

PUBLIC HEALTH NEWS ... CREATING HEALTHY SCHOOLS TOGETHER

INFORMATION FOR SCHOOL SUPERINTENDENTS

OCTOBER 2017

IH Services to Schools

For an overview of current IH services available to schools see the following links for the [detailed](#) or [graphical](#) versions.

Class Lists

Kindergarten, grade 1, 6 and 9

Each year Public Health Nurses request class lists for Kindergarten, Grade 1, 6, and 9 students. Class lists are used in a number of public health programs such as immunization, vision, hearing and dental screening that are delivered through school-based settings.

School boards and independent school authorities provide student records to health service providers by virtue of an order of the Minister of Education, made under the authority of s. 79 of the *School Act*, and by virtue of the Student Records Disclosure Order (Inspector's Order 1/07), made under the authority of the Independent School Regulation, s. 9.

We would appreciate your assistance in informing schools that sharing class lists is an approved process, especially when nurses are requesting updated contact information.

PLEASE NOTE: Not all schools will be required to submit class lists. For some school districts STIX (electronic student information exchange application) will be used to extract student demographic information.

School District and IH Leadership Teleconference

October 17, 2017 at 10:00-11:30 PST (11:00-12:30 MST)

Submit agenda items to: valerie.pitman@interiorhealth.ca

School Absenteeism

School absenteeism is one tool utilized by public health to identify outbreaks of disease. Children are often the first to be affected by circulating respiratory and gastrointestinal illness and are responsible for much of early disease transmission in communities. Schools experiencing absenteeism of 10% or greater should contact their school Public Health Nurse.



Information sheets for respiratory and gastrointestinal illness for schools are available here and will be distributed to schools by their school public health nurse:

[Respiratory Infection in Schools](#)

[Gastrointestinal Infection in Schools](#)

Free Condoms for Secondary Schools



Free condoms are available to all secondary schools in our health authority. These are to support contraceptive education, sexually transmitted disease prevention, and to offer a method of birth control. Please consider including condom baskets in your high schools and alternate schools. Information and forms can be found on the public website here:

1. [free condom supply form](#)
2. [condom pilot project](#) report

Questions about the condom pilot project report and about condoms in schools can go to: Brenda.Marsman@interiorhealth.ca

No Child Without Free MedicAlert Program

Are your elementary and middle schools enrolled?

The **MedicAlert® Foundation Canada** is a charitable organization and the leading provider of emergency medical information services linked to customized medical bracelets and necklaces. They offer **free** MedicAlert memberships to students (**from age 4 to their 14th birthday**) through the **No Child Without®** (NCW) program in select schools www.nochildwithout.ca

The MedicAlert No Child Without program exists thanks to the generosity of subscribers, parents and donors. If your school is not currently enrolled in the NCW program, please register [online](#).



Diabetes and Glucagon

Public Health Nurses (PHNs)

School PHNs are available to provide a general diabetes overview presentation to all school staff upon request. PHNs will also offer select staff training and practice sessions in glucagon administration in schools where the parents of those students with diabetes want glucagon to be administered by school staff. **Parents are responsible** for providing glucagon to their child's school. **Schools are responsible** to alert the school nurse that training is needed.

Nursing Support Services (NSS)

NSS staff support children with [special health care needs](#) in the school setting. They will provide training and ongoing monitoring to school staff for delegated care needs of individual students requiring assistance with gastrostomy tube meals, Type I Diabetes, seizure management, clean intermittent catheterization, and oral suctioning. For more information see [the Interior Health website](#).

Parents are responsible for their child's care during the school day until training of school staff is completed. For more information on the specific care guidelines for diabetes in the school setting please visit the following [website](#).

A list of the NSS nurses can be found on the [Interior Health Public Website](#)

School Screening and Referrals

Kindergarten **vision** screening occurs [annually](#) during the school year.

While the BC Kindergarten **Dental** Survey does not occur again until 2018, [Dental Program staff](#) will accept referrals for any student with active pain and/or infection.

For **hearing screening** concerns, referrals can be made to an audiologist at the nearest [Interior Health Hearing Clinic](#).

Medical Alert



Anaphylaxis training is offered to school staff by Public Health Nurses once or twice a year, and upon request. Nurses have demonstrator units of EpiPen auto-injectors to share with staff during the training session. Another option available to school staff (such as TOC) is to complete the 30 minute free on-line [self-learning module](#) from www.allergyaware.ca.

Epinephrine is the only treatment shown to stop an anaphylactic reaction, and the only treatment that should be given in the school setting. All high-risk children should have two EpiPen auto-injectors available in the school setting as a second dose may need to be given 5-15 minutes after the first dose if symptoms worsen.

More information can be found here:

[Anaphylaxis Protection Order](#)

[Anaphylaxis](#) is schools and other settings, 3rd edition BCSTA [Anaphylaxis Core Resources](#)

Nurses are also available to give presentations on other medical alert conditions such as seizures and diabetes if requested.

School Immunizations

Consents

Beginning this year IH will use a personalized consent for each Grade 6 and Grade 9 student in both public and independent schools in Kamloops, the Central Okanagan, and Kootenay Boundary areas. All other areas will continue to use generic consent forms. Paper copies of school immunization consents and supporting documents are sent to parents and students via schools. Grade 6 and 9 immunization generic consents are also available online and can be downloaded from the [Interior Health website](#).

Program Changes to the 2017/18 School Year

Human Papilloma Virus Vaccine (HPV9) will now be offered to boys in Grade 6.



Healthy Communities

Public Health Overdose Emergency

For more information see: [The Interior Health Website](#)

Radon Screening

Radon is a serious indoor air quality issue within the BC interior. Children are more vulnerable to the chronic consequences of radon such as lung cancer later in life. Testing for radon in public and private schools, as well as private homes, is important because it is the only way to know the level of radon. The best time to test is from October through March. Testing is easy. For more information on Radon Gas see: [The Interior Health Public Website](#)

Active and Safe Routes to School

Walking and cycling to school is an important way for children and youth to add physical activity to their daily routine. The IH – Healthy Communities team is interested in partnering with School Districts, parents and other community stakeholder for Safe Routes to School planning. For more information see: hastebc.org

For more information or to start a conversation contact IH - Healthy Built Environment Team 1-855-744-6328 extension 4 or hbe@interiorhealth.ca.

Community Nutrition and Food Security

Public Health Dietitians are available to support school districts working on initiatives related to food security, food literacy, the school food environment and healthy school policies. Public Health Dietitians work with Health Promoting School Coordinators, where available, to provide resources, information about funding opportunities and review grant applications, as well as provide consultation and expertise on district initiatives.

Visit Interior Health's School Nutrition [web page](#) for information about:

- School food initiatives such as:
[BC School Fruit & Vegetable Nutritional Program](#)
[BC Farm to School Program](#)
[Cook it. Try it. Like it!](#)
- Resources to support nutrition education
- Information about the BC School Food Guidelines

Opioid Overdose Information for Schools



For links to teaching curriculum and information for parents, see:

[Opioid Overdose Information for Schools](#)

Tobacco Reduction Resources

Tobacco Reduction Coordinators offer training to teachers, counsellors and other school staff wanting to assist their students to quit tobacco use.

Contact the Tobacco Reduction Program at tobacco@interiorhealth.ca for more information.

The following are links to information you may find useful:

[Tobacco Reduction Website](#)

[Tobacco Free Schools](#)

For resources (lending library, curricula)

[Vapour Products Schools Fact Sheet](#)

Tobacco Cessation Information
QuitNow: www.quitnow.ca

[BC Smoking Cessation Program](#)

Tobacco and Vapour Products Control Act

This Act came into effect September 1, 2016.

For support with School Compliance please visit:

[The Interior Health Website](#) or contact tobacco@interiorhealth.ca



Head Lice



Information and tips for schools dealing with head lice can be found on the [Interior Health Website](#). We appreciate your assistance in informing schools that resources updated in 2016 can be found here. Public Health Nurses are available to provide head lice education sessions to staff and parent groups upon request.

Healthy Schools

The **Healthy Schools BC website** includes resources, success stories, and funding opportunities that assists in creating a healthy school. More information is available at: www.healthyschoolsbc.ca Interior Health funding for **Health Promoting Schools Coordinators** is now provided to 15 of the 16 public school districts and some First Nations schools in the Okanagan. The [Health Promoting Schools Coordinator](#) list is updated twice yearly.

Public Health Nurses will be connecting with their designated schools to find out how they can become involved with Healthy School Initiatives. The list of [Public Health Nurses by school district](#) can be found in the IH Public Website.

The Concussion Awareness Training Tool



The **Canadian Paediatric Society** recommends that anyone involved in child and youth sport should be educated about the signs and symptoms of concussion and the appropriate management of a child with a concussion.

The Concussion Awareness Training Tool (CATT) consists of free online toolkits to provide training in the recognition, treatment and management of concussion for School Professionals as well as Parents, Players, and Coaches. Each toolkit includes a self-paced learning module as well as tailored resources relevant to the specific audience. This resources is available at: www.cattonline.com

[The Canadian Guideline on Concussion in Sport](#), has been developed to ensure that athletes with a suspected concussion receive timely and appropriate care, and proper management to allow them to return to their sport.

The guideline is intended for use by all stakeholders who interact with athletes inside and outside the context of school and non-school based organized sports activity, including athletes, parents, coaches, officials, teachers, trainers, and licensed healthcare professionals. For more information see: [Parachute Canada](#)

Art Expo School Tours

[The Breastfeeding Art Expo](#) is a community arts and health project that brings awareness to breastfeeding. This amazing first-of-its-kind Expo showcases 15 large community-based art pieces and 65 independent artworks all on the topic of breastfeeding. The Expo has already been in Kelowna and is in Vernon until the end of September; Penticton at the En'okwin Centre October-early November; Trail in Jan-Feb, 2018; Williams Lake in March, 2018; and Kamloops in April, 2018.

Teachers can bring their students (K-Grade 12) to the Expo to participate in age-appropriate free guided tours or to explore the Expo online. The [Teacher's Guide](#) has grade-specific activities for students before and after they attend the Expo. For more information check out the [Art Catalogue](#) and view the [videos](#) For photos of the Kelowna and Vernon Expos go to the project [Facebook page](#). For more information or to book a tour contact karen.graham@interiorhealth.ca

Healthy From the Start Program

Healthy From The Start (HFS) is a universal prenatal program offered through Interior Health. Teachers and counsellors are encouraged to provide pregnant students with information to allow them to connect with this resource. All pregnant youth and women can self-refer to HFS by calling toll free at 1-855-868-7710 or filling out the secure HFS online form: www.interiorhealth.ca/HealthyFromTheStart

When a pregnant student is referred to HFS, she will speak with a public health nurse, receive health screening and valuable information, as well as get connected with programs and resources available in her community. Receiving early prenatal care and connecting with supports and services is especially important with pregnancy in young women.

School Contacts

Under the School Act, Section 89, the following are the School Medical Health Officers (MHOs):

Dr. Trevor Corneil
Dr. Kamran Golmohammadi
Dr. Silvina Mema
Dr. Sue Pollock
Dr Karin Goodison

To contact the Duty Medical Health Officer, please call: 1-866-457-5648

Other Student Support Resource Contacts from the Maternal Child Health Team:

Regional Knowledge Coordinator for Child & Youth Programs: Brenda Marsman
brenda.marsman@interiorhealth.ca

Regional Knowledge Coordinator for Healthy Schools: Valerie Pitman
valerie.pitman@interiorhealth.ca

Manager Maternal Child Health Program:
Penny Liao-Lussier
penny.liao-lussier@interiorhealth.ca