

# Introduction to the School Health Team

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and Katelynn Lubbock

Board of Health Meeting

June 15, 2023



OUR VALUES • TRUST • ENGAGEMENT • ACCOUNTABILITY • LEADERSHIP

# School Health Team at HKPR

Who We are

**1**

School  
Health  
Team

What we do

**2**

OPHS  
and  
more

Accomplishments  
to date

**3**

Top  
Priorities

What's next

**4**

Future  
Plans

# Who We Are



Karen Pettinella



Rachel Moon-Kelly



Lindsay Greening



Katelynn Lubbock



Kristina Nairn



Karen Baker

# Mission

- We actively and collaboratively engage with our schools, community and health partners using the foundations of a healthy school approach to build healthy and equitable school communities.



# Vision

- Healthy Schools – Healthy Communities



# Values

We actively demonstrate our Health Unit Values with an emphasis on:

- Teamwork
- Collaboration
- Engagement

As a team and with our partners.



# From COVID-19 School Focused Nursing Initiative to Permanent School Health Team

## August 2020 - School Focused Nursing Initiative

- 8 PHNs (contract, Ministry)
- COVID-19 response (CI/OB) + OPHS

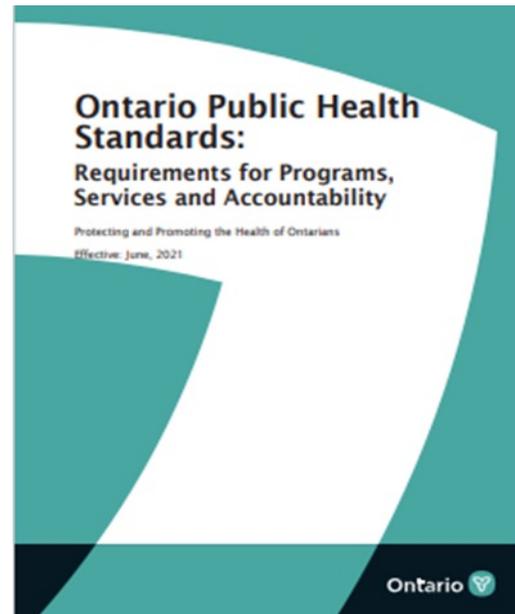
## June 2022 – HKPR Permanent School Health Team

- 5 FTE PHNs
- OPHS School Health Program Standard
- Comprehensive School Health Approach
- SBIP + Covid-19 imms support (surge model)

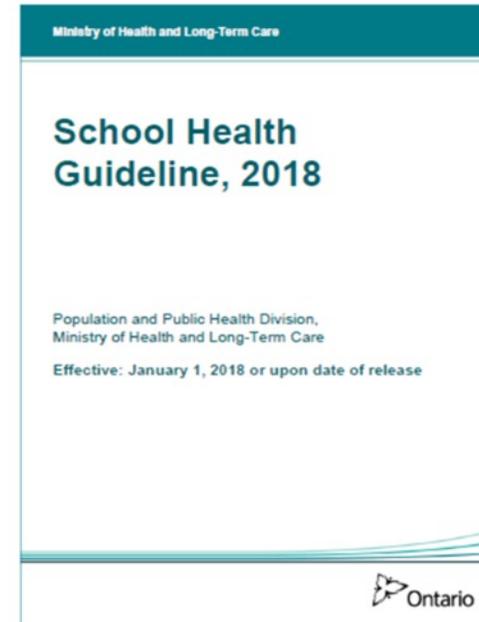


# What We Do

## OPHS School Health Standard - Requirements 1-4



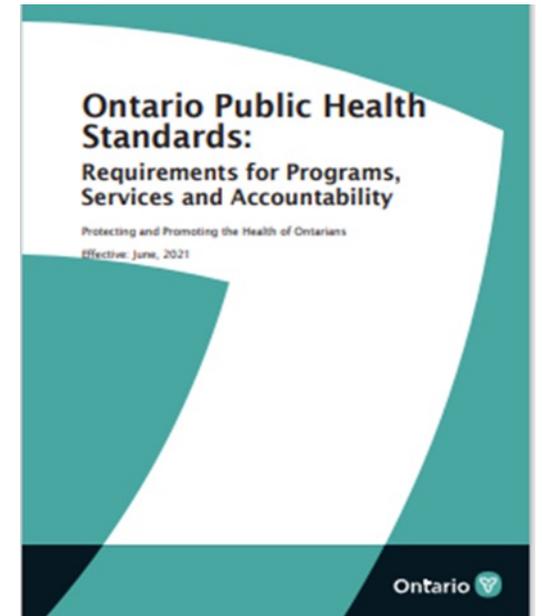
[OPHS Pages 52-54](#)



[School Health Guideline](#)

# OPHS Requirements

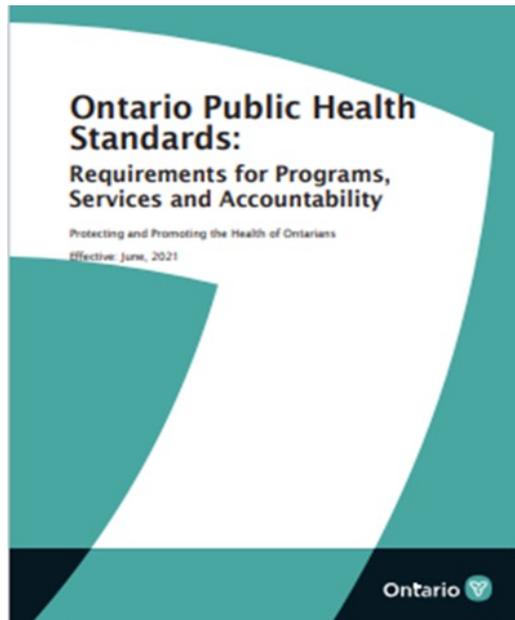
3. The board of health shall develop and implement a program of public health interventions using a comprehensive health promotion approach to improve the health of school-aged children and youth.
  - a) The program of public health interventions shall be informed by:
    - An assessment of the local population, including the identification of priority populations in schools, as well as school communities at risk for increased health inequities and negative health outcomes;
    - Consultation and collaboration with school boards, principals, educators, parent groups, student leaders, and students;
    - A review of other relevant programs and services delivered by the board of health; and
    - Evidence of the effectiveness of the interventions employed.
  - b) The program of public health interventions shall be implemented in accordance with relevant guidelines, including the *Chronic Disease Prevention Guideline, 2018* (or as current); the *Health Equity Guideline, 2018* (or as current); the *Injury Prevention Guideline, 2018* (or as current); the *Healthy Growth and Development Guideline, 2018* (or as current); the *Mental Health Promotion Guideline, 2018* (or as current); the *School Health Guideline, 2018* (or as current); the *Tobacco, Vapour and Smoke Guideline, 2018* (or as current) and the *Substance Use Prevention and Harm Reduction Guideline, 2018* (or as current).



# OPHS Requirements

4. The board of health shall offer support to school boards and schools, in accordance with the *School Health Guideline, 2018* (or as current), to assist with the implementation of health-related curricula and health needs in schools, based on need and considering, but not limited to:

53



- a) Concussions and injury prevention;
- b) Healthy eating behaviours and food safety;
- c) Healthy sexuality;
- d) Immunization;
- e) Infectious disease prevention (e.g., tick awareness, rabies prevention, and hand hygiene);
- f) Life promotion, suicide risk and prevention;
- g) Mental health promotion;
- h) Oral health;
- i) Physical activity and sedentary behaviour;
- j) Road and off-road safety;
- k) Substance<sup>18</sup> use and harm reduction;
- l) UV exposure;
- m) Violence and bullying; and
- n) Visual Health.





- Curriculum, Teaching & Learning
- School & Classroom Leadership
- Student Engagement
- Social & Physical Environments
- Home, School & Community Partnerships



# School Assessments 2022/2023

**Total Number of Schools: 80**

**Total Number of Brief Assessments Completed: 53**

KPRDSB: 27    TLDSB: 17    PVNCCDSB: 9

**Total Number of In-depth Assessments Completed: 25**

KPRDSB: 13    TLDSB: 8    PVNCCDSB: 4

# Brief Assessment Themes 2022/2023

The most significant health concerns identified for areas of focus by school administration:

## Mental Health

- Stress
- Anxiety
- Coping and resiliency

## Vaping/Substance Use

- Health impacts
- Illegal use on school and bus property

# Brief Assessment Themes 2022/2023

## Interpersonal Relationships

- Social, communication skills
- Self-regulation
- Conflict resolution
- Bullying

## Other

- Sexual health
- SDOH Barriers
- Social Media
- Pediculosis
- Concussion/Injury Prevention
- Physical Activity/Active Transportation

# Collaborations and Working Groups

- Internal and External Mental Health Working Groups
- PPH, DRHD and HKPR Collaboration Committee and Mental Health Subgroup
- HKPR, SMDHU and TLDSB joint MOU
- Provincial PALS Working Group
- People Strategy
- Youth Nicotine Dependence Advisory Committee

# Action

## Accomplishments to date:

- Brain Day – Mental Health, Injury Prevention
- PALS – Playground Activity Leadership in Schools
- Vaping Education Sessions (Staff, Students, Parents)
- Classroom sessions (mental health, vaping (NAE))
- School Open House events
- Staff meetings
- Board events
- Let's Go to Kindergarten resource
- HKPR School Health Website
- SBIP

# What's Next...





*‘Healthy People, Healthy Communities.’*

Reach Out to Us

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