



Hastings Prince Edward Public Health Healthy Schools Program Resource Guide

2024-2025
Grades K-12





Engaging with the HPEPH Healthy Schools Program

Our goal is to support the overall health and well-being of school-aged children and youth in Hastings and Prince Edward counties (HPEC).

What are the well-being goals for your school? Let us work together to support and promote health for students and staff.

Contact us at healthyschools@hpeph.ca.

The Healthy Schools Newsletter for Educators

Are you signed up for the Healthy Schools newsletter? [Complete a subscription form](#) to receive free newsletters from Hastings Prince Edward Public Health (HPEPH) with links to support, curriculum, and other resources for your classroom, school, and families. You can also check out past newsletter editions on [our website](#).





Become a Healthy School

A Healthy School promotes the physical, mental, social and spiritual health of the whole school community.

A Healthy Schools approach looks beyond the classroom to the entire school setting. It involves students, staff, parents, volunteers and community partners. Together, they share ideas, plan and take action to help kids lead healthy active lives.

This approach is an evidence-based, internationally recognized framework for building healthy school communities. The Ministry of Education recognizes and endorses the Healthy Schools framework in [Foundations for a Healthy School](#). This framework can also help to promote a [positive school climate](#).

Benefits of a Healthy School community

A Healthy School:

- Empowers students to be more involved in school life and part of the positive change
- Improves student success and well-being
- Reduces absenteeism
- Improves academic achievement
- Promotes diversity and inclusion
- Improves student interaction and promotes a sense of belonging within their school (school climate)

Healthy Schools Toolkit

HPEPH Healthy Schools Team has a toolkit and resources to assist schools in creating a healthy school environment by providing strategies, tips, and tools that focus on a comprehensive approach to school health.



Visit the [Become a Healthy School page](#) on the HPE public health website for more information and funding opportunities.



Health Promotion Resource Guides

Visit [our website](#) to view health promotion resource guides. These guides are based on the [Ministry of Education's Foundations for a Healthy School Framework](#), which uses a whole school approach to address health topics in the classroom, school, and community.

HEALTH TOPICS

- [Digital Citizenship](#)
- [Healthy Eating](#)
- [Human Development and Sexual Health](#)
- [Immunization](#)
- [Infection Control](#)
- [Mental Health Literacy](#)
- [Oral Health](#)
- [Parent and Family Engagement](#)
- [Physical Activity](#)
- [Personal Safety and Injury Prevention](#)
- [Road and Off-Road Safety](#)
- [Substance Use, Addiction and Related Behaviours](#)
- [Sun Safety and UV](#)
- [Violence and Bullying](#)
- [Vision Screening](#)

School Newsletters, Social Media, and Announcements

Looking to promote information to your school community?

Visit our [Newsletters and Social Media page](#) for items for newsletters, social media, and school announcements that can be easily “cut and pasted” into your school promotional materials.

Request a Presentation or Lending Resource Kit

To book a public health presentation for students, staff, or caregivers, speak with your school's Healthy Schools program representative or contact us at healthyschools@hpeph.ca. HPEPH will provide presentations based on staff capacity.

To request a lending resource kit, visit our website for more information on available kits and [fill out the form](#). HPEPH will respond to your request within 48 hours.



Healthy Schools Programs and Services

- Indicates a public health-led resource
- Indicates an educator-led resource

SUBSTANCE USE, ADDICTION & RELATED BEHAVIOURS

Tobacco & Vaping – Coming Soon!

(Grade 4)

A presentation covering tobacco, vaping, and their effects on health.

My Brain My Choice

(Grade 6)

An interactive presentation on the effects of substances on the developing brain.

Not an Experiment

(Grades 7-8)

A presentation on health effects of vaping that introduces students to refusal skills training.

Party Safer

(Grades 11-12)

A toolkit about unsafe behaviours with tips to celebrate more safely and reduce risks.

PHYSICAL ACTIVITY

Physical Activity Leaders in Schools (P.A.L.S.)

(Grades K-8)

A peer leadership program designed to create physical activity opportunities in schools.

HUMAN DEVELOPMENT & SEXUAL HEALTH

Puberty Teaching Kit

(Grades 4-6)

A toolkit to assist educators in teaching students about puberty and personal hygiene.

Healthy Sexuality Teaching Kit

(Grades 7-8)

This kit includes ready to use presentations and activities to cover the topics of diversity and inclusion, puberty review, healthy relationships, contraception and sexually transmitted and blood-borne infections (STBBIs).

Healthy Sexuality Teaching Kit

(Grades 9-12)

This kit includes ready to use presentations and activities to cover the topics of diversity and inclusion, puberty review, healthy relationships, contraception and sexually transmitted and blood-borne infections (STBBIs).



INFECTION CONTROL

Glo Germ Kit

(Grades K-8)

A toolkit to support educators in teaching about handwashing and infection control.



MENTAL HEALTH LITERACY

Kindergarten Transition

(Parents/caregivers) 📌

HPEPH can attend orientations with a display booth and handouts. Family presentations can be arranged.

Let's Go to Kindergarten! Helping Your Child Manage Stress.

(Parents/caregivers) 🍏

A short video about kids and stress with simple coping strategies demonstrated.

Mental Health 101 for Parents

(Parents/caregivers of K-12 Students) 📌

A presentation about mental health and how caregivers can support children and youth.

Mental Health and You

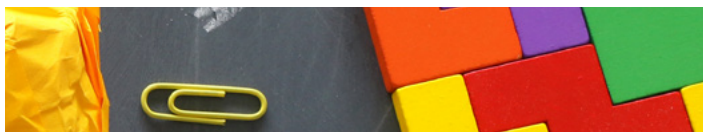
(Grades 9-12) 🍏 📌

A presentation for students about mental health, signs to watch for, self-care, and ways to cope with stress.

Life After High School

(Grade 12) 📌

A presentation to help graduating students prepare for changes and challenges of life after high school.



Upon request and with educator support, HPEPH staff can modify presentations to be delivered to classrooms with differing abilities.

For more information on our services, scan here:



CLINICAL SERVICES

Oral Health and Immunization

Oral health screening and immunization clinics are held throughout the school year for students in specific grades.

School-Based Public Health Clinics

Publicly funded secondary schools within HPE have regularly scheduled public health clinics, where students can receive youth-friendly care from a public health nurse for smoking and vaping cessation, substance use, mental and sexual health supports*, and linking to health services for appropriate care.

*Limited sexual health services available in ALCDSB schools.

Scan here to refer a student to your school-based public health clinic:



HEALTHY EATING IN SCHOOLS

Food-Neutral Classrooms: Safer Food Teaching is Possible

(Educators of grades K-12 students) 🍏

Pre-recorded presentations introducing food neutrality and tips to meet curriculum expectations without causing unintended harm. Note: These videos are password-protected. Please [contact us](#) to request the password.

Food-Neutral Kids: Safer Relationships with Food are Possible

(Caregivers of grades K-12 students) 🍏

Pre-recorded presentations on the harms of diet culture, with tips to create a food-neutral environment. Note: These videos are password-protected. Please [contact us](#) to request the password.



VAPING

Substance Use, Addiction, & Related Behaviours

Tobacco & Vaping - coming soon!

(Grade 4) 🍏

A 60-minute educator-led presentation with two parts. In part one, students will learn about commercial tobacco, its industry, identify harmful substances associated with tobacco products, and adverse health effects. In part two, students will be introduced to understanding the harmful impacts of vaping products on their health.

Not an Experiment

(Grades 7-8) 🍏 🍏

This 60-minute public health-led presentation about vaping supports initial learning by students from the [NotAnExperiment.ca](https://www.notanexperiment.ca) website. Students will discuss health effects and rates of vaping, as well as the industry behind the products who target and market to youth. The introduction of refusal skills training will prepare students to resist peer pressure and avoid risky behaviours.

My Brain, My Choice

(Grade 6) 🍏 🍏

Focusing on legal substances (tobacco/ vaping, cannabis, alcohol), this 60-minute public health-led presentation will introduce concepts of brain development and addiction to students in a fun and interactive way. Using our “egg brain model,” students will learn how substances affect brain chemistry and can lead to addiction. Throughout, students are encouraged to think of healthy behaviours associated with positive brain development.

Party Safer

(Grades 11-12) 🍏

This toolkit provides school administrators, teachers, students, and parents/caregivers with resources to increase teen awareness of the importance of partying safer, healthy behaviours, and informed decision-making. Teens are encouraged to celebrate in a safer, less harmful way when they get together with friends or during special events such as prom. Information is included on the risks of using alcohol and substances.



Human Development & Sexual Health

Puberty Teaching Kit

(Grades 4-6) 🍏

This educator-led lending kit is a tool to assist in teaching about puberty and personal hygiene. Pre-made kits are available to borrow from public health. To request a kit for up to three weeks, please fill out the [request form](#) and HPEPH will respond to your request within 48 hours.

Healthy Sexuality Teaching Kit

(Grades 7-8) 🍏

This resource supports teaching of the grade 7 & 8 Human Development and Sexual Health expectations of the Health and Physical Education curriculum of Ontario. The resource includes background information, ready to use presentations, discussion points, activity suggestions, statistics, recommended resources, etc., and covers the topics of diversity and inclusion, puberty review, healthy relationships, contraception and sexually transmitted and blood-borne infections (STBBIs).

Healthy Sexuality Teaching Kit

(Grades 9-12) 🍏

This resource supports teaching of the grade 9-12 Human Development and Sexual Health expectations of the Health and Physical Education curriculum of Ontario. The resource includes background information, ready to use presentations, discussion points, activity suggestions, statistics, recommended resources, etc., and covers the topics of diversity and inclusion, puberty review, healthy relationships, contraception and sexually transmitted and blood-borne infections (STBBIs).



Mental Health Literacy

Kindergarten Transition

(Parents/caregivers of kindergarten students) 📢

HPEPH can attend school kindergarten orientations, as available, with a display booth and handouts. Presentations can be requested. Content is based on the Strong Minds Strong Kids, Psychology Canada, Kids Have Stress Too! Program.

Let's Go to Kindergarten! Helping your child manage stress.

(Parents/caregivers of kindergarten students) 📺

This seven-minute video, available on the [HPEPH YouTube Channel](#), provides information about children and stress and teaches easy activities to help children manage stress. The content is based on the Kids Have Stress Too! Strong Minds Strong Kids, Psychology Canada program. The video can be a supplement to other public health and school orientation activities.

Mental Health 101 for Parents

(Parents/caregivers of K-12 students) 📢

This 30-minute public health-led presentation provides an overview of mental health and describes five things every parent/caregiver can do to support child/youth mental health. This is an introductory presentation based on key messages from School Mental Health Ontario.

Mental Health and You

(Grades 9-12) 📢 🍏

This 30-45 minute presentation provides students with an overview of mental health, signs to watch for, help-seeking, self-care, well-being, and coping with stress. Content is based on key messages from School Mental Health Ontario (SMHO) and aligns with components of the Grade 9-12 Healthy Active Living Education Open Courses. For a more comprehensive instruction, the presentation can be followed by the SMHO Secondary Lesson Plans instructed by the educator.

Life After High School

(Grade 12) 📢

This 30-45 minute public health-led session helps graduating students prepare for the changes and potential challenges of life after high school. Students have an opportunity to reflect on their thoughts and emotions, receive a personal wellness plan, as well as learn about basic self care, accessing physical and mental health services, managing stress, contraception, sexually transmitted infections, substance use and navigating the health system.



Healthy Eating in Schools

**Food-Neutral Classrooms:
Safer Food Teaching is Possible**

(Educators of K-12 students) 🍏

These pre-recorded 45–60 minute presentations introduce food neutrality and provide educators with tips for meeting K-12 curriculum expectations without causing unintended harm. Video recordings are available on our website (contact healthyschools@hpeph.ca to request the password).

**Food-Neutral Kids:
Safer Relationships with Food are Possible**

(Caregivers of K-12 students) 🍏

60-minute pre-recorded presentations for parents/caregivers of children in grades K-3, 4-8 or 9-12. Presentations for parents of elementary students explain the potential harms of diet culture for children and provide tips for creating a food-neutral environment at home. A presentation for parents/caregivers of teens explains the harms of diet culture on secondary school students and provides parents/caregivers with tips for talking safely about food and nurturing healthy relationships with food and eating at home. Video recordings are available on our website (contact healthyschools@hpeph.ca to request the password).



Physical Activity

Physical Activity Leaders in Schools (P.A.L.S.)

(Grades K-8) 🍏

This [peer leadership program](#) encourages youth engagement to create physical activity opportunities in schools during outdoor and indoor recess or Daily Physical Activity (DPA). An educator leader in the school is required.

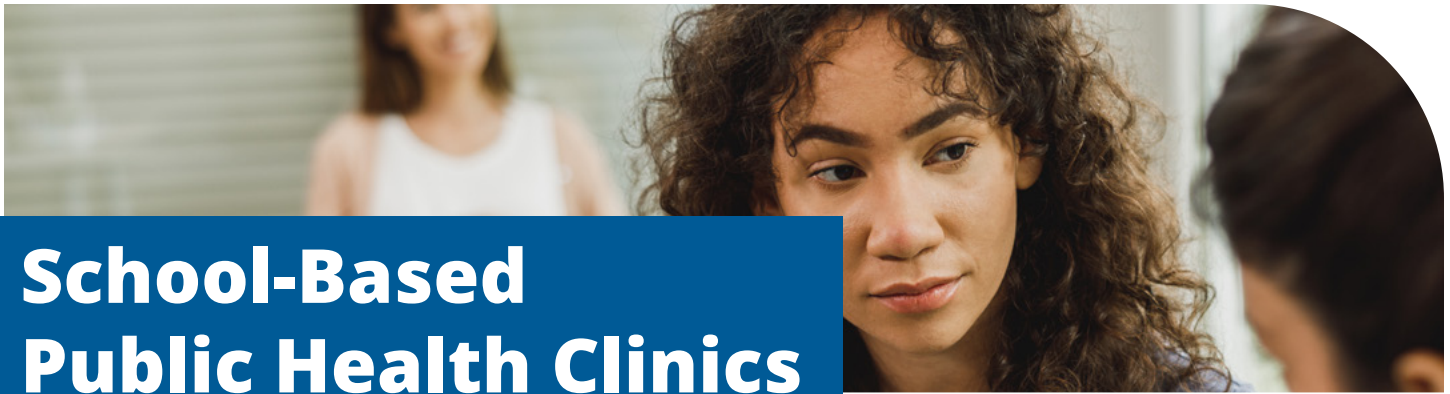


Infection Control

Glo Germ Kit

(Grades K-8) 🍏

These educator-led kits demonstrate the importance of proper handwashing and support teaching about infection control. To borrow a kit for up to three weeks, fill out the [request form](#) and HPEPH will respond to your request within 48 hours.



School-Based Public Health Clinics

Publicly funded secondary schools within HPEC have regularly scheduled public health clinics, where secondary school students can receive youth-friendly care from a public health nurse. Check for your school [clinic times and location](#).

Clinic services include:

Referrals

Access to referrals and links to health services for immunization, oral health services, mental health, and substance use supports.

Nicotine Dependence Supports

Access to resources and assistance from trained professionals, tools to help with quitting, and access to free nicotine replacement therapy if indicated.

Mental Health and Substance Use Supports

Support is available for students experiencing mental health and/or substance use concerns, focusing on health promotion (increasing knowledge and learning skills), linking to resources and supports, and referring to in-school and/or community services if indicated (early identification).



HPEPH school clinics are an inclusive and welcoming environment for all 2SLGBTQI+ students to access services.

Sexual Health Supports

Free, confidential sexual health services* on-site, which may include emergency contraception, birth control, pregnancy and STI testing, as well as one-on-one health teaching and education.

*Limited sexual health services available in ALCDSB schools.

Scan here to refer a student to your school-based public health clinic:

