

Stay healthy this flu season.

### 2014 Seasonal Flu Clinic Schedule

COMMUNITY	DATE	TIME	LOCATION
WALLACEBURG	Monday, November 10	3:00 – 7:00 p.m.	First Baptist Church 99 Thomas St.
CHATHAM	Thursday, November 13	1:00 – 7:00 p.m.	Chatham Banquet & Conference Center (Former CAW Hall) 280 Merritt Ave
BLENHEIM	Monday, November 17	1:00 – 7:00 p.m.	St. Mary's Hall 94 George St.
DRESDEN	Thursday, November 20	1:00 – 7:00 p.m.	Lambton-Kent Memorial Hall Dresden Arena 1212 North St.
TILBURY	Monday, November 24	1:00 – 7:00 p.m.	Tilbury Arena, Ryder Hall 49 Bond Ave. W.
CHATHAM	Wednesday, November 26	3:00 – 7:00 p.m.	W.I.S.H. Centre 177 King Street East

Tetanus and Pneumococcal shots also available for eligible adults.

For more information about the flu shot call 519-355-1071, Ext.5900 or visit [www.ckphu.com](http://www.ckphu.com)



Contact: Krista Parker, RN | School Coordinator  
Phone: 519-352-7270 x 2457  
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HEALTHBUZZ

Fall 2014

### RESILIENCE IN CHILDREN

This edition of the Health Buzz will conclude the last 4 tips to building resiliency in your children.

**BELONGING:** Show a child they have a place in the family by getting them involved in chores and letting them have a say in decisions. For example, have them feed the family pet, pick what is for dinner and help with dinner prep.

**CULTURE:** Offer children knowledge of their ancestors. A great way for a child to feel proud of their culture is encouraging them to share who they are with others. For example bring a favorite family dish to school, or invite friends to a cultural event.

**ACCEPTANCE:** Acceptance is the foundation for attachment. Let children know they are welcome in your family, at their school, and in their community. Something as simple as greeting the child with a “good morning”, “hello”, and addressing them by name or asking how their day was goes a long way to make them feel accepted.

**SOCIAL JUSTICE:** Teach children to stand up for their rights. If there is a battle your child can fight for themselves, coach them on how to argue respectfully for their rights. Be a role model, ensure you are behaving in the way you are asking them to.



### DID YOU KNOW?

Children who are active before school are able to concentrate for up to 6 hours after that activity? (That is almost the entire school day!) Try to get your kids moving in the morning.

Physical activity improves creativity, productivity and improves memory! So get your children moving!

According to Children’s Mental Health Ontario, approximately 40% of students can’t learn because of a mental health issue.

Student Nutrition Programs (for example the Breakfast program) have been effective in increasing academic test scores, reducing absences and increasing class participation.





# SCHOOL LUNCHES



Here are our tips to pack nutritious and delicious school lunches! Start by having your child make a list of foods he or she likes- try out our Lunch Planner available at: [ckpublichealth.com](http://ckpublichealth.com).

- Try these options:
- Try using different buns, wraps or bagels. Some choices might include refried beans, salsa, cheese and lettuce in a wrap or cut up chicken with mayonnaise, lettuce and cucumbers on a cheese bun.
  - Expand the options with a thermos. Meal ideas include pasta, soups, casseroles or meatballs
  - Pair whole grain crackers or pitas with egg or tuna salad or dips such as hummus.
  - Make your own lunchable by using whole grain crackers, cheese and lean deli meats
  - Try homemade pizzas made on pitas or English muffins.

Looking for more healthy recipe ideas? Visit [ckpublichealth.com](http://ckpublichealth.com)

# CK SCHOOL GARDENS

The Municipality of Chatham-Kent encourages schools to establish their own garden by helping with start-up funding, curriculum resources and gardening expertise.

**Current schools participating are:**  
**Tilbury Area Public School, St. Joseph Catholic School, AA Wright, Queen Elizabeth, Tecumseh Public School, King George, St Anne's, and Harwich Raleigh.**

Students who participate in school garden projects discover fresh food, connect with the natural environment, have an opportunity to make healthier choices and are physically active. Interested schools can contact the Chatham-Kent Public Health Unit for more information.



# IMMUNIZATION

Effective July 1, 2014, all school-age children will require proof of immunization against meningitis and pertussis (whooping cough). Also, all children born in 2010 or later will require proof of immunization or evidence of immunity against chickenpox to attend school. This is in addition to existing requirements for proof of immunization against diphtheria, tetanus, polio, measles, mumps and rubella.

**What's New?**  
**Meningococcal disease (Meningitis)**

- A Meningococcal (C) shot is required for children under 12 years age who were born on or after September 1, 2004; routinely given to infants at 12 months.
- A Meningococcal (ACYW135) shot is required for children 12 years of age and older who were born on or after January 1, 1997; routinely offered to grade 7 students. If your child did not receive this shot, please contact the Health Unit.

**Pertussis (Whooping Cough)**

- Pertussis protection is routinely given in the infant and pre-school booster shots. It is also in the teenage booster shot (usually given at 14 to 16 years of age).
- If your child is up to date with these shots, please ensure it has been reported to your health unit.

**Varicella (Chickenpox)**

- Varicella vaccine is routinely given at 15 months of age and again in the 4-6 year booster shot. Some children have only received 1 varicella shot in their childhood immunization schedule.
- **If your child was born on January 1, 2010 or later** he/she will need the second booster shot at 4-6 years of age; OR
- If your child has had chickenpox, your health care provider must complete a medical exemption form stating your child has had the disease and does not require further immunization.

**What you need to do?**

Check with your health care provider or call the Chatham-Kent Public Health Unit to make sure your child has all of the vaccines required to attend school. You need to report all shots that your child has received to the health unit to avoid school suspension. If you choose not to immunize your child please contact the health unit at:

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 Chatham ON  
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Tel: 519.355.1071 ext. 5900  
 Email: [ckhealth@chatham-kent.ca](mailto:ckhealth@chatham-kent.ca)  
[www.ckpublichealth.com](http://www.ckpublichealth.com)



## Back To School To-Do List!

1. Get school supplies
2. Plan healthy lunches & snacks
3. Check Canada Child Tax Benefit July Annual Notice to see if I qualify for Healthy Smiles Ontario
4. Call CK Public Health to sign-up for Healthy Smiles Ontario
5. Get excited for a great new school year!

Got your CCTB notice? Give us a call!  
 No dental benefits? Kids 17 years and younger?  
 Give CK Public Health a call when you get your CCTB July Annual Notice to see if you qualify for **Healthy Smiles Ontario**.  
**519.355.1071, ext. 5700**



# 2V1 HELMET SALUTE



The "2-V-1 Helmet Salute" is an easy way to make sure your helmet fits right so it can protect you:

- the edge of the helmet should be two fingers above the eyebrows to protect the forehead;
- straps should meet in a V shape just below the ears;
- one finger should fit between the chin and the chin strap;
- it should not shift around more than an inch in any direction



Information provided by MTO Young Cyclists Guide

# PHYSICAL LITERACY

**Why getting and keeping your kids active EVERY day is important:**

Just like learning the ABC's is critical to being able to read and write, learning a variety of movement skills is important for active participation in society (jobs, recreation, gardening, climbing a ladder, carrying groceries or walking across a slippery surface). It helps us stay healthy and avoid injury. It is not about becoming the best at one thing, it is about being able to do many things well. The only way our children can learn these skills is if they have the opportunity to experience and practice them in a supportive environment.

