

For Administrators and Educators:

February 17th is Random Acts of Kindness day. To celebrate, consider accessing FREE and downloadable lesson plans (for all grades) from the Random Acts of Kindness Foundation. This Tier 1 evidenced-based social emotional learning curriculum is designed to help schools create a culture of kindness. Each unit teaches six core kindness concepts: Respect, Caring, Inclusiveness, Integrity, Responsibility, and Courage. In addition, you can access other kindness resources such as a kindness calendar, posters, grab and go games and more. Visit <https://www.randomactsofkindness.org/for-educators> to get started!

For Secondary Schools: NEW “Way to Wellness” Workshop. This interactive workshop, led by a Public Health Nurse, is broken down into three 1-hour lessons. It covers topics such as mental health language, factors that affect our mental health, daily habits to boost & maintain good mental health, recognizing when you need help, stress & the brain, managing & coping with stress, problem solving, and resources for support. The purpose is to educate a small group of students (15-20) who will then form a student group to plan initiatives for the student body in a peer-to-peer method. Contact your School’s PHN to discuss this opportunity for your school.

Surveillance of Student Immunization Records. We are in the process of sending out letters informing over 6000 families they are required to submit immunization records to the Health Unit for their child(ren), as our records show they are missing some or all required doses. These letters are being mailed directly to families with children in JK (school entry), age 7 (past due for 4-6 year old boosters), and age 17 (past due for 14 – 16 year old booster and Meningococcal). In some cases, the child is already immunized, and the parent only needs to submit the proof. In other instances, parents will need to make an appointment to get the missing immunizations. There will be parent education sessions in March for those families who opt to be exempted from receiving the required immunizations. *We are not planning student suspensions for missing immunizations at this time.*

Requested Action

1. If parents provide you with a copy of their child’s immunization record, rather than submitting to the Health Unit, remind the parent to submit their child’s information using our [secure online portal](#).
2. For new students, including those enrolling in kindergarten for next year, please share the information sheet called ‘We Need Your Child’s Immunization Records’ (attached to email).
3. If you have questions, please email us at SchoolVaccine@healthunit.org

For Families:

February 17th is Random Acts of Kindness day. To celebrate, consider visiting www.randomactsofkindness.org for easy, practical ways to help you make kindness the norm at home and in the community. Resources are FREE, including a kindness calendar, quotes, videos, posters, grab and go games and more!

Physical Activity Outdoors. The positive effects of physical activity are increased when it is done outdoors in nature. According to [ParticipACTION](#), being active outside can boost mood, increase energy, decrease stress and anxiety, increase physical activity and more! To enjoy the outdoors this winter and avoid cold injuries, remember to [dress for the weather](#) and learn [how to prevent frostbite and hypothermia](#).