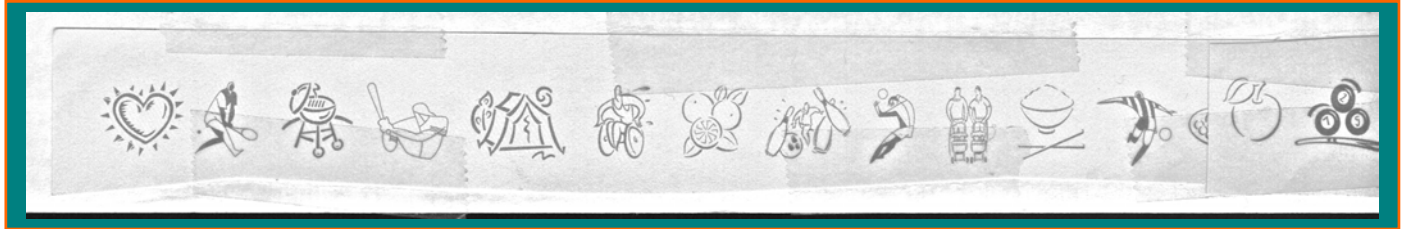




# **Health and Physical Education Resource Guide**

**Kindergarten – Grade 8**

Community Heart Health Network  
October 2002



## **About This Guide...**

This comprehensive listing was created to assist elementary teachers in the Upper Grand District School Board with the implementation of the Ontario Health and Physical Education Curriculum, Kindergarten to Grade 8, by identifying relevant classroom resources and programs.

This resource is revised annually. If you have feedback or resources to add to this listing, please contact:

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[www.hearthealth.on.ca](http://www.hearthealth.on.ca)  
October, 2002

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For a copy of the “Building Blocks” of the Ontario Health and Physical Education Curriculum see [www.edu.gov.on.ca/eng/document/curricul/health/health.html](http://www.edu.gov.on.ca/eng/document/curricul/health/health.html)

# CURRICULUM SUPPORT MATERIALS

<b>HEALTHY LIVING: <i>HEALTHY EATING</i></b>		
<b>GRADE</b>	<b>RESOURCE/DESCRIPTION</b>	<b>SOURCE</b>
K-3	<p><b>Nutrition P.I.: Primary Ideas for Active Learning</b> (<i>Revised Edition</i>) Resource packages are provided to participants when they attend a nutrition education workshop offered by the Dairy Farmers of Ontario. Supports 1998 Ontario Physical Education and Health Curriculum. Cost: No Charge <a href="http://www.milk.org">www.milk.org</a></p>	<p>Dairy Farmers of Ontario 6780 Campobello Road Mississauga, ON L5N 2L8 Phone: (905) 821-8970 Toll-Free: 1-866-392-9929 Fax: (905) 821-0585</p>
K-3	<p><b>The Food Dudes</b> - Manual provides information and resources to integrate nutrition education into primary curriculum. Cost: \$24.95 plus GST &amp; shipping <a href="http://www.classroomresources.com">www.classroomresources.com</a></p>	<p>Pacific Edge Publishing Site 21 C50 Gabriola, BC V0R 1X0 Phone: 1-800-668-8806 Fax: 1-800-956-8299 Email: <a href="mailto:order@classroomresources.com">order@classroomresources.com</a></p>
K-4	<p><b>Grow With Milk</b> - A nutrition curriculum unit on milk. Contains video, children's book, activity booklet and poster. Cost: \$5.00 + GST <a href="http://www.milk.org">www.milk.org</a></p>	<p>Dairy Farmers of Ontario 6780 Campobello Road Mississauga, ON L5N 2L8 Phone: (905) 821-8970 Toll-Free: 1-866-392-9929 Fax: (905) 821-0585</p>
K-5	<p><b>Mission Nutrition</b> - Video and Educator's Guide reinforces healthy eating and activity messages. Cost: No Charge <a href="http://www.kelloggs.ca">www.kelloggs.ca</a></p>	<p>Kellogg's Canada P.O. Box 9000 Paris, ON N3L 3K5 Phone: 1-888-876-3750 Email: <a href="mailto:ca@kelloggs.com">ca@kelloggs.com</a></p>
1-5	<p><b>Healthy Bodies</b> - A supplement to the Lions-Quest <i>Skills for Growing</i> program. This unit focuses on topics including the senses, the function and location of major body organs, nutrition (Canada's Food Guide), wellness and personal safety. There are five lessons included in the Kit at each grade level. This unit is available without workshop training. Training is required for the main program, <i>Skills for Growing</i>. Cost: \$15.00 per grade. <a href="http://www.lions-quest.ca">www.lions-quest.ca</a></p>	<p>Lions-Quest Canada 515 Dotzert Court, Unit 7 Waterloo, ON N2L 6A7 Phone: 1-800-265-2680 Email: <a href="mailto:fay@lions-quest.ca">fay@lions-quest.ca</a> Copies available in some schools.</p>
4-6	<p><b>Project Apex: Action Program on Eating and Exercise.</b> (<i>Revised Edition</i>) Resource packages are provided to participants when they attend a nutrition education workshop offered by the Dairy Farmers of Ontario. Supports 1998 Ontario Physical Education and Health Curriculum. Cost: No Charge <a href="http://www.milk.org">www.milk.org</a></p>	<p>Dairy Farmers of Ontario 6780 Campobello Road Mississauga, ON L5N 2L8 Phone: (905) 821-8970 Toll-Free: 1-866-392-9929 Fax: (905) 821-0585</p>
4-6	<p><b>Mission Nutrition</b> – It's All About Growth – Educator's Guide, poster and activity sheets. <a href="http://www.kelloggs.ca">www.kelloggs.ca</a></p>	<p>Kellogg's Canada P.O. Box 9000 Paris, ON L3L 3K5 Phone: 1-888-876-3750 Email: <a href="mailto:ca@kelloggs.com">ca@kelloggs.com</a></p>

## HEALTHY LIVING: *HEALTHY EATING* Cont'd.

GRADE	RESOURCE/DESCRIPTION	SOURCE
4-6	<b>Teeth Education Kit/Dental Museum</b> - Program takes a multi-sensory approach to teaching about teeth and nutrition. Includes instructions, lesson plans, worksheets, assessments and bulletin board materials. Schools can book on a first-serve basis for a one month period. Cost: No Charge - 3 kits available	Wellington-Dufferin-Guelph Health Unit 125 Delhi Street Guelph, ON N1E 4J5 Phone: (519) 821-2370 Ext. 3211 Email: <a href="mailto:carol.putz@wdghu.org">carol.putz@wdghu.org</a>
1-6	<b>Discover Healthy Eating</b> - Comprehensive resource providing activities and background information. Cost: No Charge <a href="http://www.city.toronto.on.ca/health">www.city.toronto.on.ca/health</a>	UGDS Resource Centre 292 Speedvale Ave. W. Guelph, ON N1H 8K8 Phone: (519) 766-9582
6-7	<b>Getting There is Half the Fun!</b> - 12 lessons covering healthy eating, active living and positive self-image. Cost: \$19.50 <a href="http://www.activeliving.ca">www.activeliving.ca</a>	Canadian Assoc. of Health, Physical Education, Recreation and Dance 403-2197 Riverside Dr. Ottawa, ON K1H 7X3 Phone: (613) 523-1348 Fax: (613) 523-1206
6-OAC	<b>Every BODY is a Somebody</b> - Manual provides information and strategies to promote positive body image among teen girls. Cost: \$29.00 <a href="http://www.region.peel.on.ca">www.region.peel.on.ca</a>	Body Image Coalition of Peel c/o Peel Health Unit 200-180 B Sandalwood Pkwy. E. Brampton, ON L6Z 4N1 (905) 799-7700 Email: <a href="mailto:healthline-peel@region.peel.on.ca">healthline-peel@region.peel.on.ca</a>
7-8	<b>Stretch Your Noodle</b> - CD ROM providing healthy eating information and activities. Cost: \$19.95 plus GST <a href="http://www.milk.org">www.milk.org</a>	Dairy Farmers of Ontario 6780 Campobello Road Mississauga, ON L5N 2L8 Phone: (905) 821-8970 Toll-Free: 1-866-392-9929 Fax: (905) 821-0585
7-8	<b>What's On The Menu: Byte-Sized Strategies for Healthy Eating</b> - Resource packages are provided to participants when they attend a nutrition education workshop offered by the Dairy Farmers of Ontario. Cost: No Charge <a href="http://www.milk.org">www.milk.org</a>	Dairy Farmers of Ontario 6780 Campobello Road Mississauga, ON L5N 2L8 Phone: (905) 821-8970 Toll-Free: 1-866-392-9929 Fax: (905) 821-0585
K-8	<b>Know Your Body</b> - An extensive curriculum support resource containing a nutrition component titled "Body Fuel". Cost: No Charge	Upper Grand District School Board (in all Elementary Schools) Phone: (519) 822-4420 Fax: (519) 822-4487
K-8	<b>Heart Healthy Kids Tool Kit</b> - Curriculum and interactive resource materials including a stethoscope and activity posters on heart healthy lifestyles divided by grades for K-8. One copy available FREE to all schools upon request. Cost: No Charge <a href="http://www.heartandstroke.on.ca">www.heartandstroke.on.ca</a>	Heart & Stroke Fdn. of Ontario Wellington-Dufferin Office 21 Surrey St. W., Ste. 204 Guelph, ON N1H 3R3 Phone: (519) 837-4858 Fax: (519) 837-9209 Email: <a href="mailto:kbertrand@hsf.on.ca">kbertrand@hsf.on.ca</a>

## HEALTHY LIVING: *HEALTHY EATING* Cont'd.

GRADE	RESOURCE/DESCRIPTION	SOURCE
7-9 9-OAC	<p><b>Power Pack</b> - Resources on heart healthy lifestyles - fitness, nutrition/body image and not smoking as well as other interactive resources, lifestyle quiz and CPR video. No Charge to schools Grades 7-OAC. <a href="http://www.heartandstroke.on.ca">www.heartandstroke.on.ca</a></p>	<p>Heart &amp; Stroke Fdn. of Ontario Wellington-Dufferin Office 21 Surrey St. W., Ste. 204 Guelph, ON N1H 3R3 Phone: (519) 837-4858 Fax: (519) 837-9209 Email: <a href="mailto:mlcairney@hsf.on.ca">mlcairney@hsf.on.ca</a></p>
1-OAC	<p><b>Canada's Food Guide to Healthy Eating Poster</b> - (24" high x 36" wide; colour) Cost: \$6.95 plus shipping and handling + GST  <a href="http://www.publications.communication.gc.ca">www.publications.communication.gc.ca</a></p>	<p>Canada Communication Group Publishing Ottawa, ON K1A 0S9 Phone: (819) 956-4802 Fax: (819) 994-1498</p>
K-8	<p><b>Websites for Nutrition Information:</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.hc-sc.gc.ca">www.hc-sc.gc.ca</a> (Health Canada)</li> <li>• <a href="http://navigator.tufts.edu">http://navigator.tufts.edu</a> (provides a rating of nutrition sites and links to sites)</li> <li>• <a href="http://www.kidsfood.org">http://www.kidsfood.org</a> (American)</li> <li>• <a href="http://www.dole.5aday.com">http://www.dole.5aday.com</a></li> <li>• <a href="http://www.dietitians.ca">www.dietitians.ca</a></li> <li>• <a href="http://www.ophea.org">www.ophea.org</a></li> <li>• <a href="http://www.teachnutrition.org">www.teachnutrition.org</a> (Dairy Farmers of Ontario)</li> </ul>	

## HEALTHY LIVING: *GROWTH & DEVELOPMENT*

GRADE	RESOURCE/DESCRIPTION	SOURCE
K-8	<b>“Down With Germs” Hand Washing Kit</b> – An educational kit for schools to promote proper hand washing techniques. The kit includes lesson plans for grades JK to 6. Some activities may be appropriate for grades 7 & 8. It provides general information on the importance of hand washing and age/grade appropriate activities. There is a hand stamp and Glitterbug available on a loan basis from the Health Unit. The Glitterbug uses fluorescent hand lotion and a black light to demonstrate proper hand washing techniques.	Wellington-Dufferin-Guelph Health Unit Guelph – (519) 821-2370 Email: <a href="mailto:isabel.bellamy@wdghu.org">isabel.bellamy@wdghu.org</a> Fergus – (519) 843-2460 Email: <a href="mailto:joan.heath@wdghu.org">joan.heath@wdghu.org</a> Orangeville – (519) 941-0760 Email: <a href="mailto:pat.gardner@wdghu.org">pat.gardner@wdghu.org</a>
5	<b>Healthy Bodies</b> - A supplement to the Lions-Quest <i>Skills for Growing</i> program. The grade 5 unit has lessons focused on identifying the characteristics of puberty and the effects that this stage will have on students’ bodies. This unit is available without workshop training. Training is required for the main program, <i>Skills for Growing</i> . Cost: \$15.00 per grade <a href="http://www.lions-quest.ca">www.lions-quest.ca</a>	Lions-Quest Canada 515 Dotzert Ct., Unit 7 Waterloo, ON N2L 6A7 Phone: 1-800-265-2680
5-6	<b>The Changing Program</b> - Instructional materials about growth and development at puberty. Cost: No Charge	Changing Program 20 Torbay Road Markham, ON L3R 1G6 Phone: 1-800-454-2827 Fax: 1-800-420-3616
5-9 9-OAC	<b>Heart Model</b> - Enlarged to twice normal size and can be separated into four parts, including the front coronary wall ventricles and cardiac valves. The right auricula cordis is removable and reveals the right atrium, with the left atrium being visible after another part is removed. The arch of the aorta and branches of vessels are also shown (4 parts). The model can be removed from its stand. Cost: Two available to borrow	Heart & Stroke Fdn. of Ontario Wellington-Dufferin Office 21 Surrey St.W., Ste. 204 Guelph, ON N1H 3R3 Phone: 837-4858 Fax: 837-9209 Email: <a href="mailto:mlcairney@hsf.on.ca">mlcairney@hsf.on.ca</a>
7-OAC	<b>Brain Model</b> - Rubber model of the brain. It separates into 2 parts and is labelled with the areas of the brain responsible for different functions. Cost: Available to borrow <a href="http://www.heartandstroke.on.ca">www.heartandstroke.on.ca</a>	Heart & Stroke Fdn. of Ontario Wellington-Dufferin Office 21 Surrey St.W., Ste. 204 Guelph, ON N1H 3R3 Phone: 837-4858 Fax: 837-9209 Email: <a href="mailto:mlcairney@hsf.on.ca">mlcairney@hsf.on.ca</a>
7-OAC	<b>Fat Model</b> - A model illustrating the percentage of fat in 18 foods with pats of butter. The manual accompanying this model provides additional information on fat and suggestions to modify fat intake. Cost: Available to borrow <a href="http://www.heartandstroke.on.ca">www.heartandstroke.on.ca</a>	Heart & Stroke Fdn. of Ontario Wellington-Dufferin Office 21 Surrey St.W., Ste. 204 Guelph, ON N1H 3R3 Phone: 837-4858 Fax: 837-9209 Email: <a href="mailto:mlcairney@hsf.on.ca">mlcairney@hsf.on.ca</a>

## HEALTHY LIVING: *GROWTH & DEVELOPMENT*

GRADE	RESOURCE/DESCRIPTION	SOURCE
K-OAC	<p><b>Heart Smart Family Fun Pack</b> - Interactive games and tips to keep a family heart healthy, including eating heart healthy, active play every day and staying smoke-free.            Cost: No Charge <a href="http://www.heartandstroke.on.ca">www.heartandstroke.on.ca</a></p>	Heart & Stroke Fdn. of Ontario Wellington-Dufferin Office 21 Surrey St.W., Ste. 204 Guelph, ON N1H 3R3 Phone: 837-4858 Fax: 837-9209 Email: <a href="mailto:mlcairney@hsf.on.ca">mlcairney@hsf.on.ca</a>
7-9 9-OAC	<p><b>Anatomical Study Information Posters and Sheets</b>- Cardiorespiratory System and Laminated Posters - Anatomy of The Heart, Understanding Stroke, Cardiovascular Disease and The Heart.            Cost: Available to borrow <a href="http://www.heartandstroke.on.ca">www.heartandstroke.on.ca</a></p>	Heart & Stroke Fdn. of Ontario 21 Surrey St.W., Ste. 204 Guelph, ON N1H 3R3 Phone: 837-4858 Fax: 837-9209 1 of each Email: <a href="mailto:mlcairney@hsf.on.ca">mlcairney@hsf.on.ca</a>
	<p><b>Books:</b>            Francis Younger, <b><u>Five Hundred Questions Kids Ask About Sex and Some of the Answers</u></b>. Charles C. Thomas Publisher, Ltd., Springfield, IL, 1992.            Anne C. Bernstein, <b><u>Flight of the Stork: What Children Think (and When) About Sex and Family Building</u></b>. Perspectives Press, Indianapolis, IN, 1994.            Patty Stark, <b><u>Sex Is More Than a Plumbing Lesson: A Parent's Guide</u></b>. ACCESS Publishers Network, Grawn, MI, 1990.            Virginia Lively and Edwin Lively, <b><u>Sexual Development of Young Children</u></b>. ITP Delmar, Florence KY, 1991.            Joani Blank, <b><u>A Kid's First Book About Sex</u></b>. Down There Press, San Francisco, CA, 1983.            Lynda Madaras and Area Madaras, <b><u>My Body, My Self</u></b>. Newmarket Press, New York, 1993.            Lynda Madaras and Area Madaras, <b><u>My Body, My Self For Boys</u></b>. Newmarket Press, New York, 1995.            Peter Mayle, <b><u>What's Happening To Me?</u></b> Carol Publishing Group, Secaucus, NJ, 1975.</p> <p><b>Websites:</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.kidshealth.org">www.kidshealth.org</a> (kids/somebody/puberty)</li> <li>• <a href="http://www.ophea.org">www.ophea.org</a></li> <li>• <a href="http://www.cyberisle.org">www.cyberisle.org</a> (tobacco related for kids)</li> <li>• <a href="http://www.ccsa.ca">www.ccsa.ca</a> (substance abuse related for teachers or parents)</li> <li>• <a href="http://www.hammeria.com/meg">www.hammeria.com/meg</a> (good for parents, teachers &amp; kids)</li> <li>• <a href="http://www.siecus.org">www.siecus.org</a> (good information for teachers, parents &amp; large resource list)</li> </ul>	

## HEALTHY LIVING: *PERSONAL SAFETY & INJURY PREVENTION*

GRADE	RESOURCE/DESCRIPTION	SOURCE
1-5	<p><b>Healthy Bodies</b> - A supplement to the Lions-Quest <i>Skills for Growing</i> program. There is a lesson at each grade level focused on personal safety and injury prevention covering topics ranging from danger signs and avoidance strategies, safety hazards, hazards in the environment, sports and leisure safety and injury prevention. This unit is available without workshop training. Training is required for the main program, <i>Skills for Growing</i>.</p> <p>Cost \$15.00 per grade</p> <p><a href="http://www.lions-quest.ca">www.lions-quest.ca</a></p>	<p>Lions-Quest Canada 515 Dotzert Court, Unit 7 Waterloo, ON N2L 6A7 Phone: 1-800-265-2680</p>
K-6	<p><b>Child's Play</b> – A play ground safety video and guide for day cares, schools and communities. VHS</p> <p>Cost: \$35.00 + Tax/ shipping</p>	<p>Safe Kids Canada 5060 Spectrum Mississauga, ON L4W 5N6 Phone: 1-800-463-6727 Fax: (416) 747-2510</p>
K-6	<p><b>Know Your Body</b> – School health promotion program Teacher's Guide. An outcome based, comprehensive health promotion program which addresses the issues fundamental to elementary school health.</p> <p>Cost: No Charge</p>	<p>Upper Grand District School Board 500 Victoria Rd. N. Guelph, ON N1E 6K2 Phone: (519) 822-4420 Fax: (519) 822-4487</p>
K-6	<p><b>Harborview Injury Prevention and Research Center</b> – A U.S. injury control center supported by the Center for Disease Control. Involved in research, education and prevention programs aimed at diminishing the personal impact of trauma and broadening the effectiveness of injury prevention and trauma treatment. Website provides prevention programs, factsheets, links related to children and injury prevention.</p> <p><a href="http://depts.washington.edu/hiprc">http://depts.washington.edu/hiprc</a></p>	<p>Harborview Injury Prevention and Research Center Box 359960 – 325 Ninth Ave. Seattle WA 98104-2499 Phone: (206) 521-1520 Fax: (206) 521-1562 Email: <a href="mailto:hiprc@u.washington.edu">hiprc@u.washington.edu</a></p>
K-6	<p><b>National Centre for Injury Prevention &amp; Control</b> – Works to reduce morbidity, disability, mortality and costs associated with injuries. Extensive information/links on childhood injuries.</p> <p><a href="http://www.cdc.gov/ncipc/ncipchm.htm">www.cdc.gov/ncipc/ncipchm.htm</a></p>	<p>NCIPC Mailstop K65 4770 Buford Hwy. NE Atlanta, GA 30341-3724 Phone: (770) 488-1506 Fax: (770) 488-1667 Email: <a href="mailto:OHCINFO@cdc.gov">OHCINFO@cdc.gov</a></p>
6-7	<p><b>Brain Walk</b> – A tour through the brain that uses eight unique activities to increase student awareness of brain injury and prevention.</p> <p>Cost: \$20 (includes CD ROM)</p> <p><a href="http://www.traumaprevention.on.ca">www.traumaprevention.on.ca</a></p>	<p>Trauma Prevention Council Phone: (905) 528-7147 Toll-Free: 1-866-860-2226 Fax: (905) 577-9966 Email: <a href="mailto:traprev@skylinc.net">traprev@skylinc.net</a></p>

## HEALTHY LIVING: *PERSONAL SAFETY & INJURY PREVENTION*

GRADE	RESOURCE/DESCRIPTION	SOURCE
PreK-8	<p>Risk Watch – is the first comprehensive injury prevention program available for use in schools. Risk Watch gives children and their families the skills and knowledge they need to create safer homes and communities. It is a school-based curriculum that links teachers with community safety experts and parents. The curriculum is divided into five age-appropriate teaching modules (Pre-K/Kindergarten, Grades 1-2, Grades 3-4, Grades 5-6, and Grades 7-8), each of which addresses the following topics: motor vehicle safety; fire and burn prevention; choking, suffocation, and strangulation prevention; poisoning prevention; falls prevention; firearms injury prevention; bike and pedestrian safety; and water safety. These topic areas represent the eight areas kids ages 14 and under are at greatest risk to unintentional injury.</p> <p style="text-align: right;"><a href="http://www.nfpa.org/riskwatch">www.nfpa.org/riskwatch</a></p>	<p>National Fire Protection Assoc. Public Education Division One Batterymarch Park Quincy, MA 02269-9101 Phone: (617) 984-7285 Fax: (617) 770-3000 Email: <a href="mailto:public_education@nfpa.org">public_education@nfpa.org</a></p>
	<p><b>Websites for Injury Prevention</b></p> <p><a href="http://www.safekidscanada.ca">www.safekidscanada.ca</a> (Safe Kids Canada)  <a href="http://www.canadian-health-network.ca/1injury_prevention">www.canadian-health-network.ca/1injury_prevention</a> (Canadian Health Network)  <a href="http://www.caringforkids.cps.ca/keepingkidssafe/Safety">www.caringforkids.cps.ca/keepingkidssafe/Safety</a> (Caring for Kids)  <a href="http://www.smartrisk.ca">www.smartrisk.ca</a> (Smart Risk)  <a href="http://www.fsai.on.ca">www.fsai.on.ca</a> (Farm Safety Association)  <a href="http://www.obia.on.ca">www.obia.on.ca</a> (Ontario Brain Injury Association)</p>	

## HEALTHY LIVING: *SUBSTANCE USE AND ABUSE*

GRADE	RESOURCE/DESCRIPTION	SOURCE
K-8	<p>1) <b>Display Materials:</b>  <b>A Guide to COPD and Lung Cancer</b>            An illustrated hard cover book which contains good anatomy pictures.</p> <p>2) <b>A Guide to Coronary Artery Disease (CAD)</b> – An illustrated hard cover book that explains what coronary artery disease is. The progression of CAD, angina, heart attack and recovery. It includes wonderful colour pictures.</p> <p>3) <b>Consequences of Smoking Display</b> - 3-D display of bronchitis, emphysema, cancer of the lung, heart attack, burns, peptic ulcer, strokes, cancer of the urinary bladder, including a brief description of each. Self-explanatory display.</p> <p>4) <b>Roulette Wheel</b>- A roulette wheel of American cigarette packages. After the roulette wheel is spun, the individual is asked a question about tobacco (advertising, Canadian by-laws, content of cigarettes, health, history, law, etc.) The questions and answers are included. A good, interactive display tool. Cost: Available to borrow.</p> <p>5) <b>Smoked Lung</b> - A life-size smoked lung showing lung cancer and emphysema.</p> <p>6) <b>Smokes and Ladders</b> - An adaptation of the classic Snakes and Ladders game with up-to-date graphics and messages about the short-term hazards of tobacco and alcohol use. Intended for use in a supervised environment where the game’s message can be supplemented with further information. Cost: Available to borrow.</p>	<p>Wellington-Dufferin-Guelph Health Unit            Orangeville            51 Zina Street            Orangeville, ON L9W 1E5            Phone: (519) 941-0760            Fax: (519) 941-1600            Email: <a href="mailto:pat.gardner@wdghu.org">pat.gardner@wdghu.org</a></p> <p>Guelph            125 Delhi Street            Guelph, ON N1E 4J5            Phone: (519) 821-2370            Fax: (519) 836-7215            Email: <a href="mailto:isabel.bellamy@wdghu.org">isabel.bellamy@wdghu.org</a></p>
1-8	<p><b>Curriculum Guide – Educating Students About Drug Use and Abuse</b>            – Ready-to-use lesson plans for teachers about drug education. (Copy available on website).</p> <p>1. For grades 1-8            2. For grades 9-10</p> <p style="text-align: center;"><a href="http://www.sano.camh.ca/curriculum">www.sano.camh.ca/curriculum</a></p>	<p>Centre for Addiction and Mental Health            Email: <a href="mailto:library@camh.ca">library@camh.ca</a>            Phone: 1-800-463-6273</p>
5-8	<p><b>Improving the Odds</b> - Includes a set of 8 lesson plans dealing with young women and tobacco and the tobacco industry. Links to components of comprehensive school health. Includes self-training guide, CD ROM for students.            Cost: No Charge</p> <p style="text-align: center;"><a href="http://www.ophea.net">www.ophea.net</a></p>	<p>Ontario Physical &amp; Health Education Association            1185 Eglinton Ave. E. Ste. 501            North York, ON M3C 3C6            Phone (416) 426-7120            Email: <a href="mailto:info@ophea.net">info@ophea.net</a></p>

## HEALTHY LIVING: **SUBSTANCE USE AND ABUSE** Cont'd.

GRADE	RESOURCE/DESCRIPTION	SOURCE
6	<p><b>V.I.P. Values, Influences and Peers</b> - This program was designed for the Grade 6 student. It is an interactive educational program which provides an opportunity to learn about topics including addictions, how to handle and to cope with peer influences and how to make healthy lifestyle choices. Other topics include vandalism, shoplifting, etc. This program is operated by several community partners including the police, the John Howard Society, the school teacher and the staff from our service.</p> <p>Cost: No charge. <a href="http://www.homewoodhealth.com">www.homewoodhealth.com</a></p>	<p>Homewood Community Alcohol &amp; Drug Services (CADS) 49 Emma St. Ste. 100 Guelph, ON N1E 6X1 Phone: Guelph-(519) 836-5733 Orangeville-(519) 942-2361 Mt. Forest-(519) 323-4558 or 1-800-661-4249</p>
6+	<p><b>Pamphlets</b> (suitable for parents and students) “About Smoking”; “About Alcohol”; “About Marijuana” “An Early Start” “Talk It Out” Ministry of Health and Long-Term Care - Phone: 1-800-268-1154 Cost: No Charge <a href="http://www.camh.net">www.camh.net</a></p>	<p>Centre for Addiction and Mental Health Marketing and Sales 33 Russell St. Toronto, ON M5S 2S1 Phone: 1-800-661-1111 Email: <a href="mailto:marketing@camh.net">marketing@camh.net</a></p>
6-8	<p><b>Skills for Adolescence</b> - Program helps young people deal with the challenges of their changing adolescent world. The program works to establish a supportive partnership among parents, the school and members of the community. A strong “no use” philosophy for the use of drugs is emphasized and young adolescents are taught specific strategies for saying “no” to negative influences and “yes” to healthy living. Cost: \$15.00 per grade <a href="http://www.lions-quest.ca">www.lions-quest.ca</a></p>	<p>Lions-Quest Canada 515 Dotzert Court, Unit 7 Waterloo, ON N2L 6A7 Phone: 1-800-265-2680</p>
	<p><b>Smoking: No Thanks</b> – Provides a positive approach to help kids say no to smoking Video (7 min.) Cost: Available to borrow</p>	<p>Silvercreek Media Centre 292 Speedvale Ave West Unit 20 N1H 8K8 Fax: (519) 766-1531 Email: <a href="mailto:sandy.bettio@ugdsb.on.ca">sandy.bettio@ugdsb.on.ca</a></p>
K-8	<p><b>Lungs Are For Life</b> – Lesson plans for K-Grade 10 dealing with tobacco issues complete with black-line masters and other resources. Cost: No Charge <a href="http://www.on.lung.ca">www.on.lung.ca</a></p>	<p>The Lung Association 573 King St. E., Ste. 201 Toronto, ON M5A 4L3 Phone: 1-800-972-2636 Fax: (416) 864-9916</p>
7-9	<p><b>ACTION (Alcohol, Cannabis, Tobacco health promotion for young people)</b> - Explicitly tied to the Ontario curriculum and comprehensive school health approach. Deals with tobacco plus alcohol and cannabis. Separate guides for school and community. CD ROM for students. Cost: No Charge <a href="http://www.ophea.net">www.ophea.net</a></p>	<p>Ontario Physical and Health Education Association 1185 Eglinton Ave. E. Toronto, ON M3C 3C6 Phone: (416) 426-7120 Email: <a href="mailto:info@ophea.net">info@ophea.net</a></p>

## HEALTHY LIVING: *SUBSTANCE USE AND ABUSE* Cont'd.

GRADE	RESOURCE/DESCRIPTION	SOURCE
7-10	<p><b>Discovery Program</b> - This program is a six session group offered to Grade 7 to 10 students. The program can be adapted for students, Grade 11 to OAC. The program participants are encouraged to discuss their feelings/thoughts and to learn skills to cope in the following areas:</p> <ol style="list-style-type: none"> <li>communication</li> <li>anger management</li> <li>self-esteem</li> <li>trust</li> <li>addictions and</li> <li>other life areas</li> </ol> <p>Cost: No charge</p> <p style="text-align: right;"><a href="http://www.homewoodhealth.com">www.homewoodhealth.com</a></p>	<p>Homewood Community Alcohol &amp; Drug Services (CADS)            49 Emma St. Ste. 100            Guelph, ON N1E 6X1            Phone:            Guelph-(519) 836-5733            Orangeville-(519) 942-2361            Mt. Forest-(519) 323-4558 or            1-800-661-4249</p>
General	<p><b>Websites for Substance Abuse &amp; Tobacco Information:</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.cyberisle.org">www.cyberisle.org</a> (tobacco related for kids)</li> <li>• <a href="http://www.ccsa.ca">www.ccsa.ca</a> (substance abuse related for teachers or parents)</li> <li>• <a href="http://www.camh.net">www.camh.net</a></li> <li>• <a href="http://www.lung.ca">www.lung.ca</a> (Lung Association)</li> <li>• <a href="http://www.hearthealth.on.ca">www.hearthealth.on.ca</a></li> <li>• <a href="http://www.quitnet.org">www.quitnet.org</a> (quitting smoking)</li> <li>• <a href="http://world.std.com/~batteryb/">world.std.com/~batteryb/</a> (tobacco related)</li> <li>• <a href="http://www.infact.org">www.infact.org</a> (tobacco related for high school students)</li> <li>• <a href="http://ash.org">ash.org</a> (tobacco related)</li> <li>• <a href="http://www.hc.sc.gc.ca/datahpsb/children/english/sec2">www.hc.sc.gc.ca/datahpsb/children/english/sec2</a> (tobacco lesson plans for teachers)</li> <li>• <a href="http://www.activeliving.ca/activeliving/breakfree">www.activeliving.ca/activeliving/breakfree</a> (tobacco related for teachers)</li> <li>• <a href="http://www.preventionsource.bc.ca">www.preventionsource.bc.ca</a> (tobacco resources)</li> <li>• <a href="http://www.hc.sc.gc.ca/hppb/tobaccoreduction/factsheets">www.hc.sc.gc.ca/hppb/tobaccoreduction/factsheets</a> (tobacco related for minors)</li> <li>• <a href="http://whyfiles.news.wisc.edu/024nicotine/index">whyfiles.news.wisc.edu/024nicotine/index</a> (tobacco related for high school students)</li> </ul>	

## FUNDAMENTAL MOVEMENT SKILLS *and* ACTIVE PARTICIPATION

GRADE	RESOURCE/DESCRIPTION	SOURCE
K-6	<p><b>Know Your Body</b> – School health promotion program with teacher’s guide. An outcome based, comprehensive health promotion program which addresses the issues fundamental to elementary school health. Cost: No Charge <a href="http://www.ugdsb.on.ca">www.ugdsb.on.ca</a></p>	<p>Upper Grand District School Board 500 Victoria Rd. N. Guelph, ON N1E 6K2 Phone: (519) 822-4420 Fax: (519) 822-4487 Email: <a href="mailto:web.inquiry@ugdsb.on.ca">web.inquiry@ugdsb.on.ca</a></p>
K-8+	<p><b>Variety</b> - Subjects include: games, movement activities for early childhood, sports rules, snow boarding, program evaluation. An example of just one resource is... “<i>Not Just Another Games Book</i>” - over 20 chapters on theme week and special event programming for elementary and secondary schools. Cost: Charges may apply <a href="http://www.intramurals.ca">www.intramurals.ca</a></p>	<p>Canadian Intramural Recreation Assoc. (CIRA) 740-B Belfast Rd. Gloucester, ON K1G 0Z5 Phone: (613) 244-1594 Fax: (613) 244-4738 Email: <a href="mailto:cira@intramurals.ca">cira@intramurals.ca</a></p>
K-8+	<p><b>Variety</b> - Subjects include: physical activity, sports/fitness, Quality Daily Physical Education (QDPE). An example of just one resource is... “<i>Activ8</i>” - simple and free program that makes physical activity fun for all students regardless of athletic ability. Also optional healthy fund raising program for schools. Cost: Charges may apply <a href="http://www.ophea.org">www.ophea.org</a></p>	<p>Ontario Physical and Health Education Association (OP-HEA) 1185 Eglinton Ave.E. Ste. 501 North York, ON M3C 3C6 Phone: (416) 426-7120 Toll Free 1-800-446-7432 Fax: (416) 426-7373 Email: <a href="mailto:info@ophea.net">info@ophea.net</a></p>
K-8+	<p><b>Variety</b> - Subjects include: variety of topics regarding physical activity. An example of just one resource is... “<i>Getting There is Half the Fun</i>” - focus on healthy eating, active living, positive self-image relevant to children 11-12 years old. Includes 12 lessons with background info for teachers and student worksheets. Cost: Charges may apply <a href="http://www.cahperd.ca">www.cahperd.ca</a></p>	<p>Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) 403-2197 Riverside Dr. Ottawa, ON K1H 7X3 Phone: (613) 523-1348 Toll Free 1-800-663-8708 Fax: (613) 523-1206 Email: <a href="mailto:info@cahperd.ca">info@cahperd.ca</a></p>
K-8	<p><b>Heart Healthy Kid’s Daily Physical Activities</b> - A manual and video aimed at getting kids active every day in their classroom. The program consists of 5 easy to use activities to be done twice a day, lasting about 10 minutes. This ensures that students achieve the minimum requirement for physical activity on a daily basis. Copies available with Heart Healthy Kids Tool Kit. Cost: No Charge <a href="http://www.heartandstroke.on.ca">www.heartandstroke.on.ca</a></p>	<p>Heart &amp; Stroke Foundation of Ontario Wellington-Dufferin Branch 21 Surrey St.W., Ste. 204 Guelph, ON N1H 3R3 Phone: 837-4858 Fax: 837-9209 Email: <a href="mailto:mlcairney@hst.on.ca">mlcairney@hst.on.ca</a></p>
K-8	<p><b>Heart Healthy Kids Tool Kit</b> - Curriculum and interactive resource materials including a stethoscope and activity posters on heart healthy lifestyles divided by grades for K-8. Sent with Jump Rope for Heart registration. One copy available FREE to all schools upon request. Cost: No Charge <a href="http://www.heartandstroke.on.ca">www.heartandstroke.on.ca</a></p>	<p>Heart &amp; Stroke Foundation. of Ontario Wellington-Dufferin Branch 21 Surrey St.W., Ste. 204 Guelph, ON N1H 3R3 Phone: 837-4858 Fax: 837-9209 Email: <a href="mailto:mlcairney@hst.on.ca">mlcairney@hst.on.ca</a></p>
K-OAC	<p><b>Active Ontario</b> - Network and website is the main link for connecting leaders with physical activity resources. Information can be found on Active Schools initiatives as well as new recreation and sports models being developed. <a href="http://www.activeontario.org">www.activeontario.org</a></p>	<p>Active Ontario 1185 Eglinton Ave E North York, ON M3C 3C6 Phone: (416) 426-7239 Fax: (416) 426-7421 Email: <a href="mailto:info@activeontario.org">info@activeontario.org</a></p>
K-OAC	<p><b>Canadian Association for the Advancement of Women &amp; Sport and Physical Activity (CAAWS)</b>- CAAWS is in business to encourage girls and women to get out of the bleachers, off the sidelines and onto the fields and rinks, into the pools, locker rooms and boardrooms of Canada. <a href="http://www.caaws.ca">www.caaws.ca</a></p>	<p>CAAWS N202-801 King Edward Ave. Ottawa, ON K1N 6N5 Phone: (613) 562-5667 Fax: (613) 562-5668 Email: <a href="mailto:caaws@caaws.ca">caaws@caaws.ca</a></p>

## LOCAL AGENCIES AND SERVICES FOR SCHOOL-AGED CHILDREN

AGENCY/SERVICE DESCRIPTION	CONTACT
<p><b>Community First Family Resource Centres of Dufferin</b> - This is a non-profit, charitable organization dedicated to providing community and family-based programs throughout Dufferin County. Their goal is to enhance healthy development of individuals, families and ultimately the community. People of all ages, needs and backgrounds are welcomed into the programs offered at the main sites in Orangeville, Shelburne and Grand Valley as well as satellite centres throughout the county.</p> <p>Programs for school-aged children include:</p> <ul style="list-style-type: none"> <li>• After School Programs</li> <li>• Sports Night</li> <li>• Summer Day Camp</li> <li>• P.D. Day/March Break Program</li> <li>• Teen Drop-in (Gr. 7-9)</li> </ul>	<p>Lori-Jane Harding Community First <b>Orangeville Administration Site</b> 400 Townline Rd. Orangeville, ON L9W 3Z6 Phone: (519) 942-0443 Fax: (519) 942-8580 Email: <a href="mailto:cffreshelb@easyfocus.com">cffreshelb@easyfocus.com</a></p> <p><b>Shelburne Site</b> 126 Main St. E. Shelburne, ON L0N 1S0 Phone: (519) 925-5504</p> <p><b>Grand Valley Site</b> 90 Main St. N. Grand Valley, ON L09 1G0 Phone: (519) 928-3383</p>
<p><b>Community Partners Dufferin - The goals of this group are:</b></p> <ul style="list-style-type: none"> <li>• Promote and enhance child nutrition in Dufferin County.</li> <li>• Ensure that children in Dufferin County start the day with a nutritious breakfast or snack in a supportive, social setting, if not available at home.</li> <li>• Connect existing child nutrition programs with one another for information sharing and collaboration.</li> <li>• Develop corporate and individual partnerships that enhance the well-being of children and improve the effectiveness of local programming.</li> <li>• Encourage and support nutrition programs at or near local schools.</li> </ul> <p>Call for assistance in establishing nutrition or feeding programs (breakfast, snack) in Dufferin County.</p>	<p>Community Partners Dufferin Jane Bellman (519) 821-2370 Ext. 2247</p>
<p><b>Garden Fresh Box</b> - A non-profit food buying service, bringing high quality fresh fruits and vegetables into your neighbourhood monthly. Local produce emphasized. Currently available in 17 locations throughout Guelph, 1 location in Fergus. Cost is \$15 per month per box of produce. <a href="http://www.guelphonline.com/gfbox">www.guelphonline.com/gfbox</a></p>	<p>Garden Fresh Box Program c/o Guelph Community Health Centre 89 Wyndham St. Guelph, ON N1H 4E9 Phone: (519) 821-8833 Ext. 335 Email: <a href="mailto:gfbox@gchc.on.ca">gfbox@gchc.on.ca</a></p>

AGENCY/SERVICE DESCRIPTION	CONTACT
<p><b>Homewood Community Alcohol and Drug Services</b> - Homewood (CADS) is a community out-patient service providing a complete range of services for individuals and families struggling with addiction issues. CADS provides a number of school-based services, some of which are listed under curriculum support resources in this package. In addition to these, CADS offers:</p> <ul style="list-style-type: none"> <li>• Individual, family and group counselling and harm reduction strategies.</li> <li>• Services at every high school in Guelph and Wellington County and three high schools in Dufferin County.</li> <li>• Discovery Groups are offered at the schools for high risk students using substances.</li> <li>• <b>Children Are People Too</b> - An eight week, after school group developed for both the 5 to 7 year-old and the 8 to 11 year-old age groups.</li> <li>• <b>Young People's Family Program</b> - Offered at the schools for students from addicted families. This two day program was developed for youth 12 to 19 years of age.</li> <li>• Training and education for the staff at schools.</li> </ul> <p>On an ad hoc basis, when a need/interest is identified at an elementary or high school CAD staff will develop presentations or programs to meet these staff and student needs.</p>	<p>Homewood Community Alcohol And Drug Services (CADS) 49 Emma St. Ste. 100 Guelph, ON N1E 6X1 Phone: (519) 836-5733</p> <p>North Wellington (519) 323-4558 (Intake/Referrals (519) 843-6191) Orangeville (519) 942-2361</p>
<p><b>The Heart and Stroke Foundation of Ontario</b> - is a community-based volunteer organization whose mission is to reduce the risk of premature death and disability from heart disease and stroke by raising funds for research and health promotion.</p> <p style="text-align: center;"><a href="http://www.heartandstroke.on.ca">www.heartandstroke.on.ca</a></p>	<p>Heart &amp; Stroke Fdn. of Ontario Wellington-Dufferin Branch 21 Surrey St.W., Ste. 204 Guelph, ON N1H 3R3 Phone: (519) 837-4858 Fax: (519) 837-9209 Email: <a href="mailto:mlcairney@hsf.on.ca">mlcairney@hsf.on.ca</a></p>
<p><b>The Wellington-Dufferin-Guelph Health Unit</b> - Offers a range of health promotion and protection services to individuals and families. All elementary schools have a Public Health Nurse contact who can assist in the development of school-wide health promotion projects, teacher in-servicing and curriculum support. Immunization and dental services to schools are also provided by the Health Unit.</p>	<p><b>Fergus</b> (Head Office) 205 Queen Street East Fergus, ON N1M 1T2 Phone: (519) 843-2460 Fax: (519) 843-2321 <b>Guelph</b> - (519) 821-2370 Fax: (519) 836-7215 Email: <a href="mailto:isabel.bellamy@wdghu.org">isabel.bellamy@wdghu.org</a> <b>Orangeville</b> - (519) 941-0760 Fax: (519) 941-1600 <b>Palmerston</b> - (519) 343-2240 Fax: (519) 343-2487 <b>Mt. Forest</b> (519) 323-2330 Fax: (519) 323-3794 <b>Shelburne</b> - (519) 925-2000 Fax: (519) 925-6743 <b>Toll-Free – 1-800-265-7293</b></p>
<p><b>The Community Heart Health Network</b> - Through partnerships, the Network promotes healthy living and sustainable supportive environments that help people in Wellington-Dufferin make healthy choices. The Network is a group of individuals, businesses and organizations who promote and support the Eat Smart! Restaurant Program, School/Workplace Wellness Programs, Cardiac Wellness Program, Join the Heart Health Connection and trail use.</p> <p style="text-align: center;"><a href="http://www.hearthealth.on.ca">www.hearthealth.on.ca</a> <a href="http://www.kidfun.ca">www.kidfun.ca</a></p>	<p>Heart Health Co-ordinator Wellington-Dufferin-Guelph Health Unit 125 Delhi Street Guelph, ON N1E 4J5 Phone: (519) 821-2370 Fax: (519) 836-7215 Email: <a href="mailto:karen.armstrong@wdghu.org">karen.armstrong@wdghu.org</a></p>

AGENCY/SERVICE DESCRIPTION	CONTACT
<p><b>Community Food Advisors (CFA's)</b> - These trained volunteers provide reliable information and education that promotes safe and nutritious food selection and preparation. The CFA's can assist teachers to plan and deliver practical classroom or school-wide food and general nutrition presentations. To contact a Community Food Advisor, call the Wellington-Dufferin-Guelph Health Unit.</p>	<p>Wellington-Dufferin-Guelph Health Unit  125 Delhi Street  Guelph, ON N1E 4J5  Phone: (519) 821-2370 Ext. 256  Fax: (519) 836-7215  Toll-Free: 1-800-265-7293  Email:  <a href="mailto:isabel.bellamy@wdghu.org">isabel.bellamy@wdghu.org</a></p>
<p><b>Canadian Cancer Society-</b> The Canadian Cancer Society is a national community-based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life for people living with cancer. They offer many resources and services that promote healthy lifestyles and assist those people living with cancer.</p> <p style="text-align: center;"><a href="http://www.cancer.ca">www.cancer.ca</a></p>	<p>Dufferin County Unit  162 Broadway Ave., Unit 12  Orangeville, ON L9W 1K3  Phone: (519) 941-8341 or  Julie Bard at 1-800-567-4324  Email: <a href="mailto:jbard@ccsont.org">jbard@ccsont.org</a></p> <p>Wellington County Unit  214 Speedvale Ave.W., Suite 4A  Guelph, ON N1H 1C4  Phone: (519) 824-4261  Fax: (519) 824-8923 or  Marlene Fallon (905) 575-9220</p> <p>Cancer Information Service  1-888-939-3333</p>
<p><b>Guelph-Wellington Food and Friends</b> - is a partnership of local agencies and volunteers whose purpose is to provide support and increase resources for local child nutrition programs now and in the future. Child nutrition programs include school and community-based nourishment programs such as breakfast, snack or lunch programs and nutrition education that supports healthy growth and development of all children, regardless of family income or race.</p>	<p>Guelph-Wellington Food and Friends  Co-ordinator  The Canadian Red Cross Society  15 Yarmouth St.  Guelph, ON N1H 4G2  Phone: (519) 836-3523  Fax: (519) 836-7353</p>

