continued relationship building and collaborative work moving forward. As we transition from COVID-19 response, to broader comprehensive school health, there is unanimous agreement that committee members and the organizations they represent benefit from attending these joint meetings and we are looking forward to continuing the collaboration into the 2022-23 school year and beyond.*

*The silver lining, the pandemic strengthened our working relationship and that's something to be celebrated!*

*“Prior to the COVID pandemic, boards and PHUs had positive relationships, but the Joint DSB-LPHA Collaborative Meetings significantly broadened and strengthened the working relationships between local PHUs and DSBs and set the stage for better collaboration moving forward.”*

## *Joint DSB-LPHA Collaborative Partners*

*Conseil scolaire catholique MonAvenir*

*Peterborough Public Health*

*Durham Region Health Department*

*Peterborough Victoria Northumberland and  
Clarington Catholic District School Board*

*Haliburton, Kawartha, Pine Ridge District  
Health Unit*

*Simcoe Muskoka District Health Unit*

*Hastings Prince Edward Public Health*

*Trillium Lakelands District School Board*

*Kawartha Pine Ridge District School Board*

*For more information on our Joint collaborative or the MOU process, please reach out to Claire Townshend, A/Manager, Family & Community Health, Peterborough Public Health @ [ctownshend@peterboroughpublichealth.ca](mailto:ctownshend@peterboroughpublichealth.ca)*

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### *WE WELCOME CONTENT SUBMISSIONS FROM OUR MEMBERSHIP.*

*Do you have a great resource, a successful program, relevant research, or a professional development opportunity that you would like us to feature?*

*Send your content submissions to OHSC Admin Coordinator, Arlene Morell [amorell@rogers.com](mailto:amorell@rogers.com)*

*Next newsletter scheduled for the week of November 15<sup>th</sup> 2022.*