

Supporting Healthy Schools

The Raising Healthy Kids newsletter is published twice a year by KFL&A Public Health. Tell us what you think! We look forward to hearing your comments.

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Raising Healthy Kids ... a newsletter for parents

Now Is The Time To Get Up and Get Moving!

Did you know that 63% of Canadian children are sedentary during their free time after school and on weekends? The 2012 Active Healthy Kids Canada Report on Physical Activity for Children and Youth states that children and youth get an average of 7 hours and 48 minutes of screen time per day. That is more time than they spend in school! Regardless of how active they are, high levels of sedentary behaviour increases health risks in children.

Sedentary behaviour is defined as time when children are doing very little physical movement, such as sitting for long periods, watching television, playing video games, and using the computer. The Canadian Physical Activity Guidelines and Sedentary Behaviour Guidelines recommend that:

- Children should limit their free time in front of any type of screen to no more than two hours per day and can achieve additional health benefits if this time is decreased further. For children under two years, no screen time is recommended. For children two to four years, screen time should be limited to under one hour per day; less is better.
- Inactive forms of transportation (such as being in a car), extended sitting, and time spent indoors throughout the day should be limited.

For more information and resources contact Supporting Healthy Schools at 613-549-1232, ext. 1102 or healthy.schools@kflapublichealth.ca

Attention: Grade 5 Students

By the end of October, all Grade 5 students will have received a Community Physical Activity Pass. This Pass entitles them to free access to public skates and swims at area recreation centres.

The main objective of the Pass is to increase physical activity involvement of children by increasing their access to and participation in community recreation facilities. The rationale for targeting Grade 5 students is related to the decline in physical activity that occurs in both male and female children near adolescence.

Watch for information to arrive at your school and please help us to promote this opportunity for fun, free physical activity for Grade 5 students.

For more information contact: 613, 5491232, ext. 1111 or
e-mail:heather.quance@kflapublichealth.ca

Kingston
Gets
ACTIVE
every day – your way!

Walk When You Can

There are many benefits of starting the day by walking to school. Even if you have to drive, why not park a block or two from the school and walk your child the rest of the way? Reducing traffic in school zones helps to keep children safe. Students who walk to school have increased concentration and they also help to decrease traffic congestion around the school. Experience the benefits of physical activity, getting to know your community, and helping the environment. Walk when you can.

Healthy School Lunches

Eating well with Canada's Food Guide lists four food groups that should be a regular part of children's meals and snacks. When preparing school lunches, remember to mix and match food from each food group to ensure your child gets all the nutrients he or she needs to grow, learn, and play during their busy school day. To help with ideas for packing school lunches, download a copy of Lunches that Make the Grade or check out the other great healthy eating links by visiting www.kflapublichealth.ca.

Lunches that Make the Grade

Good Nutrition = Good Learning

Together with your child, pick and pack one food from each column to build a healthy lunch.

Be aware of food allergies in your school

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Cucumber Carrots Celery Cherry tomatoes Red pepper Green beans Tossed salad 100% vegetable juice Apple Applesauce Berries (fresh or frozen) Kiwi Canned fruit Dried fruit Clementine Grapes Pear Pineapple 100% fruit juice	Go for whole grain: Bread Bagels and buns Pita pockets Breadsticks Crackers Dry cereal English muffins Muffins Pasta Couscous Rice Rice cakes Wraps	Milk (white or chocolate) Fortified soy beverage Cheese (cubes, strings, slices) Yogurt (cups, tubes, drink) Cottage cheese Milk based soup	Leftover meats (chicken, turkey or beef) Canned salmon or tuna Beans (baked, salad, dip) Chili Hard boiled eggs Meatloaf or meat stew Hummus Tofu Meat balls

Kid Pleasers

Banana bread	Oatmeal raisin cookie
Graham crackers	Cereal bar
Fig bars	Pudding (made with milk)
Rice cereal square	Date square

Public Health

November 2013

KFL&A Toddlers and Preschoolers Get Screened With NutriSTEP®!

Did you know that poor nutrition in young children could lead to a lack of school readiness and an inability to learn at school? KFL&A Public Health will be sending junior kindergarten students home with a questionnaire called NutriSTEP®. NutriSTEP® has 17 questions related to your child's growth, food intake, feeding environment, and physical activity. The questionnaire takes five minutes and can help determine if your child should visit a physician or a registered dietitian for follow up.

Who can I contact if I have questions about using NutriSTEP®?

The How to Build a Healthy Preschooler booklet provided with the questionnaire may answer some of your questions. You can also contact a registered dietitian at KFL&A Public Health by calling Dial-a-Dietitian at 613-549-1232 or 1-800-267-7875, ext. 1224.

School Immunization Requirements - Your child may no longer be up to date!

Each year KFL&A Public Health reviews the immunization records of all school-age children in the area. Under the Immunization of School Pupils Act (1990) all children attending school in Ontario (private and public) are required to provide proof of immunization against certain diseases (diphtheria, tetanus, polio, measles, mumps, and rubella) OR have a valid exemption form on file at KFL&A Public Health.

As of July, 1, 2014, the immunization requirements to attend school in Ontario are changing depending on the age of the child to include additional diseases (pertussis, meningococcal, and varicella). Please have your child's immunization record reviewed by a health care provider to ensure that they are up to date with all childhood immunizations.

Health care providers give parents or guardians a record each time their child gets an immunization, but most do not send the information to KFL&A Public Health. It is the parent's or guardian's responsibility to inform KFL&A Public Health every time their child is immunized. Keeping your child's immunization record up to date at KFL&A Public Health can help keep them healthy and prevent them from being excluded from school.

Immunization records can be:

- phoned to the Immunization Information Line at KFL&A Public Health, 613-549-1232, ext. 1451,
- faxed to the Immunization Team at KFL&A Public Health, 613-549-0985, or
- mailed directly to KFL&A Public Health at 221 Portsmouth Avenue, Kingston, ON K7M 1V5, attention: Immunization Team.

If you have any questions, please call the KFL&A Public Health Immunization Information Line at 613-549-1232 or 1-800-267-7875, ext. 1451.