

Health Promoting Resources Available in French

This document includes a list of resources available in French to teachers on the following topics: OPHEA documents, Physical Activity, Personal Safety and Injury Prevention, Body Image, Nutrition, Dental, Tobacco, Growth and Development, Substance Use Prevention, Early Identification. For more information or general questions, contact York Region's Health Connection line at 1800-361-5653 between the hours of 8:30 and 4:30 daily.

1.0 OPHEA documents

1.1 OPHEA Health & Physical Education Curriculum Support documents en Francais

Ontario Health and Physical Education Curriculum Support: Kindergarten to Grade 10 is a series of grade-by-grade curriculum support resources designed to ensure that quality health and physical education is a priority in school communities. The H&PE Binders include lesson plans, daily physical activity ideas and black line masters. The black line masters for students are also available in French.

Target Audience: K-10

To order your copy online: <http://ophea.net/Ophea/Ophea.net/hpeorder.cfm>

Cost: French BLM available free online

Hardcopies: 40.00 per grade - + Shipping & Handling

Phone: 416-426-7120

Email: curriculum@ophea.org

1.2 OPHEA A list of the programs available through OPHEA (some highlighted below) – a complete list in French found at <http://www.ophea.net/francais.cfm>

2.0 Physical Activity (PA)

2.1 Canada's Physical Activity Guide to Healthy Active Living; Guides for children and youth (Health Canada) Glossy magazine-style physical activity guides for children ages 6 to 9 and for youth ages 10 to 14, for teachers as well as for families of both age groups. PA promoting posters and stickers are also available.

Target Audience: Children ages 6 to 9 and for youth ages 10 to 14

To order copies: <http://www.phac-aspc.gc.ca/pau-uap/fitness/order.html>

2.2 Activ-8 (OPHEA)/ Le concours défi acti-v

activ8 is a free curriculum-based physical activity challenge program which consists of eight pre-planned lessons for each grade (K-8) including warm-ups, cool-downs and everything in-between.

Each lesson has fun physical activity challenges that help students of all abilities develop their fitness and skill levels. Developed by curriculum and child development experts, activ8's pre-planned lessons have direct links to your province's curriculum.

Target Audience: Four Grade modules: Kindergarten, Grades 1-3, Grades 4-6, and Grades 7-8.

To order copies contact:

Active Healthy Kids Canada

Toll Free: 1-(888)-446-7432; Phone: (416) 426-7120

Fax: (416)-426-7373 Email: info@activ8.org

Website: <http://www.activ8.org>

2.3 Active Schools (OPHEA)

This activity kit includes posters, certificates, and a variety of activities which promote PA through school wide or class involvement with the possibility of winning sporting equipment with each completed level.

When schools participate in different activities (such as sports clubs, theme days, etc.) under each category they are eligible to complete a level. Registered schools receive FREE materials to implement the Active Schools Program. The materials are flexible, adaptable, and easy-to-use. They include: Active Schools Guide, School Tracking Poster, Classroom Posters, Planning Templates, and Activity Plan Samples

Target Audience: For teachers jk-8

To order copies contact:

Toll Free: 1-(888)-446-7432

Email: activeschools@ophea.net

Website: <http://www.ophea.net/activeschools.cfm>

2.4 Active Safe Routes to School & IWALK (international walk to school day/ Vert l'action – programme sur la vie active et l'environnement & Semaine internationale marches vers l'école "

A national program encouraging the use of active transport for travel to and from school. Tools on the web include "Walking Wednesdays", "Walk across Canada", etc.

Target Audience: School wide community, Students, parents and teachers jk- 8

For more information contact: 1-888-822-2848

IWALK website in French - www.araspe.ca

English website: www.qoforgreen.ca

2.5 CIRA Resources for Active Playgrounds

- **Active Playgrounds/Jeux Pour la Cour de Recreation:** A great resource featuring over 100 playground games. Six chapters dedicated to games of: Four Square, Skipping, Hopscotch, Clapping, Wall & Ball Games, and other Old Favourites.
- **Everybody Move/Tout le Monde Bouge!** "Everybody Move! Daily Vigorous Physical Activity" is a resource, DVD and CD in one package. This resource has everything one needs to get everybody moving whether in a small confined space or a large spacious gym. The CD provides the music, the DVD, the demonstrations and the resource book puts everything together.
- **"You're It! - Tag, Tag and More Tag"** you will find over 80 tag games that children and youth will enjoy and play over and over. Chapter topics include: Traditional Games, Partner & Group Games, Tag Games Using Balls, Tag with a Twist... and much, much more. Cost: \$20.00.

Target Audience: Grades JK-8; Teachers, parents, community coordinators, students

To order your copy: Call 1-905-575-2083

Or email office@ciraontario.com

Website: <http://www.ciraontario.com/>

3.0 Personal Safety and Injury Prevention

3.1 Cyber Cops CYBERAGENTS :Écran miroir (7^e) CYBERAGENTS: En plein vol (8e) (OPHEA)

CyberCops is an educational, computer-based program that teaches students in Grades 7 & 8 about the risks and safety issues associated with Internet use. CyberCops assists students in acquiring the skills needed to recognize and respond to situations that threaten their personal safety and well-being as a result of using the Internet. CyberCops addresses elements of the Personal Safety and Injury Prevention component of the Healthy Living strand of the H&PE Curriculum and is available in both English and French.

Target Audience: Grades 7 and 8

To download your PDF copy: <http://www.ophea.net/CyberCopsResources.cfm> *Many other additional resources on this website

3.2 Risk Watch

A comprehensive injury prevention curriculum that covers eight major risks that cause unintentional injuries to children which include: motor vehicles, fire and burns, choking, suffocation and strangulation, poisoning, falls and playgrounds, firearms, bike and pedestrian and water and ice. Risk Watch modules are grade-specific to make teaching easy. Black line master is also available. Assists teachers to meet the Health and Physical Education Curriculum, Healthy Living Strand, Personal Safety and Injury Prevention Requirements.

Target Audience: Pre-K to Grade 8

For more information please contact: your local Fire Department, Fire Prevention Officer.

Website: www.ofm.gov.on.ca Link to Fire Safety and Public Education, Risk Watch.

3.3 Think First/Pensez d'abord!

A comprehensive brain and spinal cord injury prevention curriculum binders. These binders are available in English and French and are free of charge (1 set per school) to Canadian schools.

Target Audience: JK to Grade 8

To order your copy call 1-800-335-6076 *or visit the website at* http://www.thinkfirst.ca/curriculum_order.asp

Website: www.thinkfirst.ca

3.4 Stay Safe

The Stay Safe program teaches children to recognize the hazard symbols found on household chemical products in a fun and interactive way. An education guide (CD ROM or Book) and interactive online activities for children for household chemicals products for children 5-9 years of age.

Target Audience: Grades 1-3

To order your copy: French copies can be ordered in hard copy by calling (613) 952-1014.

Educator guides available for download in PDF online in English www.healthcanada.gc.ca/staysafe

3.5 Audiovisual Resources

For elementary school teachers:

A Little Respect: Safe skiing and boarding CD

Target Audience: Grades 1-3

To request, contact Cindy O'Keefe, Public Health Nurse, York Region Community and Health Services at (905) 762-1282 (4647)

For Parents:

Kids That Click: Tips for using car seats, booster seats and seat belts safely

Target Audience: Grades 3-8

To order a free copy call 1-888-SAFE-TIPS

3.6 Printed Resources Available to Elementary School Teachers

1. *Buckle Your Brain:* Proper Helmet Fit and Concussion Information Card and posters
2. *Bike Safety Fun Book with Elmer the Safety Elephant*
3. *Cycling Skills for teens and adults*
4. *Safety with Radar Activity Book*
5. *Brainwaves:* Information on preventing brain and spinal cord injuries

Target Audience: JK to Grade 8

To order contact Cindy O'Keefe, Public Health Nurse (905) 762-1282 (4647)

4.0 Body Image

4.1 “Everybody’s a Somebody”/“Bien dans ta peau” (Body Image Coalition of Peel)

An active learning program and teacher’s facilitator’s guide to promote healthy body image, positive self-esteem, healthy eating and an active lifestyle for female adolescents. The manual has six chapters, with background information for the teacher and many activities and worksheets to use with teen participants. The topics included in the manual are: • Media, Family and Friends • Self-Esteem and Body Image • Set-Point: The Body’s Resistance to Dieting • Healthy Eating and an Active Lifestyle • Stress Management • Relationships.

Target Audience: Grades 7 to 12

To purchase a French or English copy, view online order form at:

www.bodyimagecoalition.org/everybody2.html

4.2 Vibrant Faces/ “Des Mines Radieuses” The Vibrant FACES (free) program was developed to help young women in grades 7 & 8 overcome issues of body image and self esteem, and feel comfortable getting involved and participating in physical activity and sport! The Vibrant FACES program includes:

- Teacher/Leader Event Guides with student-centered activities on physical activity, body image and self-image
- Student Guide booklets to provoke thought and encourage dialogue
- FREE product samples from Always and Tampax.

Target Audience: Grades 7 & 8

To order your copy and view pamphlet:

<http://www.cahperd.ca/eng/pgschools/documents/VFOrderFormFINAL.pdf>

5.0 Dental Health

5.1 Teacher's Reference Manual of Dental Health

Two lesson plans are available for teachers through the Ontario Association of Public Health Dentistry for grades 2 and 6 students. “Prevention des maladies bucco-dentaires” & “2 et 2 c’est bien mieux!”

Target Audience: Grades 2 and 6

To download resources in French and English, visit: <http://www.oaphd.on.ca/public/teachers.html>

6.0 Healthy Eating

6.1 “Power to Play!”

“Power to Play!” has been designed by teachers, dieticians and students and includes 4 grade-specific, curriculum-integrated programs that meet expectations in Health & Physical Education, Language, Mathematics, the Arts, Science & Technology and Social Studies. From Dairy Farmers of Ontario. Excellent Free resources and teacher training provided! (not all resources i.e. DVD and music CD are in French).

Target Audience: Grades 7 to 12

To request a teacher workshop, call 1-866-392-9929 or email: workshop_request@dfc-plc.ca

Website: <http://www.teachnutrition.org/Default.aspx?SectionId=130>

6.2 Dairy Farmers of Ontario Various Resources

Dairy Farmers of Ontario publishes a list of available healthy eating and nutrition supporting resources in English and French. Varied resources available on their website.

Target Audience: JK-Grade 8

To order copies, visit: <http://www.teachnutrition.org/default.aspx?SectionId=183>

6.3 Discover Healthy Eating”/ “À la découverte d'une alimentation saine!”

Elementary school teachers can download your own copy of **Discover Healthy Eating!** This curriculum support resource offers a choice of teaching activities that support the Health and Physical Education Curriculum. Background information, glossary and a listing of additional resources are also included.

Target Audience: Grades 1 to 8

To download your own copy, visit: http://www.toronto.ca/health/dhe_index.htm#french

6.4 Mission Nutrition

Engage students in fun, healthy living lessons with our free, easy-to-use, curriculum-based Mission Nutrition resources for Grades K to 8. Grade specific toolkits include Curriculum Connections, ready-to-use lesson plans, fun student activities, teacher notes, assessment rubrics and ideas.

Target Audience: Grades 1 to 8

Download resources and activities at: www.missionnutrition.ca

6.5 Canada’s Food Guide Resources

A variety of healthy eating and Canada’s food guide resources available to educators in English and French.

Target Audience: All ages:

Website: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

7.0 Growth and Development

7.1 Birth Control Kit York Region Health Services

Kit available for teachers to support teaching reproductive health.

Target Audience: Grades 7-10

To order contact Health Connection at 1800-361-5653

7.2 Always Changing Program/“Grandir”

The FREE Always Changing Program is a school-based resource sponsored by Always and Tampax. The Always Changing program supports the Healthy Living strand in the Ontario Health and Physical Education Curriculum Policy and includes:

- A Changing Videotape for girls and boys
- Teacher’s Guide
- Information booklets for student
- FREE product samples for girls

Target Audience: Grades 5 and 6

To download order form: <http://www.cahperd.ca/eng/pgschools/documents/ACOrderFormFINAL.pdf>

Or contact: Always Changing Program, 20 Torbay Road, Markham, ON L3R 1G6 **OR** by fax 1-800-420-3616

OR by email at alwayschanging_vibrantfaces@ptm-health.com

8.0 Substance Use Prevention

8.1 Substance Use and Mental health Curriculum guides/ Guides du programme-cadre de la Toxicomanie

Materials to help teachers and schools educate students about addiction and mental health issues, and how to overcome and prevent the stigma that often goes with them. Includes Educating Students about Drug Use and Mental Health Ready-To-Use Lesson Plans for Your Classroom - Curriculum Guide. Ready to use lesson plans for teachers to complement the Ontario curriculum grades 1-8 in both English and French.

Target Audience: Grades 1-8

To order your copy:

http://www.camh.net/fr/education/Resources_teachers_schools/Drug_curriculum/index.html

8.2 “Take Action”

Take Action consists of 4 cross-curricular components, which include easy-to-use lesson plans, rubrics, and blackline masters that directly link to the Ontario Health and Physical Education curriculum. Take Action is a comprehensive, classroom-based program designed to support educators and engage school communities in teaching safety awareness regarding medicines and harmful substances and provides information about tobacco, alcohol and substance use through the integration of health and physical education expectations. Based on the Comprehensive School Health approach, Take Action provides a foundation of support for young people to make healthy lifestyle choices and develop problem-solving and decision-making skills. The curriculum packages include lesson plans and activities, rubrics, additional grade specific resources and black line masters based on concepts from the H&PE Curriculum Support Documents

Target Audience: Modules—Take Action (K), Take Action (1-3) Take Action (4-6) Take Action (7-8) All available in English and French.

For more information, visit:

<http://www.ophea.net/takeactionoverview.cfm>

9.0 Tobacco Prevention Resources

9.1 Lungs are for Life!

The Lung Association & OPHEA The *Lungs Are For Life* program is designed to help students develop the skills they will need to prevent them from smoking or using other harmful drugs such as cannabis and alcohol. The program provides students with information on health and social consequences and attempts to motivate students to resist pressures to use substances. Free program materials include teaching modules, posters, brochures, and more.

Target Audience: Grades K-12

To order your FREE copy contact:

The Lung Association; Phone: 1-800-972-2636

Website: www.lungsareforlife.ca

9.2 Barb Tarbox (AADAC)

Barb Tarbox was diagnosed with terminal lung cancer in September 2002 after smoking since Grade 7. She died May 18, 2003 after speaking to more than 50,000 students about the dangers of smoking. Excellent video (\$100.00), (AADAC: Alberta Alcohol and Drug Abuse Commission).

Target Audience: Grades 7 to 12

To order your copy of the video and download free discussion guide:

http://www.aadac.com/79_615.asp

10.0 Early Identification

10.1 Nipissing District Developmental Screens (NDDS)/ Questionnaire de dépistage du district de Nipissing (NDDS™)

The NDDS are developmental screening tools available to parents, caregivers, and early years professionals working with children up to the age of six years of age. NDDS help determine if a child's development is progressing as it should. The screens are a checklist that requires "Yes" or "No" answers to a series of developmental questions. This helps parents and early years professionals to know what to expect from a child at a specific age. Each checklist explores a child's development in the areas of: vision, hearing, speech, language and communication, physical movement, understanding, emotional awareness, interacting with others, and independence. Checklists are available in 1-2 month, 4 months, 6 months, 9 months, 12 months, 18 months, 24 months, 30 months, 3 years, 4 years, 5 years, and 6 years. They are available in English, **French**, Chinese, Spanish, and Vietnamese. The NDDS is not a substitute for professional advice.

Target Audience: JK-1 (up to 6 years of age)

To order your copy: NDDS can be ordered by calling and requesting an order form from York Region *Health Connection* at 1-800-361-5653. Online interactive screens are also available at www.ndds.ca

10.2 Red Flags: A Quick Reference Guide for Early Years Professional

This document was developed by the York Region Early Identification Community Planning Network in collaboration with many community partners. The Red Flags Guide is intended to be used by any professional working with young children and their families. A basic knowledge of healthy child development is assumed. **Red Flags** will assist professionals in identifying when a child could be at risk of not meeting his or her expected health outcomes and/or developmental milestones. Use of this document will help teachers to identify the need for further investigation by the appropriate discipline.

To order your copy: Red Flags can be ordered by calling York Region *Health Connection* at 1-800-361-5653.

10.3 Additional Information

For more information about child's growth and development visit York Region Community and Health Services website at www.york.ca/parenting

Early Identification program staff are also available for consultation and support on issues related to NDDS screening tool and the Red Flags document information and order forms.