

Newsletter Insert #1

The School Nurse

Did you know...?

The Niagara Region Public Health assigns a school nurse to every elementary and secondary school within Niagara? Each nurse works together with their schools by providing support and resources to teachers, students, and parents on the importance of living a healthy lifestyle. The nurse's role is mandated by the provincial government and is therefore closely related to the Ontario Health and Physical Education curriculum.

The school nurse offers each school support and resources on a variety of health related topics including:

- Healthy Eating
- Physical Activity
- Tobacco Use Prevention
- Parenting
- Mental Health
- Sexual Health
- Injury and Substance Misuse Prevention

The School Health Program is dedicated to encouraging every school within Niagara to create an environment that supports the optimal health of all students, staff, and their families.

To learn more about the role of the school nurse and the school health program, please call 905-688-8248 ext. 7156 or visit us at www.niagararegion.ca