

CHILDHOOD INJURY PREVENTION CURRICULUM SUPPORT HEALTH RESOURCES FOR ELEMENTARY SCHOOLS

Did you know unintentional injuries are the leading cause of death in children between the ages of one and 14? Here are a few key facts:

- A fall is the most common cause of childhood injuries requiring medical attention and, for children aged 5-9, playgrounds are the most common area for fall-related injuries to occur.
- A concussion is a brain injury that can affect how the brain works and can cause physical, cognitive, and emotional/behavioural symptoms. A concussion can affect all areas of life, including school.

MANUALS AND CURRICULUM RESOURCES/AUDIOVISUAL RESOURCES/BROCHURES/POSTERS/
HANDOUTS/BOOKS/WORKSHOPS/DISPLAYS/SPEAKERS/PROGRAMS

GRADE LEVEL: JK-8

Concussions

York Region Public Health Concussion Guidelines and Resources: Information on concussion safety awareness including prevention and management. Learn more about concussion signs and symptoms and get resources for students, parents, teachers, coaches and administrators.

www.york.ca/concussions

Ontario Government Rowan's Law: Concussion Safety: Concussion awareness resources available for athlete, student, parent, coach, official or educator. You will find e-booklets and videos for ages 10 and under, ages 11-14 as well as a guide for students and athletes of all abilities. Available in many languages.

www.ontario.ca/page/rowans-law-concussion-safety

OPHEA – Ontario Physical Activity Safety Standards in Education (OPASSE): Concussion Protocol as the minimum standard for school boards. Includes: concussion protocols, concussion protocols sample tools, concussion codes of conduct and concussion awareness resources and training. For teachers and administrators to support [Policy/Program Memorandum No. 158 \(2019\): School Board Policies on Concussion](#)
safety.ophea.net/concussions

Rowan's Law Day Toolkit: Developed to help schools and classrooms recognize Rowan's Law Day and encourage students to speak up about concussions.

ophea.net/rowans-law-day-toolkit-schools

Public Health

1-877-464-9675

TTY 1-866-512-6228

york.ca/injuryprevention



SchoolFirst: This new resource will guide all Canadian elementary students returning to school after a concussion. It is an evidence-informed guide for teachers and school administrators who will learn best practices and how to become a concussion champion.

www.hollandbloorview.ca/schoolfirst

Brain Waves: A free, informative, and fun half-day neuroscience presentation for students in grades 4 to 6. Trained volunteers with an understanding and passion for injury prevention bring the hands-on program which includes activity booklets, helmet fitting tips and jello brains to the classroom.

www.parachutecanada.org/programs/topic/C55

Childhood Falls

Teaching resource for Gr. K-3 on childhood fall risk factors and prevention strategies.

www.york.ca/childhoodfalls

Road Safety

Resource created by the Ministry of Transportation and OPHEA. It is available in both English and French and includes grade/age relevant information and practical lesson plans for teachers.

www.ontarioroadsafety.ca

STUDENT LEARNING AND TAKE-HOME RESOURCES

Activities

- KYS the Cat activity sheets – multiple safety topics
- Alex at the Playground booklet – Playground Safety/Falls Prevention
- Pedestrian Safety Board Game – Can you get to school safely?
- Safety with Radar booklet- multiple safety topics

Brochures and Print Resources

- Proper Helmet Fit Fact Sheet (Multilingual versions)
- Concussion Fact Sheet, Brain Cards and Posters
- Parent's Pathway for Child and Youth Concussion

FRENCH RESOURCES

- Cycling Skills/L'art du cyclisme
- Safety with Radar Activity Book/Sécurité avec Radar (Multiple safety topics)
- Alex at the Playground/Alex au parc (Booklet) Falls Prevention

WEBSITES/RELEVANT ORGANIZATIONS

Parachute Canada

Canadian national injury prevention organization. Promotes researched, evidence-based and expert – advised resources and tools that can help to prevent serious harm or death from preventable injuries.

www.parachutecanada.ca

For more information on these or other resources contact: IPHABE@york.ca