



Hamilton

THE ROLE OF THE PUBLIC HEALTH NURSE IN SCHOOLS

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What Do we Do?

School Team works with schools to support the health and well-being of children and youth.

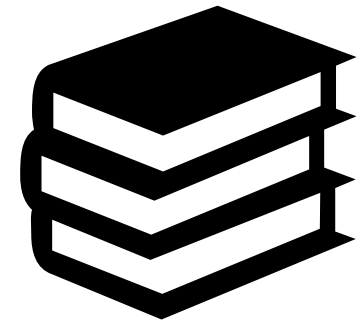


What guides our work

Our work is guided by two main concepts...

Comprehensive School Health Approach
which honors the Ottawa Charter of Health
Promotion adopted by WHO in 1986

**Foundations for a Healthy School
Framework** introduced by the Ontario
Ministry of Education and the Ministry of
Health Promotion in 2006.



Foundations for a Healthy School Framework has five distinct but inter-related parts:



<https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/school-health.html>

Comprehensive School Health is an internationally recognized approach that supports:

- improving the outcomes of student education
- addressing School Health in a holistic way by focusing actions outside of the traditional classroom, and looking at the school as a whole



HEALTHY SCHOOLS CERTIFICATION



HSC provides implementation support through a simple process and supportive tools and resources.

Ontario Physical Health Education Association (OPHEA)

<https://www.youtube.com/watch?v=3mNQmtufFtE>

Healthy Schools Certification

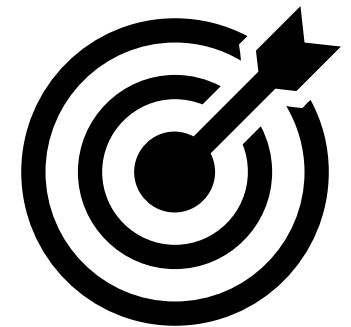
4 STEP PROCESS



Targeted Services

- ✓ These schools are selected jointly with the school boards and Public Health Services.
- ✓ One of the tools used to help inform this decision making is an app created by Public Health called the Child and Youth Health Atlas

<http://www.hamilton.ca/ChildHealthAtlas>



Youth Engagement

The meaningful and sustained involvement of a young person in an activity focusing outside the self. (JSCH, 2008)

Youth engagement promotes protective factors, builds resiliency and reduces risk behaviors. (CYMH, 2019)

Results in increased

- ✓ sense of personal power for youth
- ✓ youth networking
- ✓ vocalizing ideas/goals/injustices
- ✓ creating identities (CYMH, 2019)



Health Action Team (HAT)

HAT is a group of key school champions who work to identify and address priority health topics.

Key champions for school health include:

- ✓ School administration
- ✓ School staff
- ✓ Public Health Nurse
- ✓ Student leaders
- ✓ Involved parents
- ✓ Community partners



Health Action Team

- ✓ Assesses the school for issues that affect the health of students
- ✓ Chooses a priority health issue(s)
- ✓ Creates an action plan to address the issue
- ✓ Implements the plan
- ✓ Evaluates strategies & tracks outcomes
- ✓ Celebrates successes



Priority Health Issues

Mental Health Promotion

BULLY FREE ZONE

Violence & Bullying

Substance Use & Harm Reduction

Physical Activity & Sedentary Behaviour

Nutrition & Healthy Eating

Healthy Sexuality

Immunization

Oral & Visual Health

Infectious Disease Prevention



SCHOOL BASED

INTERVENTIONS & INITIATIVES

| School & Classroom Leadership | Student Engagement | Curriculum, Teaching & Learning | Social & Physical Environments | Home, School & Community Partnerships |
|--|---|--|--|--|
| <p>Support leadership with assessment, planning and development of CSH plan</p> <p>Consult with and support staff (e.g. Mental Health & Well-being Reps)</p> | <p>Support Health Action Teams and other student groups (e.g. Positive Space, Safe & Inclusive Schools)</p> | <p>Consult with educators and/or support relevant classroom sessions (e.g. SMHO's Every day Mental Health Classroom, Stress Lessons, Ophea etc.)</p> | <p>Support classroom or school-wide initiatives</p> <ul style="list-style-type: none"> - Health Fairs / Events (e.g. Mental Health Week) - Parent engagement events - Recess projects - Health promotion campaigns | <p>Liaise and connect with School Councils and community partners such as</p> <ul style="list-style-type: none"> - Local Health Centres - Other City of Hamilton programs and services - Church communities - Etc. |

Questions

