

## Brain Day

During the month 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, how and why it is important to protect their brain and spinal cord.

### Concussions: Myths and Facts

Myth	Fact
Helmets can protect against concussions.	There is no helmet available to make your child concussion-proof.
My child didn't get hit on the head, so there's no way he has a concussion	A hit does not have to be directly to the head in order to result in a concussion.
As long as I keep my child out of sports until she's better, she can do anything else.	Concussions require mental and physical rest, not just avoiding the activity where the concussion occurred.
As long as my child rests, it is not necessary to see a doctor.	Concussions are injuries – they are best treated by someone with experience
If my child did not lose consciousness, he probably doesn't have a concussion.	Concussions do not always include a loss of consciousness and symptoms can take time to appear.

**Be alert: know that concussions are brain injuries**

**WHEN IN DOUBT, SIT THEM OUT!**

**WHEN IN DOUBT, CHECK THEM OUT!**



## Defiance Running Club

We are pleased to announce that we surpassed 33,000 kilometres in our 8-week challenge.

We had over 2,400 students participating in this program.

The top two schools, were **John N Given** and **Our Lady of Fatima**.

We truly appreciate the efforts of the school board, the principals, the organizers of the program at each school, the Defiance Running Club and the students who put one foot in front of the other to get those km's!!

We will be back again next year with a new and improved version of the program. Stay tuned.....



## Call the Shots

The Chatham-Kent Public Health Unit is required to have up-to-date immunization records or a valid exemption form on file for every child attending school.

If you receive a letter or phone call about your child's record:

- They may be overdue for a shot.
- They may have received the shot from the doctor or other health care provider and it has not been reported to Public Health.

**It is important for parents to call Public Health with the name of the shot and the date it was received so that we can update your child's record.**

Public Health is also required to suspend students who do not have complete records or an exemption form on file. For elementary students this occurs in May and is in effect until the record is updated.

For more information or to report a shot call the Immunization Team at 519-355-1071 ext. 5900 or report online at <http://www.chatham-kent.ca/vaccinations>

## April is Oral Health Month!



There are things your family can do to celebrate Oral Health Month to help your kids have a lifetime of healthy smiles

- Get a new toothbrush-Your toothbrush should be changed every 3 months or if you have been sick
- Read a storybook from your local Library to your kids about teeth! Some examples are: Arthur, Franklin and Bernstein Bears
- Check the internet and Facebook for trivia, games and puzzles.
- Kids should visit a dental professional by the age of one year
- Brush your teeth twice a day for 2 minutes each time. Use a timer to see if you are brushing for 2 minutes.

Don't have dental benefits? Call the Public Health Unit! We have programs that might be able to help.

Healthy Smiles Ontario is a program that your children might qualify for. Call us if your child(ren) are 17 years of age or younger, you are not receiving Ontario Works or Ontario Disability Support assistance and have no other dental benefits (like workplace benefits).

Call us at 519-355-1071, ext. 5700 or visit us online at [www.ckphu.com](http://www.ckphu.com)



## Mental Health

Why do some youth do better than others even when having the odds stacked against them? There are strengths and skills that will help protect them against life's hard times. They are:

- a positive relationship with at least one caring adult (this is the most important)
- good social skills
- positive temperament (a person's emotional and mental ways of being)

**Why are these important and how do they help?**

**They help children become resilient which means:**

- children have the confidence to navigate their world
- children have skills to think outside the box
- children have the ability to bounce back from hard times



**Things communities can do to ensure that children have positive outcomes:**

- ensure their basic needs meet
- be caring adults
- create a safe community/ neighbourhood
- help them build positive connections with their peers

The Resilience Research Centre uses the metaphor of a tree to help us understand how we can help our children be more resilient. Just like a tree can't survive on its own (it needs certain things from its environment to grow healthy and strong, like water and light) our children depend on their environment to grow healthy and strong too. They need strong roots that are developed through healthy relationships. Everyone has a role to play in making sure youth in Chatham-Kent have positive outcomes. What are some ways you can help build resiliency in our youth?

## RAD - Tips to talk to your kids about drugs

Racing Against Drugs is back again, April 13-17 at the Erikson Arena in Chatham. 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.**

- Set an example for your kids. Show them you don't need drugs or alcohol to help you relax or cope with life's challenges.
- Start the conversation before your child reaches their teens, and then keep talking and listening. Be straightforward with your kids. Don't use scare tactics. They will trust what you have to say when they know you are being honest with them.
- Begin with easier talks about high caffeine energy drinks, then move on to alcohol, marijuana, and other drugs.
- Use every opportunity you can to continue the conversation while you have their attention: at the dinner table, in the car, at bedtime, while taking a walk, or after seeing a TV show involving drug use
- Ask them questions about things they've learned at Racing Against Drugs. Use it as an opportunity to keep the conversation going.

For help getting the conversation started, check out [www.parentactionpack.ca](http://www.parentactionpack.ca), or call the CKPHU for resources available to parents at 519-352-7270