



IS YOUR FAMILY PREPARED?

Emergency Preparedness Week May 4th - 10th, 2014

By taking a few simple steps, you can become better prepared to face a range of emergencies - anytime, anywhere.

It is important to:

- » **Know the risks.** Although the consequences of disasters can be similar, knowing the risks specific to our community and our region can help you better prepare.
- » **Make a plan.** It will help you and your family know what to do.
- » **Prepare an emergency kit.** During an emergency, we will all need some basic supplies. We may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.

A basic emergency kit should contain, but not be limited to, the following:

- Drinking Water (2L/person/day)
- Non Perishable Food
- Manual Can Opener
- Wind-Up Radio
- Flashlight (extra batteries)
- First Aid Kit
- Waterproof Storage Bags (important papers)
- Candles and Matches
- Whistle
- Sleeping Bag
- Change of clothing/family members
- Personal Toiletries



BRAIN DAY

The last week of March, CK Public Health along with students from St. Clair College's RPN program were out at many schools visiting the GRADE 4, 5, and 6 classrooms with the BRAIN DAY program.

During this half day program, students learned about different parts of the brain, and how and why it is important to protect their brain and spinal cord.

To find out more check out www.ckpublichealth.com.



Contact: Krista Parker, RN | School Coordinator
Phone: 519-352-7270 x 2457
435 Grand Ave West, Chatham, ON
www.ckpublichealth.com | www.chatham-kent.ca



RESILIENCE IN CHILDREN

In the last edition of the Health Buzz we introduced the first three tips for building resilient children, relationships, control and expectations. In this edition we want to introduce three more tips for parents.

IDENTITY: Give children genuine opportunities to show others what makes them unique. Avoid superficial pats on the back that even the child knows means nothing.

SAFETY & SUPPORT: No matter how hectic life gets, remember children cope best when they feel safe, secure and certain about their next meal. Eat together at least three times a week.

CONTRIBUTION: Offer children a chance to make a contribution to their communities. Volunteer activities ensure a child will see themselves as capable, while gathering around their peers and adults who will see them as someone special.

Please watch for more tips in our next edition of the Health Buzz.



RACING AGAINST DRUGS

Racing Against Drugs is back again, April 7-11. During this fun and interactive event, every grade 5 student will have the opportunity to learn about the dangers involved with drug use.

Parenting tips to help your kids make good decisions about drugs and alcohol:

- » Make sure your child knows from a very early age where drug use fits into your set of family values.
- » Start the conversation before your child reaches adolescence, and then keep talking and listening.
- » Begin with easier discussions about high caffeine energy drinks, then move on to alcohol, marijuana, and prescription drugs.
- » Use every opportunity you can to continue the conversation; when you see something on TV, when you have their attention in the car, when Justin Bieber's erratic behavior makes headlines in the news.
- » Ask them questions about things they learned at Racing Against Drugs. Use that event in April as an opportunity to start keep the conversation going.

For help getting the conversation started, check out www.parentactionpack.ca, or call the CKPHU for resources available to parents at 519-352-7270.





SCHOOL SPOTLIGHT

Congrats to the following school on making Health and Wellness a priority:



Tecumseh Public School has partnered with CKPHU to advanced their Fresh Food Day to include students preparing the fresh foods. The students learned first how to safely handle foods, for example handwashing, food storage temps etc. They then learned and helped in the preparation of chopping, cutting and peeling of the fruits and vegetables! Congrats to the



ASK THE EXPERT

Question: Do you have any tips and ideas for packing a healthy school lunch?

Answer: 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.

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!



HEALTHY SMILES ONTARIO

HEALTHY SMILES ONTARIO is changing starting April 1st, 2014. More kids under 18 will be eligible for free dental care. For more information, or to see if your kids qualify, call the Chatham-Kent Public Health Unit Oral Health Team at 519-355-1071, ext. 5700.

Watch for more tips in our next edition of the Health Buzz!



Do you have a child in daycare or school?

Ontario law requires each health unit to keep vaccine records of every child attending daycare or school. Please update us as necessary.

If you choose not to vaccinate your child for medical, religious or philosophical reasons, you are required to provide a valid, written exemption to us.



Keep us informed!

Call: 519-355-1071, ext. 5900

Fax: 519-355-0848

Online: www.chatham-kent.ca/vaccinations

Visit us: 177 King St. E., Chatham



Victor Lauriston School offers their students in Grades 3-8 a fantastic opportunity to learn to skate, and also loan helmets and skates to the children for the entire skating season. The students are able to then skate after school and on weekends with friends and family! Not only are they learning how to skate, but they are able to practise their new skill and stay active outside school hours! GREAT WORK!

Play Rangers

Saturday, March 22
Kinsmen Community Centre, Wallaceburg

Saturday, April 5
Gable Rees Rotary Pool, Blenheim

Saturday, May 3
Kingston Park, Chatham

FREE ADMISSION

1:00-3:00pm

CKRecreation!

519.360.1998 • chatham-kent.ca/recreation

Chatham-Kent
Celebrating 100 Years