

Niagara Region Public Health School Health Newsletter

April 2023

Happy Oral Health Month Niagara!

Did you know cavities are the single most common chronic disease in children aged five to 18? It is important to take care of your family's smiles. Here are some ways to keep your teeth healthy:



- Brush your teeth twice a day for two minutes using fluoridated toothpaste
- Floss once a day
- Drink water instead of sugary drinks like pop and juice
- Book your child(ren) a FREE dental appointment with Public Health

Public Health offers FREE dental appointments for all children and youth 17 and under. Morning, afternoon and evening appointments are available at one of [Public Health's dental clinics](#) or on our [Mobile Dental Clinic](#). Our Dental Team can also help link eligible children to a free dental program through [Healthy Smiles Ontario](#) or call 905-688-8248 ext. 7399 or [live chat](#) with us. Translation services available via phone or [live chat](#).

National Immunization Awareness Week

Niagara Region Public Health started returning to schools for the Grade 7 immunization campaign. **Students in grades 7 and 8 with a previously submitted consent form** for the following [routine school vaccine\(s\)](#) will be vaccinated at their school clinic:

- Meningococcal
 - Single dose
 - [Required for school attendance](#) under the Immunization of School Pupils Act
- Hepatitis B (HB)
 - 2 or 3 dose series – depending on age and health history
- Human Papillomavirus (HPV)
 - 2 or 3 dose series – depending on age and health history



On clinic day, please remind your child to:

- Eat breakfast or a snack
- Wear a loose-fitting short sleeve t-shirt
- Bring a distraction (book, music, phone) as a comfort measure (*optional*)

Does your child feel nervous and anxious about vaccination? Learn about [the CARD System](#) to help improve the vaccination experience!

If you have any questions, please call 905-688-8248 or 1-888-505-6074, ext. 7425 to speak with a Public Health nurse.



Educational Resources

Healthy Schools Spotlights



The School Health Team wants to shine light on some of the great work that is going on within Niagara schools! The spotlight showcases the Healthy School initiatives at one school in the region each month. While the spotlight highlights one specific school, there are many schools doing amazing work. To learn more about healthy schools or the healthy schools spotlight, reach out to your

School Health Nurse! Check out our [Healthy Schools Webpage](#) or [#HealthySchoolsNiagara](#) on Facebook, Instagram or Twitter to see past Healthy Schools Spotlights!