

Niagara Region Public Health School Health Newsletter

June 2024

Safely Celebrating Prom/Grad

Prom is just around the corner! Knowing how to celebrate responsibly will help teens stay safe on their big night!

Here are some tips for parents and caregivers to consider before sending their teens out for the evening:

- Promote the idea of having a Party Partner – ask your teen to find a friend that is willing to commit to being responsible for each other.
- Encourage your teen to keep an eye on their drink and never to accept drinks from someone they do not know.
- Discuss consent – help your teen know and respect their boundaries as well as the boundaries of others.
- Remind teens about the dangers of mixing substances. Getting sick could end their Prom night in a hurry.
- Refusal skills - empower your teen to feel comfortable saying no in various ways. Options include, say no confidently and firmly, be prepared to repeat yourself with “no thanks, I’m good”, leave the situation or give a reason or excuse.
- Make a safety plan – talk with your teen about a safety plan. This could include location and timing of the party, who to call in an emergency, rides, expectations of alcohol and substance use, etc



Check your Immunization Records and Travel Health Notice

If you are planning to travel, add these actions to your planning checklist to help make your trip a healthy one.

1) **Make sure you and your children are up-to-date with vaccinations.**

Staying up-to-date with vaccinations is important all year round. It is especially important before travelling.

- When travelling, you may be at risk for vaccine preventable illnesses. [Check your immunization records](#) or talk to your health care provider.
- Learn more about [where to get vaccinated](#). Remember to report vaccinations to Public Health for children 0 – 17 years of age. Report [online](#) or call 905-688-8248 or 1-888-505-6074 ext. 7425



- 2) **Review the Public Health Agency of Canada’s [travel health notices](#).** These notices outline potential health risks to Canadian travelers and ways to help reduce them. Stay informed as you plan your travel.

Navigating addiction programs and services in Niagara

As the school year ends and the summer months approach, it is important to have easy access to local organizations for anyone seeking help with addiction.

Answering some basic questions can guide substance users or their loved ones to urgent help and available programs in the Niagara region.

Please save this website to your favourites - savemylife.ca.



Ticks

Ticks, mosquitos and rabid animals can be a risk as the weather warms up.

- Mosquitoes transmit the [West Nile virus](#) to humans after becoming infected by feeding on the blood of birds, which carry the virus. To learn how to protect your family, visit [Reduce the Risk of West Nile Virus - Niagara Region](#).
- The black- legged (deer) tick transmits [Lyme disease](#) to humans after becoming infected by feeding on the blood of small animals which carry the disease. To learn how to protect you and your pets, visit [Protect and Prevent Ticks - Niagara Region](#).
- [Rabies](#) is transmitted through saliva from bites and scratches, entering an open cut or wound, or from saliva contacting a mucous membrane, such as those in the mouth, nasal cavity or eyes.



For more information and [tick identification](#), individuals can contact a Duty Officer directly at 905-688-8248 ext. 7590. General tick information can be found on our [Niagara Region Public Health website](#).

Food Literacy

Want to get your teens excited about food? Food literacy is more than just what's on your plate. It's about loving everything to do with food! Picture your teen confidently picking out fresh veggies, cooking healthy meals, and knowing how to keep food safe and budget-friendly.

Food isn't just about eating—it's about enjoying different kinds of food, tasting delicious flavors, and making special memories with family.

Here are some fun things you can do with your teens this summer to help them learn more about food:

- **Kitchen Adventures:** Cook together, try new recipes, and let your kids help with chopping, stirring, and tasting.
- **Grocery Store Scavenger Hunt:** Turn a trip to the grocery store into a game where you look for foods from different groups or colors.
- **Grow Your Own Garden:** Start a small garden and teach your kids about planting, taking care of plants, and harvesting their own veggies.
- **Food Tasting Party:** Have a party where your kids can try new fruits, veggies, cheeses, and talk about how they taste and feel.
- **Cultural Food Tours:** Explore foods from around the world through virtual or real tours, learning about new flavors and cooking styles.
- **Visit a Local Market:** Take a trip to a farmers' market, where your kids can meet the vendors and learn about where food comes from.



Educational Resources

OPHEA – Outdoor Education Toolkit

With the beautiful weather quickly approaching OPHEA has created an [Outdoor Education Toolkit for Grades 9 to 12](#) to help teachers enrich and promote outdoor education safely. This Outdoor Education Toolkit hopes to increase student awareness, confidence, and preparedness about outdoor education safety and risk management.

Safely Celebrating Prom/Grad

To help you and your students feel prepared for prom, check out [Celebrate Safer on Prom Night](#) for tips on making this night safe and unforgettable for everyone! (Resource courtesy of [Windsor-Essex Country Health Unit](#))