



## 2014 Summer Movie Series

Looking for some family fun this summer? Please join us at one of our **FREE** outdoor movie nights in communities across Chatham-Kent.

- July 4 -Chatham, Kingston Park**
- July 11 -Wallaceburg, TBA**
- July 18 -Blenheim, Memorial Park**
- July 25 -Dresden, Kinsmen Park**
- Aug 1 -Thamesville, Ferguson Park**
- Aug 8 -Ridgetown, Stennett Park**
- Aug 15 -Tilbury, Memorial Park**
- Aug 22 -Chatham, Kingston Park**

For up to date movie listings, showtimes and event information:  
[www.Chatham-Kent.ca/Recreation](http://www.Chatham-Kent.ca/Recreation)



**Public Health**  
 Contact: Krista Parker, RN | School Coordinator  
 Phone: 519-352-7270 x 2457  
 435 Grand Ave West, Chatham, ON  
[www.ckpublichealth.com](http://www.ckpublichealth.com) | [www.chatham-kent.ca](http://www.chatham-kent.ca)



**Public Health**  
**HEALTHBUZZ**  
 Summer 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:** 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", address them by name or ask how their day was, goes a long way to making a child 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.



### ATTENTION PARENTS!

**NEW** *for the coming school year!*

For the coming school year there will be 3 additional mandatory vaccines. Children and teenagers who have received all recommended vaccines as per Ontario's immunization schedule will NOT require any further immunizations.

The 3 added mandatory vaccines are Meningococcal disease, whooping cough (pertussis), and for children born after 2010, chickenpox (varicella).

To verify if your child's immunizations are up-to-date or to make an appointment call your health care provider or call the immunization team at CK Public Health at 519-355-1071, ext 5900.

<http://www.health.gov.on.ca/en/public/programs/immunization/ispa.aspx>







# WEST NILE VIRUS

**REDUCE THE RISK  
COVER UP-CLEAN UP**

It's time to protect yourself from West Nile Virus

By doing the following:

- **Remove** standing water where mosquitoes can breed eg: pool covers, discarded tires, flower pots, barrels, bird baths.
- **Trim** or eliminate dense shrubbery.
- **Wear** light coloured clothing with long sleeved shirts, long pants, and socks when outdoors at active times.
- **Use** insect repellent containing DEET. The concentration of Deet should be no more than 30% for adults and no more than 10% for children. Do not use Deet on infants under six months old.

For more information contact the Chatham-Kent Public Health Unit at 519-352-7270 [www.chatham-kent.ca](http://www.chatham-kent.ca)

## Summer To-Do List!

1. Hit the beach
2. Lots of bike rides
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. Buy sunscreen

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

# Feed Your Mind CAMP

...a unique Literacy and Nutrition program designed to promote learning and healthy eating for children ages 3-6 yrs and their parents.

Enjoy discovering the connections between food and books as children and parents prepare nutritious meals together.



**August 18, 19, 20, 21**

11:00 am -1:00 pm

Darrel S. Moffat Memorial Church,  
27 Canal St. E, Tilbury

Please register and feed your child's appetite for learning by calling: 519-358-1451 ext: 0  
Or by registering @ [www.ckoeyc.ca](http://www.ckoeyc.ca)  
Space is limited so reserve your spot EARLY!



## 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 MTD Young Cyclists Guide



## THE CK SCHOOL GARDEN PROGRAM IS EXPANDING!

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.

