

Working with Schools to Improve the Health and Well-being of Children and Youth

Board of Health
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Overview

- Mandates and Guiding Approaches
- Collaboration and Partnerships
- School Health Services
- Recommendation
- School Board Partner Remarks



Mandates and Approaches That Guide School Health Service Delivery

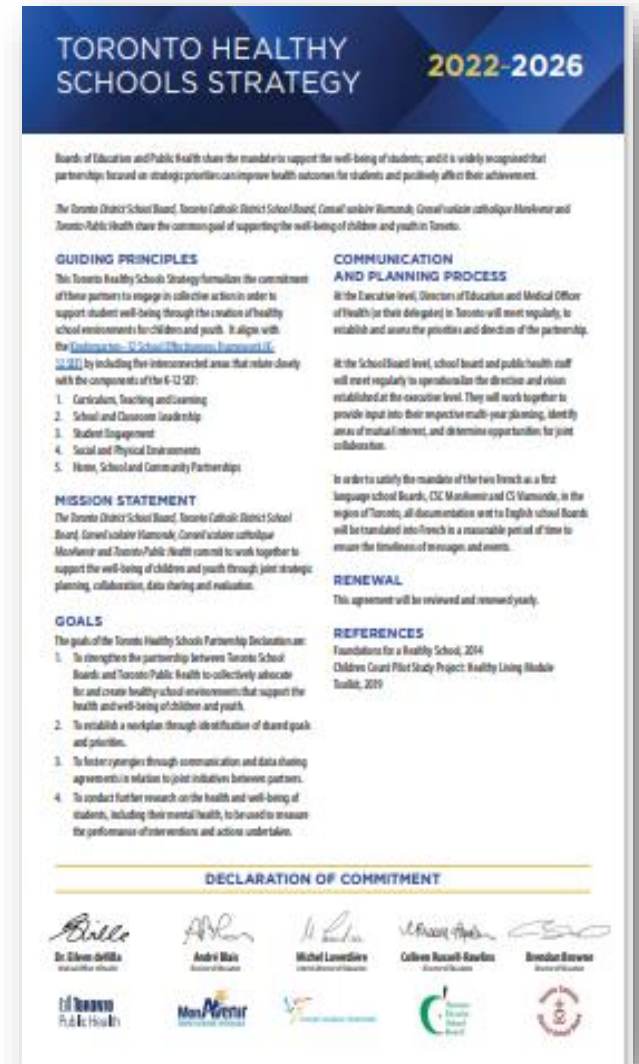
- Mandated by the Ontario Public Health Standards and School Health Guideline (2018).
- Guided by:
 - Population Health and Surveillance Data
 - Foundations for a Healthy School Framework
 - Proportionate Universalism
- **Goal: create healthy school environments that promote the overall health and well-being of students**



Toronto Healthy Schools Strategy

The goals of the Toronto Healthy Schools Partnership Declaration are:

1. To strengthen the partnership between Toronto School Boards and Toronto Public Health to collectively advocate for and create healthy school environments that support the health and well-being of children and youth.
2. To establish a workplan through identification of shared goals and priorities.
3. To foster synergies through communication and data sharing agreements in relation to joint initiatives between partners.
4. To conduct further research on the health and well-being of students, including their mental health, to be used to measure the performance of interventions and actions undertaken.



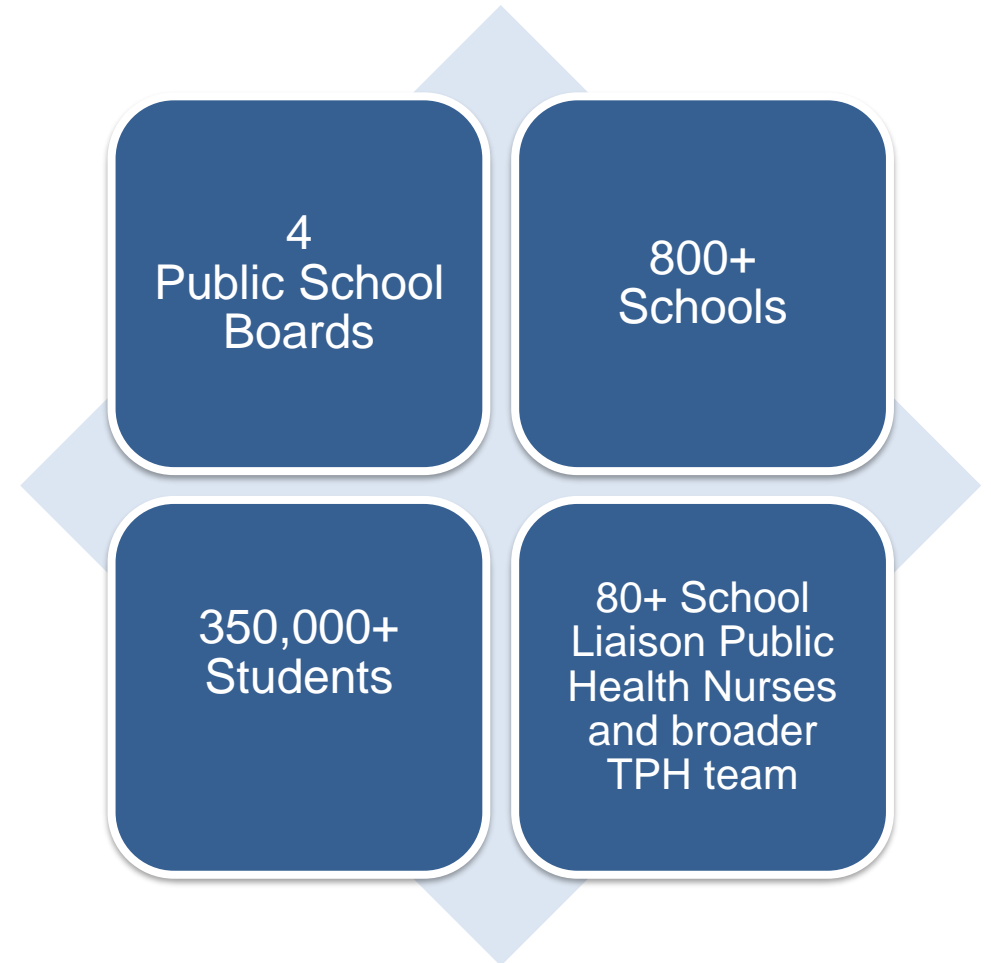
Collaboration with Partners is Essential to Creating Healthy School Environments

- Informing and supporting implementation of Ministry Policy/Program Memorandums (e.g. vaping, daily physical activity)
- Participating in provincial tables that bring health and education together
- Participating in joint initiatives with City divisions




Toronto Public Health Provides Services to over 350,000 students

- School health services are delivered by multiple programs across Toronto Public Health (TPH):
 - School Health Team
 - Vaccine Preventable Diseases
 - Communicable Diseases and Infection Control
 - Dental and Oral Health
 - Student Nutrition Program
 - Sexual Health Promotion
 - Healthy Environments



Preparing Students for a Successful Transition to School

- Engage parents through communication and education activities
- Promotes vision screening and eye exam through universal and targeted communications




A HEALTHY START TO SCHOOL

Starting kindergarten is an exciting time. This booklet has information for parents/caregivers to help your child have a healthy start to school.

Has your child:

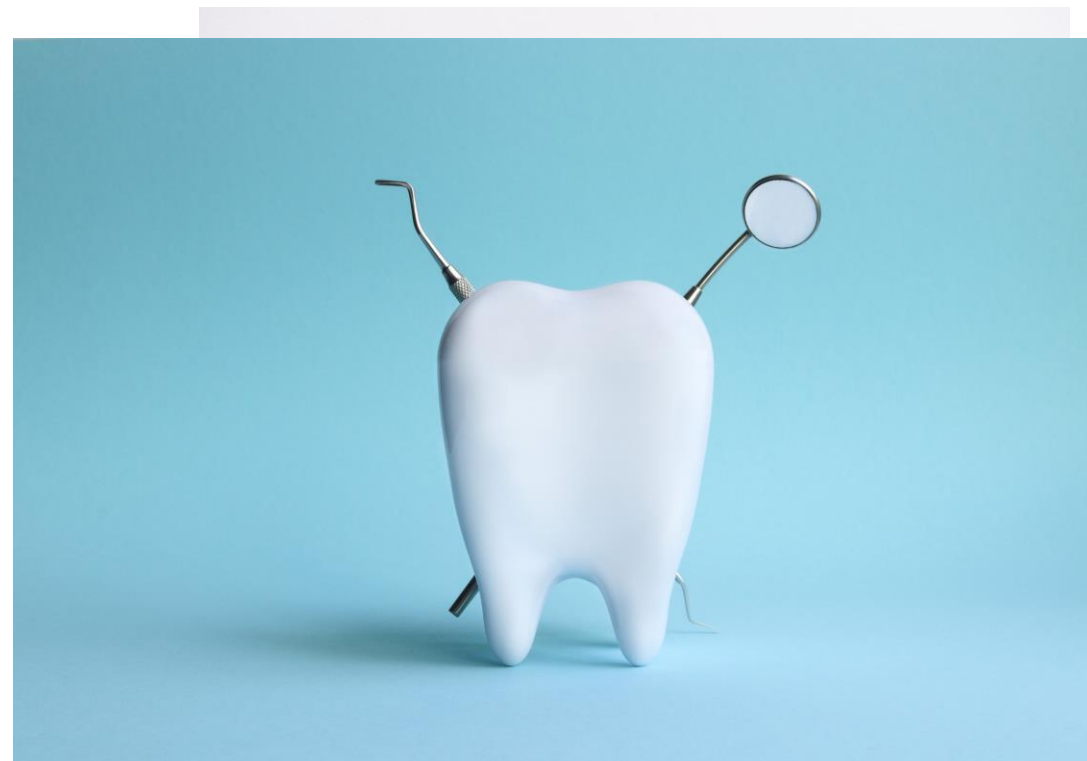
- had an eye examination?
- received the vaccines needed to attend school?

Note: Parent must also report vaccines to Toronto Public Health

 **Toronto** Public Health | toronto.ca/health 416.338.7600

Promoting Oral Health

- Conducting annual dental screenings in elementary schools
- In the 2024-2025 school year:
 - 174,850 students screened
 - 46,137 required preventative care
 - 25,985 referred for treatment



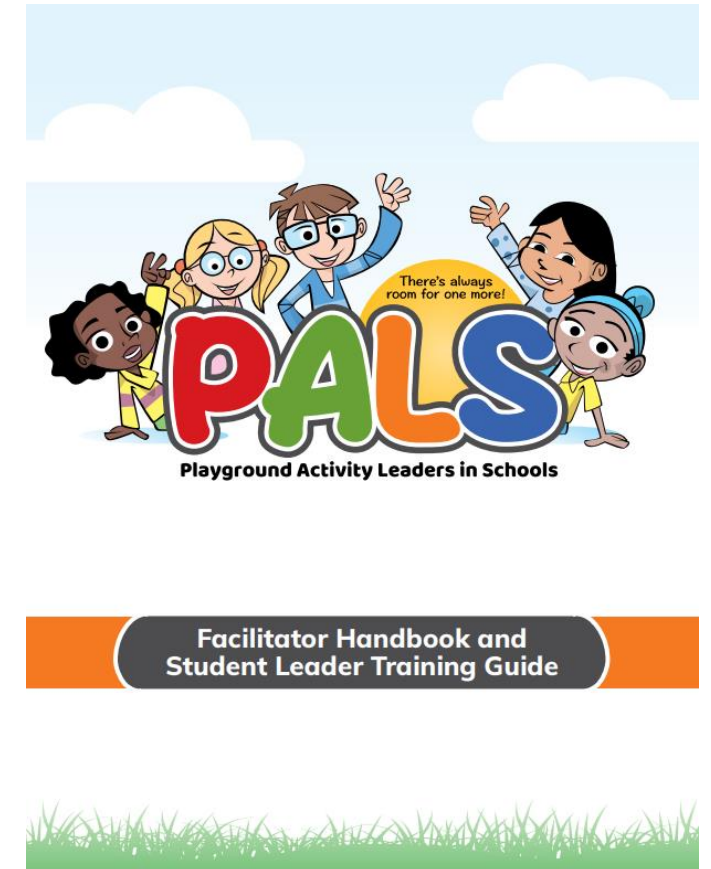
Preventing Infectious Diseases

- Enforcement of Ontario's Immunization of School Pupils Act (ISPA) in schools
- Delivers the Student Immunization Program (3 vaccines) to students in Grade 7
 - 2024–25 highlights:
 - 879 clinics at 435 schools
 - 20,893 students vaccinated
- Investigation and management of reportable diseases




Promoting Physical Activity and Nutrition

- Supporting curriculum and student engagement initiatives
- Collaboration with Green Communities Canada on the School Travel Planning Initiative
- Expansion of Student Nutrition Program



Promoting Healthy Physical and Social School Environments

- Collaboration between TPH and school communities to foster environments that encourage physical activity, healthy eating, community connections, and positive mental health through the Into Kids Health Program
- By end of the 2025/2026 school year, ~18,500 additional students across 76 schools expected to participate in the program.

A photograph of a teacher and several students working in a school garden. The teacher is wearing a white shirt and black pants, and the students are wearing various casual clothing. They are surrounded by green plants and a wooden trellis. The background shows a school building and trees under a clear blue sky.

“In all my years at this school, I’ve never seen kids here this active”
Teacher

A photograph of a teacher and students participating in a physical activity in a school gymnasium. The teacher is wearing a red vest over a white shirt and black pants, and the students are wearing red shirts and black pants. They are holding sticks and appear to be playing a game on a court with yellow cones. The gymnasium has a wooden floor and a basketball hoop in the background.

“Thank you to IKH...we got outside, we got moving, we got away from our screens, and most importantly, we got to make memories.”
Teacher

Promoting Healthy Sexuality

- Providing capacity building, training, education, and tailored workshops on sexual health topics:
 - consent and communication
 - reproductive health
 - gender identity and sexual orientation
- Delivering social marketing and communications campaign



Promoting Mental Health and Preventing Substance Use-Related Harms

- Implementing Student Leadership activities
- Alignment with school boards' mental health strategies
- Providing curriculum support and education resources
 - Online resources (e.g. Vaping Hub, Safer Partying Toolkit)



Creating Healthy School Environments

- Conducting inspections of:
 - school food premises
 - recreational water facilities
- Enforcement of the Smoke-Free Ontario Act



Opportunities to Continue to Enhance School Health

- Continued implementation of the Toronto Healthy Schools Strategy (2022-2026)

Recommendation: Continue collaborating with school boards and initiate the development of the next Toronto Healthy Schools Strategy to launch in 2027.



Thank You

Thank you to the teams at Toronto Public Health and our City and School Board partners for your on-going collaboration to improve the health and well-being of children and youth.

