

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 1 and 14? A couple of key facts:

- A fall is the most common cause of childhood injuries requiring medical attention and for children age 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/
PAMPHLETS/POSTERS/ HANDOUTS/ BOOKS/ WORKSHOPS/ DISPLAYS/ SPEAKERS/
PROGRAMS**

GRADE LEVEL: JK-8

Concussions

- **SchoolFirst**
This new resource will guide all Canadian elementary students returning to school after a concussion. It is an evidence-informed guide especially for teachers and school administrators who will learn best practices and how to become a concussion champion.
www.hollandbloorview.ca/schoolfirst
- **Rowan's Law Day Toolkit**
Developed to help schools and classrooms recognize Rowan's Law Day and encourage students to speak up about concussions.
<https://teachingtools.ophea.net/supplements/rowans-law-day-toolkit-schools>

Concussion Awareness e booklets for Grade 6-8

- <https://www.ontario.ca/page/ontario-government-concussion-awareness-resource-e-booklet-ages-11-14>

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca/healthyschools



- **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.
<http://www.parachutecanada.org/programs/topic/C55>

Childhood Falls

- Teaching resource for Gr K-1 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.
Website: 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

Pamphlets 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

Please contact: injuryprevention.referrals@york.ca

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

Please contact: injuryprevention.referrals@york.ca

WEBSITES/RELEVANT ORGANIZATIONS

York Region Concussion Information

www.york.ca/concussion

Ontario Government - Concussion Safety

<https://www.ontario.ca/page/rowans-law-concussion-safety>

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

Injuryprevention.referrals@york.ca