Overview of Toronto Public Health School Health Services

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To: Board of Health
From: Medical Officer of Health
Wards: All Wards
Reference Number:

SUMMARY

Health and education are inextricably linked; healthy students are better able to learn and more likely to complete their education. Research indicates that better educated individuals have more positive health outcomes and health status. Toronto Public Health (TPH) has a long established history of collaboration with Toronto schools boards to provide public health services to Toronto school age children.

This report provides a comprehensive overview of TPH Public Health Services for children in Toronto schools. Provision of the programs and services in schools enables TPH to promote and protect the health of students.

Financial Impact
There are no financial impacts arising from this report.

DECISION HISTORY

ISSUE BACKGROUND
Health and education are inextricably linked; healthy students are better able to learn and more likely to complete their education. Research indicates that better educated individuals have more positive health outcomes and health status. TPH has a long established history of collaboration with Toronto schools boards to provide public health services to Toronto school age children.
Due to the strong link and interplay between health and education, schools are an important setting for promoting and protecting health. Promoting health in schools is based on strong evidence and well-regarded practices from around the world. Research increasingly identifies the school setting as having a positive impact on most health behaviours (physical health, social-emotional health and mental health) and outcomes for students (Deschesnes et al., 2003). School settings can create the conditions for health by ensuring that needed supports and resources are in place to enable students to adopt health-enhancing behaviors. Further, promoting health in schools is an effective way to assist in the attainment of educational goals.

TPH has a broad range of programs and services to promote health, protect health, and prevent diseases and illnesses. These programs and services are mandated by the Ontario Public Health Standards (OPHS), Health Promotion and Protection Act (HPPA) and other legislations. Core programs and services are outlined in five program standards in the OPHS: Chronic Diseases and Injuries, Family Health, Infectious Diseases, Environmental Health and Emergency Preparedness.

Many of the OPHS standards are supported by specific government protocols or proposed protocols that further describe expectations for carrying out the requirements. Included in these protocols is the OPHS’ requirement for public health units to work with schools and schools boards to ensure effective delivery of these programs and services.

In addition to the provincial mandate TPH has used the CSH approach to deliver school health services since 2000. This approach is evidenced-based and recognized world-wide. Fundamental to this approach is the interconnectedness of health and education. The CSH capitalizes on this connection by addressing school health in a planned, integrated and holistic way (Joint Consortium for School Health, 2008). Doing this strengthens the capacity of both schools and community to work together to improve both health and educational outcomes for students.

Since 2005, the Ontario Ministries of Education and former Ministry of Health Promotion have worked together to advance the CSH approach. In 2006, these Ministries jointly released the Foundations for a Healthy School framework, (link: http://www.edu.gov.on.ca/eng/healthyschools/foundations.html) which is based on similar principles as CSH. The release of this framework served as an impetus to further encourage school boards and public health units to adopt this newer comprehensive model as a best practice approach.

TPH adopted the Foundations for a Healthy School in 2006 and has worked with schools to utilize this newer framework. This model was fully adopted across the province in 2008, when the OPHS mandated all boards of health to use a comprehensive health promotion approach when working with both schools and school boards and with the release of the School Health Guidance Document, in 2010, which guides how school health services should be delivered by public health units.
COMMENTS

Comprehensive School Health Approach
Recent research studies that have looked at the effectiveness of comprehensive health promotion initiatives report a link between successful implementation of the CSH approach and academic achievement (Ontario Ministry of Health Promotion, 2010). Further, this approach contributes to reducing both educational and health disparities (PCJCSH, 2010). Comprehensive health promotion in the school setting engages the entire school community in activities that incorporate the social and physical environment, teaching and learning, healthy school policies and community partnerships and services; and fosters connections between the home, school and community. Utilizing the CSH approach helps to ensure that health and well-being is part of the school experience by integrating it within the school culture and everyday activities.

Foundations for a Healthy School Framework
The Foundations for a Healthy School framework is part of the Ministry of Health's - Healthy School's strategy. The framework encourages all stakeholders to ensure that students have high-quality instruction and programs, a healthy physical environment, a supportive social environment and access to health and other needed resources and services through community partnerships.

The Foundations for a Healthy School framework was revised in 2014 in response to the Ministry of Education's recently released Achieving Excellence: A Renewed Vision for Education in Ontario which now places a stronger emphasis on well-being for students. The Foundations for a Healthy School framework supports the integration of healthy school policies, programs and initiatives into the school and school board planning and implementation processes. The five interconnected areas of this framework are:

1) Curriculum, Teaching and Learning,
2) School and Classroom Leadership,
3) Student Engagement,
4) Social and Physical Environments, and
5) Home, School and Community Partnerships.

Staff at TPH apply the five interconnected areas of this framework when working with schools, school boards, parents and community partners to create a comprehensive approach to healthy school policies, programs and initiatives. (Attachment 1 – Foundations for a Healthy School)

Coordination of School Health Services

School-Board Level Coordination
Effective coordination of school health services includes working in close partnerships with Toronto School Boards at all levels of the organizations. TPH partners with the four school boards at the governance, executive, management and staff levels to promote optimal health of students in schools. This includes engaging respective Boards of Education to assist in the
planning, implementation and evaluation of TPH and school board–led initiatives. TPH also works with private schools across the city to support the health and well-being of students.

**School Level Coordination**

A key recommendation in the *School Health Guidance Document* is for public health units to establish School Health Teams to support the coordination of services in schools. Within TPH, there is a School Health Team of Liaison Public Health Nurses (PHNs).

- *School Liaison Public Health Nurses:*
  
  The primary function of this group of nurses is to liaise with school communities in order to assess local school health needs, and promote health by coordinating the delivery of TPH programs and services. Liaison PHNs are a key, but only one point of entry to TPH programs and services for schools and school communities. As a key contact in schools, Liaison PHNs are responsible for promoting the *Foundations of a Healthy School* framework and supporting schools to integrate this model/approach into all aspects of their planning, implementation, and evaluation of health promotion initiatives. This includes helping schools establish, maintain and/or sustain a healthy school committee through which school wide initiatives focusing on a variety of health topics can be coordinated, planned and implemented. Liaison PHNs utilize their expertise to establish effective, caring relationships with school communities and enable them to become health promoting schools.

Teams of PHNs, Health Promoters, and Registered Dieticians delivering services in the areas of Mental Health Promotion, Chronic Disease and Injury Prevention, Substance Misuse Prevention and Sexual Health are also actively involved in promoting health in school communities. As subject-matter experts, these teams of health professionals are available to plan and coordinate services for delivery in schools and school communities (Attachment 2 - Toronto Public Health's Services and Support for a Healthy School Community).

TPH provides a wide range of services mandated by the Ontario Public Health Standards (Attachment 3 - Description of Toronto Public Health School Health Services). All services share in the responsibility of reducing health disparities and ensuring the health and wellness of students and school communities. As such, staff ensure they utilize a variety of strategies that address barriers to health and invite students, school staff, parents and/or caregivers, and school boards in the planning, implementation, and evaluation of public health services.
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SIGNATURE

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ATTACHMENTS
Attachment 1: Foundations for a Healthy School
Attachment 2: Toronto Public Health’s Services and Support for a Healthy School Community
Attachment 3: Description of Toronto Public Health School Health Services
REFERENCES


ATTACHMENT 1:
Foundations for a Healthy School

This resource outlines how schools and school boards, in partnership with parents and the community, can develop a healthier school. The foundations for a healthy school are built within five broad areas that have strategies and activities for the school, classroom and student.

These broad areas align with many of the components of the School Effectiveness Framework to help schools and school boards use Foundations for a Healthy School as part of their planning process and as a resource for implementation.

INTEGRATED APPROACH
Key to building a strong foundation is the use of an integrated approach to address a range of health-related topics.

HEALTH-RELATED TOPICS
This resource provides many sample strategies and activities related to six curriculum-linked, health-related topics. A school may choose to address these topics and related living skills in its efforts to become healthier.
- Physical Activity
- Healthy Eating
- Personal Safety and Injury Prevention
- Growth and Development
- Mental Health
- Substance Use, Addictions and Related Behaviours

POSITIVE SCHOOL CLIMATE
Collectively, strategies and activities undertaken within these areas also contribute to a positive school climate, which is also key to a healthy school.

Download the full resource at ontario.ca/healthyschools

Support every child
Reach every student

Ontario
ATTACHMENT 2:

Toronto Public Health’s Services and Support for a Healthy School Community
ATTACHMENT 3:

Description of Toronto Public Health School Health Services

TPH provides extensive services to school communities from each program area. These services are outlined below according to the public health standards:

1) Mental Health Promotion
2) Chronic Disease and Injury Prevention
3) Substance Misuse Prevention
4) Sexual Health
5) Dental and Oral Health
6) Immunization
7) Communicable Disease Control
8) Family Health
9) Environmental Health

1) Mental Health Promotion

Bullying Prevention
The Bullying Prevention initiative incorporates a variety of activities aimed at building the capacity of school communities to address and/or prevent bullying. Classroom-based and school wide activities focus on the development of healthy relationships among peers, as well as within families, schools and neighborhoods.

Mental Health and Wellness
The Mental Health Wellness initiative incorporates a variety of activities aimed at building the capacity of school communities to support student health and wellness. Activities within this area of service encourage cultural sensitivity and awareness, respect for people’s differences, inclusion and a sense of belonging or connectedness. The goal of promoting mental health and wellness is to create school communities that are respectful, while promoting resiliency among students through strengthening of skills and abilities.

One-on-One Mentoring Program
The One on One Mentoring Program is a school-based initiative in which adult volunteers are matched with students who attend elementary schools. Its overall goal is to improve social connectedness, positive social skills and the ability to develop and maintain strong supportive healthy relationships. The program's main objective is to provide an additional positive role model in the life of a child.

Kids Have Stress Too
The Kids Have Stress Too program is geared to parents and/or caregivers of children between the ages of 4 to 9. This workshop is designed to help parents and/or caregivers understand what
may be contributing to stress in their child's life, and strategies for positive coping. This program also promotes positive communication with their children.

**Peer Leadership**
The Peer Leadership initiative engages students in middle school to develop leadership competencies on one or more risk factors using the Peer Leadership Framework. Students are encouraged to actively contribute to identifying issues, planning solutions and implementing interventions within their school or community.

**Youth Mental Health and Addiction Champion Pilot Project**
The Youth Mental Health and Addiction Champion is a pilot project being implemented in 13 Toronto schools targeting youth in grades 7 to 12. TPH is part of a provincial partnership working to implement the project which uses a peer-led champion model. The goals of the project are to improve the health and well-being of children and youth by promoting mental health; reduce stigma related to mental illness; and discourage the use of drugs, alcohol and other substances.

**Youth Health Action Network**
The Youth Health Action Network is a youth engagement initiative for young people ages 16 to 24 from across the City of Toronto. With the support of TPH staff, members identify and take action on a range of health issues of relevance to local youth. Through training and experiential opportunities, members enhance their knowledge and skills in a number of areas including healthy behaviours, outreach, program planning, advocacy, and engaging with the public, which contribute to their increased resiliency.

2) **Chronic Disease and Injury Prevention**

**Healthy Lunches Workshop**
The Healthy Lunches workshop is part of a comprehensive nutrition program to assist parents and/or caregivers of elementary school students to address challenges to packing healthy lunches. The workshop incorporates activities aimed at increasing parents and caregivers’ knowledge and skills in selecting food and beverages that meet the Canada's Food Guide.

**Food Skills**
The Food Skills program is geared to parents and/or caregivers, students, and schools staff. The program enhances food literacy and nutrition knowledge through consultation, training and hands-on food preparation in a safe and supportive environment.

**Into Kids' Health Pilot Project**
The Into Kids Health pilot project is a comprehensive childhood obesity prevention initiative that builds the capacity of school communities to address multiple risk factors (i.e. nutrition, physical activity, mental health and well-being) by using a variety of strategies. The 10 elementary schools participating in this pilot receive intensive support from Public Health Nurses to develop and execute action plans that address multiple risk factors, and target the school, home and broader school community.
Rethink What You Drink Workshop
The Rethink What You Drink workshop is part of a comprehensive nutrition program which encourages children and youth between 9 to 17 years of age to make healthier beverage choices. The workshop incorporates an interactive display and activities, and is delivered using a peer leadership model.

School Food and Beverage Policy
The School Food and Beverage Policy was developed to ensure that healthy food and beverages are sold in publicly funded school. Public Health Nurses support schools to promote implementation of this policy by providing training, support and resources to school staff, cafeteria service providers and parents. Students are also engaged and supported to get involved in creating healthier nutrition environments.

Student Nutrition Program
The Student Nutrition Program helps fund nutritious breakfast, snack, and lunch programs at many elementary and secondary schools across the city. The program strives to ensure that all children attend school well-nourished and ready to learn. Schools that receive funding to have a Student Nutrition Program also obtain additional support to assist in the establishment of healthy eating environments. This includes nutrition site visits from Registered Dieticians, and food skills workshops for students who volunteer to help run the program at their school.

Active School Transportation
The Active School Transportation initiative is multi-pronged and includes a family, school, and community component. It seeks to promote physical activity by encouraging alternate ways of getting to and from school. Activities within this initiative incorporate education and skill-building related to traffic safety skills, and makes linkages to the environment and road congestion. School communities are engaged in a variety of activities that encourage and promote active modes of transportation.

Daily Physical Activity Policy
The Daily Physical Activity (DPA) Policy requires that all elementary students be provided with opportunities to participate in a minimum of 20 minutes of sustained moderate-to-vigorous physical activity each school day during instructional time. Public Health Nurses support implementation of this policy by linking school staff to resources to assist them in leading DPA with their students.

Concussion Prevention
The Concussion Prevention initiative incorporates a variety of activities aimed at building the capacity of school communities to prevent concussions. Activities include assistance with the development of policy statements, and resource provision and professional development training to school staff so they develop the knowledge and skills to identify, monitor and manage concussions.
Physical Activity Leaders in Schools
The Playground Activity Leaders in Schools (PALS) is a playground leadership program that encourages children to be active at recess and/or lunch hour. The aim of the program is to increase physical activity, decrease conflict and reduce playground bullying while providing a leadership opportunity for students. Students in grades 4 to 6 receive training to be PALS in their schools in order to be able to plan and lead fun and safe activities for younger students during recess and lunch hour.

Wheel Safety
The Wheel Safety initiative is multi-pronged and geared to children, youth, parents/caregivers and communities. It seeks to promote the importance of safe cycling (scooter, skateboard, etc.) practices through the use of appropriate safety equipment such as a helmet, ensuring a properly fitted bicycle (or other wheeled equipment), and practicing traffic safety. School communities are engaged in a variety of activities that encourage wheel safety.

Sun Safety
The Sun Safety initiative incorporates a variety of activities aimed at building the capacity of school communities to promote sun safety. Activities within this comprehensive program can include assistance with the development of a school policy; providing resources and consultative support to teachers, students and parents and/or caregivers so they can plan sun safe outdoor events; and participating in school-wide events which involve the entire school community.

Smoke-Free Ontario Act Warning Awareness and Prevention Pilot Project
The Smoke-Free Ontario Act Warning Awareness and Prevention Pilot Project is a collaborative project between Healthy Environments and Chronic Disease and Injury Prevention at TPH. The objective of the pilot project is to educate school administration regarding Smoke-Free Ontario Act (SFOA) and how they can support Tobacco Enforcement Officers in decreasing smoking on school property, and increasing compliance with SFOA. Students that are identified as smokers or found smoking on school property will receive education regarding SFO, tobacco prevention and cessation.

Promotion and Enforcement of Smoke-Free Environments
Tobacco Enforcement Officers (TEOs) and Public Health Nurses work with schools to increase the knowledge and understanding of the Smoke-Free Ontario Act, and identify opportunities to support Smoke-Free Environments. Routinely TEOs will carry out inspections and investigate complaints to ensure that employees, students and members of the public keep Toronto's schools smoke-free.

Investment in Youth Engagement
The Investment in Youth Engagement initiative was established by TPH to support youth engagement work in health, with a focus on tobacco use prevention and other correlated topics such as physical activity, healthy eating and injury prevention. This initiative is offered in both schools and communities and is youth driven. It is intended to motivate and create opportunities
for youth to engage in and act on health issues within Toronto. The youth lead health projects and develop leadership skills.

3) Substance Misuse Prevention

At Home Alone
The At Home Alone workshop is geared to parents and/or caregivers and their children who are between the ages of 10 to 14. This workshop focuses on promoting communication between the parent and child, and assisting families to work together to develop a home alone safety plan for children when they are home alone. Topics in this family workshop include assessing readiness be home alone, learning about safety, negotiating an agreement and evaluating how things are going.

Connecting with Your Teen
The Connecting with Your Teen workshop is geared to parents and/or caregivers of adolescents. The goal of this workshop is to support parents and/or caregivers with strategies that will help reduce the likelihood of their adolescent misusing substances. Participants are provided with an overview of typical adolescent developmental issues, and ideas to improve communication with their adolescent.

What's with Weed
The What’s With Weed peer education program helps students identify positive behaviour change strategies connected with marijuana use. The program engages youth in discussions about the use of marijuana, and prepares them so they can continue the discussion with their peers. This program also provides secondary schools with effective tools and resources to address marijuana use with students.

Youth in Control
The Youth in Control peer leadership program supports youth leaders in secondary schools to develop the knowledge and skills to plan and take action in their school community. The program focuses on building students’ leadership in order to address the following issues: safer partying, alcohol and binge drinking, risks associated with impairment from alcohol, marijuana and other drugs, personal decision-making and relationships, and road safety.

4) Sexual Health

Grade 5/6 Sexual Health Curriculum Support
The Grade 5/6 Sexual Health Curriculum Support is comprised of six lesson plans for educators. Sexual Health Promoters consult on the lesson plans designed to support and guide educators teaching the Ontario Ministry of Education Growth and Development curriculum.

Grade 7/8 Sexual Health Curriculum Support
The Grade 7/8 Sexual Health Curriculum Support is comprised of six lesson plans for educators.
Sexual Health Promoters consult on the lesson plans designed to support and guide educators teaching the Ontario Ministry of Education Growth and Development curriculum.

**Growth and Development Workshop**
The Growth and Development workshop provides teachers with instructional strategies to implement the Growth and Development Curriculum and expectations as part of the Health and Physical Education Curriculum. The workshop provides tips for creating a supportive classroom and comfortable environment for teachers and students, and dealing with challenging issues.

**Healthy Relationships Workshop**
The Healthy Relationships workshop engage grade 7 and 8 students in discussions and activities aimed at promoting and raising awareness about healthy relationships. This workshop may be requested by teachers who require additional support in the delivery of the Growth and Development Curriculum.

**High School Sexual Health Curriculum Support**
The High School Sexual Health Curriculum Support – Health and Physical Education resource is geared to teachers who are responsible for the Growth and Development Curriculum for Grades 9 to 12 students. Sexual Health Promoters provide the resource and consult on the four modules designed to be used as a support and guide for educators teaching the Ontario Ministry of Education Growth and Development Curriculum. These modules focus on the following: Introductory Class, Birth Control, Sexually Transmitted Infections, Relationships and Intimate Partner Violence.

**Professional Learning Sessions**
The Professional Learning Sessions are designed to increase the knowledge, skills and capacity of teachers to deliver the Sexual Health Curriculum. Sexual Health Promoters utilize a variety of activities to support and prepare teachers in this work.

**Raising Sexually Healthy Children**
The Raising Sexually Healthy Children workshop is geared to parents and/or caregivers of children, pre-teens and adolescents. This workshop helps adults talk about sexual education with children. It provides an understanding of children’s growth and sexual development, and helps them develop the knowledge, capacity and comfort to answer sexual related questions.

**Sexual Health Clinics**
The Toronto Public Health Sexual Health Clinics provide free and confidential services for men and women. The Sexual Health Clinics target youth, anyone requiring sexually transmitted infection testing, and those who face barriers to accessing other health services. A variety of services are available, such as birth control counselling, low cost or free birth control, free condoms, etc. Sexual Health Promoters will promote this service to students, schools staff, parents and/or caregivers, and community members.
AIDS and Sexual Health Info Line
The AIDS and Sexual Info Line is a free, anonymous service. This telephone information line is promoted to students who may benefit from the service.

Sexual Health Information Sessions for Parents/Caregivers
Sexual Health promoters provide information sessions for parents and/or guardians on a variety of sexual health related topics. They also help schools in providing support for individual concerns of parents and/or guardians.

Sexually Transmitted Infections and Birth Control Workshop
Sexual Health Promoters engage grade 7 and 8 students in discussions and activities aimed at raising awareness about Sexually Transmitted Infections, pregnancy and birth control.

Teaching Puberty: You Can Do It!
The Teaching Puberty: You Can do It! is a series of videos geared to teachers who are responsible for the Growth and Development Curriculum for Grades 4 to 6 students. Sexual Health Promoters provide the resource and consult on the modules designed to be used as a support and guide for educators teaching the Ontario Ministry of Education Growth and Development Curriculum.

5) Dental and Oral Health

Oral Health Workshops
The Oral Health Workshops is geared to parents and/or caregivers of children under the age of 7, and groups of professionals who work with children, such as school staff. This workshop promotes the importance of good oral health by highlighting causes of dental disease, prevention, and how to access Toronto Public Health Dental Services.

School Dental Screenings Elementary School
The School Dental Screening is provided annually in local public and separate schools for children from Junior Kindergarten through to grade 8. The school dental screening helps to identify elementary school students with urgent dental needs, assist these students in accessing dental treatment, and provide oral health education and information to students and their families.

School Dental Screenings Secondary School
The School Dental Screenings for high school students can be arranged by teachers and school administrators. The school dental screening helps to identify high school students with urgent dental needs, assist these students in accessing dental treatment, and provide oral health education and information to students and their families.

Toronto Public Health Dental Clinics
Students identified as possibly having a dental problem have access to 23 Toronto Public Health Dental Clinics, which provide free care including preventive services. This service is promoted
to students, school staff, parents and/or caregivers, and community members.

6) Immunization

School-Based Vaccination Clinics
The School-Based Vaccination Clinics are offered in elementary schools each year. Grade 7 students to receive two doses of the hepatitis B vaccine and one dose of meningococcal vaccine. Grade 8 female students receive three doses of the human papillomavirus (HPV) vaccine. All school-based vaccinations require signed parental consent for those 14 years of age or younger.

"Catch up" Clinics in the Community
The "Catch Up" Clinics are offered in the community and scheduled throughout the school year for those who miss a school-based vaccination clinic.

Vaccination Monitoring - School Immunization Assessment Program
TPH ensures students are protected while minimizing suspensions from school. TPH works in partnership with school boards and school staff to increase access to immunization services through the provision of information translated into multiple languages and by conducting community vaccination clinics in accessible locations throughout the city. TPH also provides translation of foreign immunization records, and works in collaboration with school-based health clinics and settlement workers to assist newcomer parents to understand the reporting requirements.

7) Communicable Disease Control

Case and Outbreak Management
TPH responds to cases and outbreaks of reportable diseases in the community and schools. Under the Health Protection and Promotion Act, school principals or one of the designated individuals/organizations are required to report specific infectious diseases to Public Health. TPH staff complete case investigation by attempting to determine the source of an infection and following up with exposed contacts to prevent them from becoming ill where possible. If contact follow-up is required in a school, TPH staff work closely with the school board to ensure staff, students and parents are informed of the investigation. TPH also works with the relevant school board to complete outbreak investigations and implement appropriate control measures to minimize and stop the spread of the outbreak in the school. Control measures may include communication to parents and school staff to watch for signs and symptoms and/or setting up post-exposure prophylaxis clinics for contacts in schools.

Infection Control Consultation
TPH provides infection control consultation and resources to schools. Resources promoting the importance of hand hygiene, covering your cough to reduce the spread of respiratory infection, and cleaning and disinfection are available to schools staff. TPH also provides advice to schools regarding the requirement and length of exclusions for ill children and staff to prevent the spread of infections in schools.
Public Health Inspectors follow up on inquiries and complaints related to infection control in the schools. Public Health Inspectors work with the day nursery staff and Childcare division at TDSB to ensure the all-day kindergarten and onsite day nurseries meet infection control requirements.

**Tuberculosis Prevention**
Public Health Nurses provide case management services to people diagnosed with TB, including ensuring that TB patients stay home from school/work until they are no longer infectious, and providing follow-up for people who may have been exposed to infectious TB. Public Health Nurses also provide education sessions to school staff and parents, assist in communication related to TB, and provide advice about TB risk, infection control and screening.

8) **Family Health**

**Developmental and Nutrition Screening Clinics**
Developmental and nutrition screening clinics have been implemented at schools and through Parenting and Family Literacy Centres. Public health Nurses support parents to complete the *Nipissing District Developmental Screen, Toronto Preschool Speech and Language Communication Checklist* and/or the *NutriSTEP* screen and are given suggested activities/resources to support their child's growth and development.

**Incredible Years**
The Incredible Years program is geared to families with children between 2 to 6 years of age who are at risk for behaviour problems. Incredible Years is guided by cognitive social learning theory and teaches parents and/or caregivers through interactive play and reinforcement skills, non-violent discipline techniques, logical and natural consequences and problem solving strategies. The goal of this program is to enhance parenting capacity, build positive parent-child relationships, and to promote the physical, social, and emotional development of their children.

**Kindergarten Readiness Workshops**
Public Health Nurses attend select Kindergarten Readiness workshops (including Welcome to Kindergarten and Ready for Schools Connect) where health promotion messages are provided to parents to support their child's readiness for learning in the school environment.

**Nobody's Perfect**
The Nobody's Perfect program is geared to families with children from birth to 6 years of age. The focus of this program is to increase parental knowledge of their child's growth and development, health, safety and behaviour; and improve coping skills and confidence as parents. The goal of this program is to enhance parenting capacity, build positive parent-child relationship, and to promote the physical, social, and emotional development of their children.
Peer Nutrition
The Peer Nutrition Program is geared to parents and caregivers of children between 6 months to 6 years of age. This program provides language and culturally specific workshops that include information on how to improve food selection, purchasing and developing basic food skills through hands-on learning. In the Ready Set Go program (a school readiness program) Registered Dietitians attend a session to provide information on healthy eating for preschool children and a food demonstration while the Community Nutrition Educators provide age-appropriate activities for the children that involve a healthy eating theme.

9) Environmental Health

Food Handler Certification
The Food Handler Certification courses provide food handlers with the knowledge of safe food handling practices in order to prevent food-borne illness. This course is offered to students in schools who support the Student Nutrition Program, or are part of the Adult Learning Program.

Food Safety Inspection
The Food Safety Inspection program reduces the incidence of food borne illness through enforcement of regulations during inspections. Public Health Inspectors conduct food safety inspections in schools with cafeterias, or other food premises.

Investigation of School Environments and Health Hazard Concerns
Public Health Inspectors conduct investigation of school environments where necessary. Public Health Inspectors also respond to health hazard concerns.

Safe Water
Public Health Inspectors conduct inspections of pools in schools. Public Health Inspectors also investigate drinking water complaints.