

Niagara Region Public Health School Health Newsletter

January 2025

Access and Update Your Child's Immunization Record

Niagara Region Public Health would like to remind parents and guardians to keep their children's immunization record up to date. This can easily be completed by using [Immunization Connect](#).

Immunization Connect is a quick, confidential, and secure system where you can access your child's vaccination record and report vaccines.

Report every time your child receives a vaccine directly to Public Health with *Immunization Connect*. **Health care providers do not do this for you.**

Visit niagararegion.ca/vaccines for other ways to report vaccination information to Public Health.



Immunization Connect is a quick, confidential and secure system where you can access your child's vaccination record and report vaccines.

Report every time your child receives a vaccine directly to Public Health with Immunization Connect. Health care providers do not do this for you.



Visit niagararegion.ca/vaccines for other ways to report vaccination information to Public Health.

SCAN QR CODE for more immunization information

Niagara  Region

Wintertime Well-Being

As the weather changes and days get shorter, many people, including teens, may feel more anxious, depressed, or tired. It's essential to be mindful of our emotional well-being. Beat the winter blues and check out these simple activities to boost your and your teen's mood.

- [8 feel good tips to boost your mood](#)
- [Self-Care Challenge](#) | [30 Day Challenge](#)

Snow Safety for Teens

Embrace the thrill of tobogganing this winter, but remember, safety comes first! Whether your teen is racing down the slopes or enjoying a leisurely ride, follow these snow safety tips to make the most of their winter adventures:

1. **Gear Up:** Wear appropriate winter gear such as gloves, and sturdy boots to provide protection from the cold.
2. **Choose Safe Hills:** Pick tobogganing hills that are marked as a safe place and free from objects such as trees, rocks, or traffic. Avoid hills with steep inclines or crowded areas.
3. **Follow Etiquette:** Be mindful of others on the hill, encourage your teen to choose a clear path to avoid collisions, and respect the space and safety of fellow tobogganers.
4. **Position Yourself Smartly:** Sit facing forward on the toboggan with their feet first. Remind tobogganers to hold on firmly and avoid standing or kneeling during the ride.
5. **Stay Visible:** If tobogganing in the evening, ensure visibility. Wear bright colors and consider adding reflective elements to your clothing.
6. **Stay Substance-Free:** Ensure winter activities are enjoyable and safe by avoiding the use of substances. Ensure teens stay clear-headed and alert to make the most of their adventures.



Remember, tobogganing is all about having fun, but safety ensures that the enjoyment lasts throughout the winter season. So, bundle up, find a safe hill, and make lasting memories with your family and friends in the winter wonderland!