

Parent Engagement



Immunization Records

The Health Unit is required by law to keep an up-to-date immunization record on file for every student who attends elementary or secondary school. Unfortunately the health unit does not receive immunization information directly from doctor's offices, therefore parents need to contact the health unit each time students receive a vaccine from their health care provider to update their record. If a student's immunization record on file with the health unit is not up-to-date, the health unit will mail a notice requesting immunization information or proof of a valid exemption. If the information requested is not provided, the student may be suspended from school. Immunization clinics are no longer held in secondary schools.

If a student is due for immunizations, an appointment can be made with their health care provider or at a health unit immunization clinic by contacting Your Health Connection at 705-721-7520 or 1-877-721-7520. Parents can now provide updated immunization information to the health unit online by visiting their local health unit website.

Source: Simcoe Muskoka Health Unit

Mental Health Minute

Why is physical activity so important for my child?

- It improves their mental health, mood, and self confidence.
- It improves their attention span, ability to learn, and they do better in school.
- It is a way for them to have fun with friends and feel happier.
- It helps them to achieve and maintain a healthy weight and body image.
- It increases their fitness levels and reduces the risk of chronic diseases such as heart disease, stroke, diabetes, and some cancers.
- Developing healthy habits at a young age — getting regular exercise and participating in sports, will help them continue good habits into adult years.
- It's fun and something you can all do together!

Source: Haliburton, Kawartha, Pine Ridge District Health Unit www.hkpr.on.ca;
Simcoe Muskoka District Health Unit
www.simcoemuskokahealth.org

Snacking and Your Smile

Snacks are important in providing a balanced diet for your child's growth and development.

- Foods and drinks with added sugar should be eaten with meals rather than as a snack.
- Choose snack foods that fit into Canada's Food Guide.
- Cheese is a high protein snack and can help fight cavities.
- Sipping on sports drinks and pop will contribute to cavities.
- Sugar-free gum following snacks will help fight cavities.

For more information call the Health Connection at:
705-721-7520 or 1-877-721-7520
or
visit your local health unit website.