

# Niagara Region Public Health

## School Health Newsletter



## For Parents

### COVID-19 Update

Niagara Region Public Health recommends all eligible individuals be vaccinated against COVID-19.

For children 5 to 11 years of age, appointments can be booked for a COVID-19 vaccine at a child-friendly Public Health clinic through the [provincial portal online](#) or by calling 1-833-943-3900. Additional information is available through [COVID-19 Vaccination in Children and Youth](#) webpage and fact sheets in [multiple languages](#).

Up-to-date information on COVID-19 and vaccine eligibility is available on Niagara Region Public Health's [website](#), [Facebook](#), [Twitter](#) and [Instagram](#). Public health professionals are available to answer any questions through the COVID-19 Info-line Monday to Friday, 8:30 a.m. to 4:15 p.m.

- 905-688-8248 or 1-888-505-6074, press 7
- [COVID-19 Info-Line wait times](#)
- [Chat online](#) in 90 different languages with auto-translate

The COVID-19 vaccination is the best line of defense for preventing the spread of COVID-19 in schools and protecting our entire community.

### Reporting Vaccinations for Children

Public Health works to protect your child in the event of an outbreak of a vaccine-preventable disease. Parents, legal guardians or students aged 16 and over are responsible for reporting directly to Public Health. Even if your child's vaccinations are up-to-date, the information may not have been reported to Public Health. A vaccination record is either an immunization record (yellow card) or a valid exemption form.

Every time your child receives a vaccine, be sure to report it:

- Online at [www.niagararegion.ca/vaccines](http://www.niagararegion.ca/vaccines)
- By phone: 905-688-8248 or 1-888-505-6074 ext. 7425

**OR**

- Fax: 905-688-8225

A graphic with a blue background. At the top left is a circular icon containing a white syringe. Below it is a hand holding a tablet displaying a checklist with a green checkmark. To the right of the syringe icon, the text reads "Report your child's vaccines to Public Health" in white. Below that, in smaller white text, it says "Health care providers do not do this for you." At the bottom right, there is a white button with the text "niagararegion.ca/vaccines". At the very bottom of the graphic, there are small logos for "Niagara Region" and "Niagara Region Parents".

[Find out which vaccinations are required and recommended](#) for children attending school. Please note that at this time, we ask that you **do not** report any COVID-19 or influenza (flu) vaccination details.

Not sure if your child's vaccination records are up-to-date? Talk to your doctor or call the Vaccine Team at 905-688-8248 or 1-888-505-6074 ext. 7425.

## Helping Youth Cope with Social Anxiety

As COVID-19 restrictions loosen, social anxiety can be especially common in youth who may have felt socially isolated over the past year and a half. It is normal to occasionally feel shy, self-conscious or get nervous in social situations.

For example, it is perfectly normal to get the jitters before giving a speech. However, if your child has social anxiety, they might worry for weeks ahead of time, say they are sick to get out of it, or they may feel shaky or faint during the speech.

### Signs of Social Anxiety:

- Blushing, sweating, dry mouth, rapid heart beat, shaking, tightness in chest
- Avoiding social gatherings
- Avoiding eye contact
- Worrying excessively
- Refusing to go to school

If your child is experiencing social anxiety, and their nervousness persists, affects concentration or causes panic, have connect them with a health care provider as soon as possible.

### **Useful Anxiety Resources:**

- [How to talk to your Child about Anxiety](#)
- [Anxiety in Youth - Anxiety Canada](#)
- [Social Anxiety Disorder | CAMH](#)

## Kids in the Kitchen

Looking for ways to engage your child in the kitchen while promoting their food skills and safety?

- Explore resources from *GrowingChefs! Ontario* for ways your child can learn and develop a healthy relationship with food [Homepage | Growing Chefs! Ontario \(growingchefsontario.ca\)](#)
- See [parent and family instructional videos](#) such as monthly kid-friendly recipes, kitchen safety tips and more!
- See other videos on the *Growing Chefs! Ontario* YouTube Channel [Growing Chefs! Ontario - YouTube](#)

### Additional Resources:

- [Building healthy eating habits](#) (pdf)
- [Raising a healthy eater](#) (pdf)
- [Supporting your picky eater](#) (pdf)