



JMCC SCHOOL
2019-2020

Parent Handbook



Together with friends again

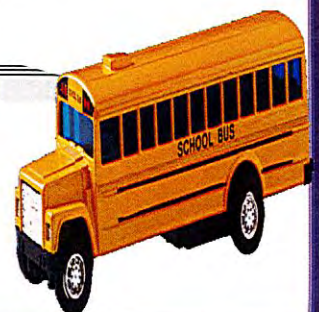


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Dear Parents/Guardians,

Welcome to the school year!

Please take a moment to thoroughly review the JMCC School Parent Handbook. You will find a list of Professional Activity (PA) Days and holidays. These dates will help you plan your work and child care needs. This year there are 7 PA Days.

The school hours are from 9:00 a.m. to 3:00 p.m. **The school is open to receive children at 8:45 a.m.**

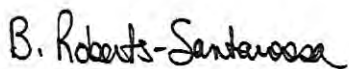
All students in Windsor-Essex public schools are transported through the Student Transportation Services (776-6431). They will be prompt in picking up and dropping off your child. Please note that if for any reason you are not home for the drop off, your child will be brought back to the Centre. It will then be your responsibility to take your child home.

Please see the School Council information at the back of this handbook. We welcome your participation!

Please visit us at <http://school.jmccentre.ca> to explore current school news, classroom activities and parent resources at your convenience. Remember that the School has an Instagram account. Please login to Instagram and follow us at **jmccschool**! We strive to continue to improve our educational programs. You may review our updated Special Education Plan, on our website as well.

Please ensure that you contact the school at 519-977-2200, to leave a message should your child be absent for any reason. This is critical to ensure the safety of your child.

We are looking forward to a wonderful school year with your child! Thank you for all of your continued support.



Brenda Roberts-Santarossa
Principal

JMCC SCHOOL
STAFF LIST
2019-2020

SANTAROSSA, Brenda	- Principal
LEBLANC-JAEGER, Patricia	- Business Manager
LAFORET, Amanda	- Educational Consultant
JOHN, Jenna	- Communication Technology Assistant (LTO)
PACE, Luisa	- Administrative Assistant
KUBINEC, Kara	- Teacher (LTO)
SMITH, Kelsey	- Teacher
SPADAFORA, Jessica	- Teacher
TARGACHOFF, Kristy	- Teacher (LTO)
WINIARSKI, Emilia	- Teacher
WIRAG, Jennifer	- Teacher
GARANT, Tracy	- Educational Support Staff
MCDONALD, Gillian	- Educational Support Staff (LTO)
RUTHVEN, Cindi	- Educational Support Staff
TETLEY, Nadine	- Educational Support Staff
WERSTEIN, April	- Educational Support Staff
ZEMAN, David	- Educational Support Staff
ZERBIN, Carrie	- Educational Support Staff
JOINVILLE, Michelle	- Deaf/Blind Intervener
BABULA, Madison	- Educational Support Staff
ALKASS-MANDOLFO, Saosun	- Lunchroom Aide
BEETHAM, Rachel	- Lunchroom Aide
LLOYD, Patricia	- Lunchroom Aide (LTO)
ORTEGA, Gina	- Lunchroom Aide
TBD	- TBD



John McGivney Children's Centre School Authority

2019

Trustees and Officers

Chairperson:	Carolyn Tavolieri
Vice-Chairperson :	Adelina Irvine
Secretary:	Dr. Brenda Roberts-Santarossa
Treasurer:	Adelina Irvine
Trustees:	Patrick Milloy Walter Willms

GENERAL INFORMATION

1. SCHOOL HOURS:

The school begins at 9:00 a.m. and finishes at 3:00 p.m.

2. LUNCHES:

The school does not provide lunch or food services. Parents are responsible to send a lunch daily. We have a microwave oven to heat leftovers, soup, etc. We do not have cooking facilities. Please purée or prepare your child's food at home. We also have limited refrigeration, so please pack an ice pack if your child's lunch needs to be kept cool. We do feed children but have very limited food preparation abilities.

3. SCHOOL BAGS:

It is suggested that each child have a school bag large enough to hold lunch pails, extra clothes, diapers if needed, etc. Our staff can better ensure things don't get lost with identified bags and personal items.

4. LIBRARY BOOKS:

The school has a well stocked library. The children have access to these books constantly. Library books must go home in school bags.

5. PARENT LENDING LIBRARY:

The school has a Parent Lending Library, which consists of various kits and resources that can be lent to families. Please visit our website at <http://school.jmccentre.ca> for a complete list of these items. Please communicate to your child's teacher, if you are interested in trialing one of these kits.

5. EMERGENCIES:

In the event of an emergency the parent/guardian will be notified immediately. Meanwhile, the School staff will take the appropriate action. Please ensure the school has an alternate emergency number.

6. COMMUNICATION:

Please visit our website at <http://school.jmccentre.ca> for up-to-date school news and events. You can also view current news and important dates specific to your child's classroom by clicking on your child's Classroom Teacher under the tab "Classes".

Please relay messages directly to your child's teacher either by **phone** or through the **communication book**.

7. BUSES:

All children are bused to the Centre. You will have the name and number of your child's driver. Please keep it accessible. Maintaining consistent temperatures on buses is most difficult due to frequent door opening and closing. During extreme weather conditions, we cannot ensure the comfort of your child while on the bus. Please use your own discretion during severe temperatures (hot or cold), and keep your child at home on those days.

8. ABSENCE:

When a student is absent, please advise the **BUS DRIVER AND SCHOOL SECRETARY** by telephone. In the event of prolonged absence, parents should communicate with the school. The JMCC School Office number is 519-977-2200.

9. PUPIL ILLNESS:

Throughout the year many cases of sickness arise at school or home. Children require a day or so to regain proper health. Please do not hesitate to keep your child home so that infections due to cold or flu do not pass on to anyone else. Many of our students have fragile health concerns.

10. WINDSOR-ESSEX COUNTY HEALTH UNIT

The Windsor-Essex County Health unit provides a number of health services to school children in Windsor and Essex County. Many of these services are provided according to provincial law. If for any reason you do not wish your child to be involved in health education or health services, please inform the school principal in writing as soon as possible.

11. SCHOOL CLOSINGS:

**If inclement weather prevents transportation from running,
Refer to: www.buskids.ca and <http://school.jmccentre.ca>.**

12. CHANGE OF CLOTHING:

The Centre does not have extra clothing in all sizes. If your child has a predisposition for accidents please send a change of clothes daily.

13. CHANGE OF ADDRESS:

A form will have to be completed giving the school a variety of information. If during the year anything changes, please notify the secretary by phone at your earliest convenience.

If a child's address is temporarily changed due to vacations or visits, please notify the school secretary by phone at 519-977-2200.

14. WINTER TIME:

When the snow falls and the wind blows special problems arise. It is imperative that sidewalks and stairs are kept free from ice and snow. This will make transportation easier and safer for your child and his/her driver. Inclement weather also slows traffic down at times. Safety is our main concern.

Appropriate dress is also imperative with lift doors constantly being opened to load children. It is important to dress warmly.

15. MEDICATION:

Whenever possible please administer all medication at home. If it is necessary that medications be distributed at school, please have your physician complete the appropriate form. All medication must be sent in the original prescription bottle with the **directions for dosage on the label**.



16. SEIZURES:

Should your child experience any seizure activity during school hours that is of concern to the school staff, you will be notified by the teacher. Should any seizure require medical attention an ambulance may be called to transport your child to the hospital. If your child has a history of seizures, please complete the Plan of Care for Epilepsy, along with the relevant Request and Authorization of Prescription Medication Form if medication is to be administered by school staff.

17. VALUABLES:

Please do not send articles of value to school with your child unless you have communicated with your child's teacher. Example: hand held video games, cell phones, I-Pad, Chrome Book, etc.

18. DIAPERS

Please send in the diaper that your child will require on a monthly basis

19. CLASSROOM PLACEMENTS

On occasion, classroom placements may change throughout the school year. Your child may have to change teachers. This may occur if there are new admissions during the school year.

20. SAFETY

The JMCC School believes safety of its students and staff is paramount. We have a comprehensive fire safety and building evacuation plan. Staff at the JMCC School participate in a Joint Occupational Health and Safety Committee.

ADDITIONAL INFORMATION

FIELD TRIPS

Periodically, various classes throughout the school year participate in field trips outside the Centre. Before each outing, you will receive notification of where, when and who is in charge of the field trips. A signed release form will be needed for each trip (See sample attached)

PARENT TEACHER COMMUNICATION

Regular contact with teachers is encouraged. The progress of your child is extremely important. Please feel free to call the school anytime and set up a meeting with your child's teacher.

MULTIDISCIPLINARY MODEL

The school is only part of your child's whole programme. If you have any questions regarding your child's therapy, please address them to the specific therapist.

JUST A SAFETY TIP

The Fire Department has a safety system for families who have children with special needs. Call your local fire department and let them know about your son or daughter. The information should be in their computer so if you need the fire department they'll know about your special circumstances.

USEFUL CONTACT INFORMATION

Windsor-Essex County Health Unit (<https://www.wechu.org>)
519-258-2146

Sharp Bus Lines
519-736-0933

Stevenson Bus Lines
519-727-3478

Switzer Carty Bus Lines
519-326-2607

Student First Bus Lines
519-969-0184



**Field Trip/Excursion Information and Consent
For Parents/Guardians**

3945 Matchette Rd.
Windsor, Ontario N9C 4C2
T: 519.977.2200
F: 519.977.2201
www.jmccentre.ca

Part 1 - Field Trip/Excursion Information to be retained by Parent/Guardian

To the Parent/Guardian,

We have planned a field trip for students, as described below.

Date of Trip:	Cost per student:
Departure (e.g., 9:00 AM):	Return to School (e.g., 3:00 PM):
Mode of Transportation:	
Teacher(s) in Charge:	
Destination:	Phone Number:
Purpose of Trip:	

Parent/Guardian to cut-off from here and Retain Part 1. Part 2 (below) must be returned to the school.

Part 2 - Parent/Guardian Consent to be returned to the school as soon as possible

Name of Student: _____ DOB: _____

- Yes, I give permission for my child to participate in the above described field trip.
- No, I do not give permission for my child to participate in the above described field trip.

Signature of Parent/Guardian: _____ Date: _____

Home Phone: _____

Name of Emergency Contact: _____

Phone of Emergency Contact: _____

In accordance with the Municipal Freedom of Information and Protection of Privacy Act, 1989, information in forms and documents pertaining to a student registered/enrolled within John McGivney Children's Centre School Authority is collected under the legal authority of the Education Act and its Regulations and the Ontario Student Record Guideline, 2000.



3945 Matchette Rd.
Windsor, Ontario N9C 4C2
T: 519.977.2200
Toll Free: 1.800.976.JMCC
F: 519.977.2201
<http://school.jmccentre.ca>

Request & Authorization for the Administration of Prescription Medication by School Staff

(Please print)

STUDENT'S NAME: _____

STUDENT'S
BIRTH DATE: _____

ADDRESS: _____

TELEPHONE: _____

SCHOOL: _____

TEACHER: _____

EMERGENCY: Contact Person: _____

Phone: _____

REQUEST AND APPROVAL OF PARENT/GUARDIAN:

I hereby request and give permission for prescription medication prescribed herein to be administered to my child who is named above for the duration indicated by the Physician. I will provide the medication in the original container.

NOTE: IT IS THE PARENT/GUARDIAN'S RESPONSIBILITY TO NOTIFY THE PRINCIPAL OF ANY CHANGES IN THE PRESCRIBED MEDICATION OR IN THE ADMINISTRATION OF THAT MEDICATION. THIS AUTHORIZATION WILL EXPIRE ON THE DATE INDICATED BY THE PHYSICIAN OR ON JUNE 30TH OF EACH SCHOOL YEAR.

I release the John McGivney Children's Centre School Authority, its employees and agents from any liability for loss, damage or injury, howsoever caused, to my child's person or property arising out of administering, or failure to administer the procedure as provided herein.

Parent/Guardian Signature: _____

Date Signed: _____

The following medication has been prescribed. It is necessary for this medication to be administered during school hours by personnel other than the parent/legal guardian.

STATEMENT OF PHYSICIAN:

1. Name/type of prescription medicine _____
2. Dosage/amount to be given _____
3. Frequency/interval _____
4. Instructions for administration _____
5. Duration _____
6. Anticipated reaction to medication (notable side effects) _____

Medical Practitioner's Name (Print or type) _____

Medical Practitioner's Signature _____

Date Signed _____

Medical Practitioner's Address _____

Medical Practitioner's Telephone Number _____



3945 Matchette Rd.
Windsor, Ontario N9C 4C2
T: 519.977.2200
Toll Free: 1.800.976.JMCC
F: 519.977.2201
<http://school.jmccentre.ca>

ADDITIONAL INFORMATION:

Signature of Principal

Date Signed

Copies to: [Principal(Original), Parent/Guardian, Teacher, Educational Support Staff Administering]



3945 Matchette Rd.
 Windsor, Ontario N9C 4C2
 T: 519.977.2200
 Toll Free: 1.800.976.JMCC
 F: 519.977.2201
<http://school.jmccentre.ca>

Request & Authorization for the Administration of PRN Prescription Medication by School Staff

(Please print)

STUDENT'S NAME: _____

STUDENT'S
BIRTH DATE: _____

ADDRESS: _____

TELEPHONE: _____

SCHOOL: _____

TEACHER: _____

EMERGENCY: Contact Person: _____ Phone: _____

REQUEST AND APPROVAL OF PARENT/GUARDIAN:

I hereby request and give permission for prescription medication prescribed herein to be administered to my child who is named above for the duration indicated by the Physician. I will provide the medication in the original container.

NOTE: IT IS THE PARENT/GUARDIAN'S RESPONSIBILITY TO NOTIFY THE PRINCIPAL OF ANY CHANGES IN THE PRESCRIBED MEDICATION OR IN THE ADMINISTRATION OF THAT MEDICATION. THIS AUTHORIZATION WILL EXPIRE ON THE DATE INDICATED BY THE PHYSICIAN OR ON JUNE 30TH OF EACH SCHOOL YEAR.

I release the John McGivney Children's Centre School Authority, its employees and agents from any liability for loss, damage or injury, howsoever caused, to my child's person or property arising out of administering, or failure to administer the procedure as provided herein.

Parent/Guardian Signature _____

Date Signed _____

(Please Type or Print)

STUDENT'S MEDICAL CONDITION (e.g. Epilepsy, Asthma): _____

SPECIFIC SYMPTOMS necessitating the administration of the PRN Medication: _____

STATEMENT OF PHYSICIAN:

1. Name/type of prescription medicine _____
2. Dosage/amount to be given _____
3. Frequency/interval _____
4. Instructions for administration _____
5. Duration _____
6. Anticipated reaction to medication (symptoms, side effects) _____

Medical Practitioner's Name (Print or type) _____

Medical Practitioner's Signature _____

Date Signed _____

Medical Practitioner's Address _____

Medical Practitioner's Telephone Number _____



3945 Matchette Rd.
Windsor, Ontario N9C 4C2
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Toll Free: 1.800.976.JMCC
F: 519.977.2201
<http://school.jmccentre.ca>

VALIDATION PROCEDURES PRIOR TO ADMINISTRATION OF MEDICATION:

Before a PRN medication is administered to a student, designated staff must validate when the medication was last given to determine that the administration time complies with authorized frequency of administration. This determination may be accomplished by taking one or all of the following actions:

- Referring to the Record of Administration of Medication by School Staff for documentation of the time the last dose was administered;
- Referring to the Parent/Guardian/Daycare written documentation for verification of the time the last dose was administered;
- Noting the time of the request and validating that the student has been in attendance at school for the length of time of the authorized frequency for PRN medication administration;
- Calling the parent/guardian to validate when the medication was last given at home when the student has been in attendance at school less than the length of time of the authorized frequency for the administration of the PRN medication;
- Before administering PRN medications, the staff member must validate the symptoms being experienced by the student as the symptoms identified by the prescribing physician in allowing for the administration of the medication;
- When a PRN medication is administered, the information recorded on the Record of Administration of Medication by School Staff includes the symptoms for which the PRN medication was administered.

ADDITIONAL INFORMATION:

Signature of Principal

Date Signed

Copies to: [Principal (Original), Parent/Guardian, Teacher, Educational Support Staff Administering]

Allergy Alert



No Peanuts



No Bananas



NO PERFUME

No Perfume



SCHOOL COUNCIL

1. MEMBERSHIP

The John McGivney Children's Centre School Council shall include:

- four parents/guardians of students enrolled in the school elected by parents/guardians;
- the school principal;
- one teacher elected by the teachers;
- one non-teaching staff member elected by members of the non-teaching staff;
- community representatives may be appointed at the discretion of the Council.

2. TERM OF OFFICE

The term of office shall be one year.

Elections will be held in September of each year.

3. MANDATE

The John McGivney Children's Centre School Council is an advisory body. Council meets four times per year. When needed, the JMCCSA School Council also serves in the capacity of a Special Education Advisory Committee (SEAC). Council provides advice and input on services and items including:

- school year calendar;
- budget and finance matters;
- special Education report;
- advocacy;
- recommendation regarding special education programs and services;
- parent support;
- any other business deemed appropriate by the chair and/or principal.

JOHN MCGIVNEY CHILDREN'S CENTRE SCHOOL

CODE OF CONDUCT

PURPOSE

Our behaviour code at the John McGivney Children's Centre School was developed to establish guidelines that will enable students, staff and families to grow together in an atmosphere of mutual respect.

OUR PHILOSOPHY

The JMCC School is designed to provide a safe equitable learning environment respecting the uniqueness of a diverse community. Partnerships are developed with families, staff and the community to maximize learning outcomes. Attendance in a community school is promoted. Exemplary programs and teaching methods are kept current with Ministry of Education directives.

OUR EXPECTATIONS

A Place to be Happy

- where we share
- where we listen and take turns
- where we are polite
- where we treat each other fairly

A Place to be Successful

- where we try to do our best
- where we show respect for others
- where we accept responsibility to complete our homework
- where we are responsible for our actions and needs
- where we attend on a regular basis
- where we respect our school property and equipment

A Place to Be Safe

- where we move safely throughout the Centre
- where we obey bus rules
- where we play safely
- where we know who can help
- where we respect the differences of others

STUDENT RIGHTS AND RESPONSIBILITIES

RIGHTS:

- to be treated as an individual
- to be treated with dignity and respect
- to receive an appropriate education
- to receive the help necessary for reasonable comfort, care
- to have basic nutrition, hygiene and clothing needs met

- attend school and to work to the best of their ability
- follow school rules
- be cooperative and friendly
- respect staff, other students, visitors in the building and school property
- display a positive attitude

PRINCIPALS ARE RESPONSIBLE FOR:

- providing leadership
- demonstrating care and commitment to academic excellence and a safe teaching and learning environment
- holding staff, students, parents, volunteers, visitors and others accountable for their behaviour and actions
- communicating regularly and meaningfully with all members of their school community

SCHOOL STAFF RIGHTS AND RESPONSIBILITIES

RIGHTS:

- to be respected
- to expect reasonable behaviour
- to expect students to participate in the learning process
- to manage students who are disruptive

RESPONSIBILITIES

- maintain order in the school under the leadership of the Principal
- demonstrate impartial and consistent respect for all students as individuals with distinctive and on-going learning needs and capabilities
- provide an appropriate learning environment
- plan and conduct effective programs
- provide appropriate evaluations and written student progress reports
- refer students for the appropriate service intervention
- provide reasonable care and comfort

PARENT RIGHTS AND RESPONSIBILITIES

RIGHTS

- to be respected
- to be heard
- to choose interventions
- to be a partner in the educational process

RESPONSIBILITIES:

- show an active interest in their child's school work and progress
- communicate regularly with the school
- ensure that their child be neat, appropriately dressed and prepared for school
- ensure that their child attends school regularly
- promptly report to the school their child's absence or late arrival
- encourage and support their child in following the rules of behaviour



Head Lice

If your child comes home with head lice, you may have a lot of questions. It's important to keep in mind that head lice are treatable with care, time, and patience. Speak with your doctor or pharmacist before using any chemical shampoos if:

- You are pregnant or breastfeeding.
- Your child is under two years of age, has asthma, or allergies.

How do you get head lice?

- Direct head-to-head contact.
- Through indirect contact such as combs, hats, and brushes.



How do you treat head lice?

- Use the specific chemical shampoo and remove all lice eggs or by use the wet combing method, which is non-chemical but less effective.

Should I sterilize the entire house every time my child comes home with head lice?

- Wash combs, brushes, towels, and anything else used during treatment with hot soapy water.
- Wash items used in the past two days (clothes, hats, pillowcases, sheets, and stuffed animals).
- Seal items that cannot be washed in a plastic bag for two weeks.
- Vacuum or wash your child's car seat cover.
- Vacuum to pick up stray lice or eggs.
- Excessive cleaning is not needed.
- Do not use insecticide sprays.

Do I have to treat everyone in the house for head lice?

- Only people who have head lice should be treated.
- Pets do not get head lice.

How do you prevent head lice?

- Check your child's head routinely for head lice.
- Discourage children from sharing clothing, towels, and combs.
- Tea tree oil and hair styling products such as hair gel or mousse have not been proven effective in prevention of head lice.

For more information:

Caring for Kids - Canadian Paediatric Society ^[1]

Center for Disease Control ^[2]

Related Content:

Infectious Disease Prevention ^[3]

Source URL (modified on 2019-01-30 10:01): <https://www.wechu.org/your-health-pregnancy-and-parenting/head-lice>

Links

[1] http://www.caringforkids.cps.ca/handouts/head_lice

[2] http://www.cdc.gov/ncidod/dpd/parasites/lice/factsht_head_lice_treating.htm#how_treat

[3] <https://www.wechu.org/tags/infectious-disease-prevention>

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1005 Ouellette Avenue, Windsor, Ontario N9A 4J8 - 519-258-2146



Immunization Requirements for School

The Health Unit strongly recommends getting immunized according to the [Publicly Funded Immunization Schedule for Ontario](#). [1]

For your children to attend school in Ontario, they need to be immunized against the following infectious diseases:

- [Diphtheria](#) [2]
- [Pertussis](#) [3]
- [Tetanus](#) [4]
- [Polio](#) [5]
- [Measles](#) [6]
- [Mumps](#) [7]
- [Rubella](#) [8]
- [Meningococcal Disease](#) [9]
- [Varicella \(chickenpox\)](#) [10] *proof of this vaccine is required for children born in 2010 or later.

What is the Immunization of School Pupils Act (ISPA)?

The [Immunization of School Pupils Act](#) [11] (ISPA) R.S.O. 1990 is a law in Ontario that requires certain vaccines to be given for a child to attend school in Ontario making sure that all school aged children are protected from vaccine preventable diseases.

What should parents do?

1. Look at your child's yellow immunization card. If you aren't sure if your child is up-to-date on all their vaccines, check with your doctor and nurse practitioner or the Windsor-Essex County Health Unit.
2. Any time that your child gets a vaccine or booster shot you should update their record with the health unit through any of the following ways:

Methods of contacting WECHU for immunization records

Phone

519-258-2146 ext. 1222

Toll-free: 1-800-265-5822 ext. 1222

Fax

519-258-7288

Online

Use the [Secure Online Reporting System](#) ^[12]

In Person

[Windsor Office](#) ^[13]: 1005 Ouellette Avenue.

[Essex Office](#) ^[14]: 360 Fairview Avenue.

[Leamington Office](#) ^[15]: 33 Princess Street.

What if I choose not to immunize my child?

Under the Immunization of School Pupils Act R.R.O. 1990, Reg. 645, students **must** be immunized against measles, mumps, rubella, diphtheria, tetanus, meningococcal, varicella and polio, or have a valid Medical, or Conscience or Religious Belief exemption on file at the Health Unit.

Conscience or Religious Belief exemption package:

Contact the Healthy Schools department at 519-258-2146 ext. 1222 to request an exemption package and book a required education session.

The original exemption form must be:

- Signed and stamped by a commissioner of oaths, notary public, or justice of the peace.

- The **original** must be returned to the Health Unit.

Medical Exemption:

Contact our Healthy Schools department at 519-258-2146 ext. 1222 to request a Medical Exemption package to bring to your doctor or nurse practitioner.

If your child cannot be immunized due to medical reasons, speak to your doctor or nurse practitioner about completing the Statement of Medical Exemption.

The original exemption form must be:

- Completed by your doctor or nurse practitioner.
- The **original** must be returned to the Health Unit.

Young children in group settings, such as child care centres or schools, are at a higher risk of becoming infected with vaccine preventable diseases. If you choose not to immunize, be sure you understand the risks and responsibilities involved.

What will happen to my child during an outbreak of a vaccine preventable disease?

1. If your child is properly immunized for the disease identified in the outbreak, your child will be allowed to remain in school or daycare.
2. If your child is not up-to-date for the vaccine identified in the outbreak, the Medical Officer of Health will determine if your child is at risk and may exclude your child for their own protection.
 - a. Exempted children are at greater risk of getting ill during an outbreak. Most are likely to be excluded from school or daycare.
3. If you have an exemption document on file, you'll be contacted directly and informed that your child is excluded from school or daycare until further notice.
 - a. The school and daycare administrators will also be contacted to help enforce the exclusion.
4. If your child is exempted and you choose to have your child immunized, it may take up to two weeks before your child is allowed back at school or daycare.

Once the outbreak is over or your child has developed protection through immunization, you and the school or daycare administrator will be notified that your child may return.

Source URL (retrieved on 2019-08-27 15:54): <https://www.wechu.org/your-health/immunization/immunization-requirements-school>

Links

- [1] http://www.health.gov.on.ca/en/pro/programs/immunization/docs/immunization_poster_lifespan.pdf
- [2] <https://www.wechu.org/your-health/diphtheria>

- [3] <https://www.wechu.org/z-health-topics/whooping-cough-pertussis>
 - [4] <https://www.wechu.org/z-health-topics/tetanus-lockjaw>
 - [5] <https://www.wechu.org/reportable-diseases/polio-poliomyelitis-acute>
 - [6] <https://www.wechu.org/z-health-topics/measles>
 - [7] <https://www.wechu.org/z-health-topics/mumps>
 - [8] <https://www.wechu.org/your-health-pregnancy-and-parenting/rubella>
 - [9] <https://www.wechu.org/z-health-topics/invasive-meningococcal-disease>
 - [10] <https://www.wechu.org/pregnancy-and-parenting-your-health/chickenpox>
 - [11] <https://www.ontario.ca/laws/statute/90i01>
 - [12] <https://wechu.icon.ehealthontario.ca/#!/welcome>
 - [13] <https://www.wechu.org/about-us/contact-us#windsor>
 - [14] <https://www.wechu.org/about-us/contact-us#essex>
 - [15] <https://www.wechu.org/about-us/contact-us#leamington>
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1005 Ouellette Avenue, Windsor, Ontario N9A 4J8 - 519-258-2146



Hepatitis B Immunization Program for Grade 7 Students

What is Hepatitis B?

Hepatitis B is a virus that can permanently damage your liver and is a leading cause of liver cancer. There is no cure for Hepatitis B and some people will die from the virus. Most people get better, but about 1 out of 10 people will carry the virus for life and spread it to others.

How effective is the hepatitis B vaccine?

The vaccine is almost 100% effective against the [hepatitis B virus](#) [1]. Studies show good protection for over 20 years after vaccination. You cannot get a hepatitis B infection from the vaccine.

You can prevent hepatitis B by having your child vaccinated with the hepatitis B vaccine.

How is it spread?

Hepatitis B is spread through the blood and body fluids of an infected person. You can get hepatitis B if :

- You share personal care articles such as razors, scissors, nail clippers, or a toothbrush.
- Dirty equipment was used for your piercing or tattoo
- You have intimate contact with an infected person
- You share needles with an infected person

An infected mother can also pass hepatitis B to her child at birth.

You cannot get hepatitis B from casual contact such as hugging, or from using the same dishes as an infected person. It is not passed on when someone coughs or sneezes.

Who should get the hepatitis B vaccine?

The hepatitis B vaccine is approved for all ages from birth onwards. The provincial government funds the voluntary hepatitis B vaccination program for all Grade 7 students in Ontario. This means that all students starting in Grade 7 can get the vaccine **free** from the Health Unit. The goal of the program is to vaccinate students against the hepatitis B virus while their risk of getting the virus is low. If a student has previously completed a series of hepatitis B shots, further doses may or may not be needed.

Download the [School Immunization Consent form - \(ENG\)](#) [2].

For question about the hepatitis B vaccination program for Grade 7 students, please call our Healthy Schools Team at 519-258-2146 ext, 1222

Who should *not* get the hepatitis B vaccine?

You or your child should **not** get the hepatitis B vaccine if either of you have had a serious reaction to the hepatitis B vaccine in the past. **Check with your health care provider if you or your child has ever had an allergic reaction to another vaccine, aluminum, yeast, latex, or formaldehyde.** The risk of serious illness from the hepatitis B virus is much greater than the risk of complications from the hepatitis B vaccine.

Are there side effects from the vaccine?

The vaccine, used in Canada since 1982, is one of the safest vaccines around. It may cause minor side effects that can last a day or more, such as:

- Redness, warmth, or slight swelling at the site of injection
- Tiredness
- Slight fever

Serious reactions are rare. These reactions may include: trouble breathing, swelling of face or mouth, fever over 39°C, hives, or a rash. Report them to your health care provider or local health unit if these reactions occur within 15 days of injection.

How is the publicly funded (free) hepatitis B vaccine program delivered in my child's school?

Public Health nurses will give students two separate injections, at least 4 to 6 months apart, depending on the vaccine product available. The nurse may delay giving the vaccine to anyone who has a fever or any other illness more serious than a minor cold.

What if my child misses the hepatitis B shot at school?

The Health Unit provides Hepatitis B vaccine clinics at most school sites during the fall and spring for Grade 7 students. You can [book an appointment](#) [3] to get your child's vaccine at the Health Unit should they miss it at school.

Can my child or myself get the Hepatitis B shot at our family doctor's?

Publicly-funded (free) hepatitis B vaccine is only available through the Health Unit. If given by the family doctor or at a clinic, you must pay for the vaccine. Up to three doses may be needed.

For further information, contact the Health Unit at 258-2146 ext. 1222.

For more information:

Hepatitis B vaccine - Ontario Ministry of Health and Long Term Care [4]

Related Content:

[Vaccine](#) [5] [Immunization](#) [6] [Child Health](#) [7] [Family Health](#) [8] [School Shots](#) [9]

Source URL (modified on 2018-12-03 09:21): <https://www.wechu.org/immunization-your-children/hepatitis-b-immunization-program-grade-7-students>

Links

[1] <https://www.wechu.org/sexual-health/hepatitis-b>

[2] <https://www.wechu.org/school-immunization-consent-form-eng>

[3] <https://www.wechu.org/classes-and-clinics/clinics/immunization-clinics>

[4] <http://www.health.gov.on.ca/en/public/publications/immune/hepb.aspx>

[5] <https://www.wechu.org/tags/vaccine>

[6] <https://www.wechu.org/tags/immunization>

[7] <https://www.wechu.org/tags/child-health>

[8] <https://www.wechu.org/tags/family-health>

[9] <https://www.wechu.org/tags/school-shots>

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Human Papillomavirus (HPV) Vaccine

The HPV vaccine ^[1] is a series of shots that are publicly funded (free) for grade 7 males and females.

How effective is the HPV vaccine?

The vaccine is almost 100% effective against the four types of HPV that it targets. This includes type 16, 18, 6, and 11. These four types of HPV are known to cause 70% of cervical cancer and 90% of genital warts. Studies show that the vaccine provides good protection for at least ten years after the vaccination, and that there is no evidence of weakened protection over time. You cannot get a HPV infection from the vaccine.

The HPV vaccine protects your child from HPV.

Who should get the HPV vaccine?

Females aged 9 to 45 years old and males aged 9 to 26 years old. The provincial government is funding the voluntary HPV vaccination program for all grade 7 males and females in Ontario. This means that all males and females starting in grade 7 can get the vaccine **free** from the Health Unit. Grade 7 was chosen as the age for vaccination because the HPV vaccine works best if given to individuals before they become sexually active. Also, individuals in grade 7 are aware of sexually transmitted infections and are better able to understand the benefits of the vaccine.

Download the [School Immunization Consent form - \(ENG\)](#) ^[2].

How is the publically funded HPV vaccine program delivered to my child's school?

Public health nurses will give students two separate injections at specific intervals. For the exact dates, please contact your child's school. The nurse may delay giving the vaccine to anyone with a fever or any other illness more serious than a minor cold.

On the day your child gets vaccinated:

- Have him/her wear a short sleeve shirt to make vaccination easier.
- Have him/her eat a good breakfast or lunch before the clinic.

Who should not get the HPV vaccine?

Your child should **not** get the HPV vaccine if they:

- Have had a serious reaction to a previous HPV vaccine.
- Are pregnant.

Check with your health care provider if your child has an allergy or has had an allergic reaction to another vaccine, aluminum, yeast, or sodium chloride. The risk of serious illness from HPV virus is much greater than the risk of complications from the HPV vaccine.

Are there side effects from the vaccine?

The vaccine, used in Canada since 2006, may cause minor side effects that can last a day or more, such as:

- Redness, warmth, or slight swelling at the site of the injection
- Tiredness
- Slight fever

Serious reactions are rare. These reactions may include:

- Difficulty breathing
- Swelling of face or mouth
- Fever over 39°C (102.2°F)
- Hives
- Rash

If these occur within 15 days of injection report them to your health care provider or local health unit.

What if my child misses the HPV shot at school?

The Health Unit provides HPV vaccine clinics at most school sites during the fall and spring. If your child misses an HPV vaccine clinic at their school, you can [book an appointment](#) ^[3] to get their vaccine at the Health Unit. Catch-up HPV vaccine is available at the Health Unit for eligible students in high school who didn't get or didn't complete the HPV vaccine in grade 7.

Can my child get the HPV shot at our family doctor's?

Publicly-funded (free) HPV vaccine is only available through the Health Unit. If given by the family doctor or at a clinic, you must pay for the vaccine. The two shots of HPV vaccine can cost between **\$250 and \$350**.

For more information, you can contact the Health Unit at 258-2146 ext. 1222.

Related Content:

Immunization [4] **Vaccine** [5] **Child Health** [6] **School Shots** [7]

Source URL (modified on 2018-07-30 11:20): <https://www.wechu.org/immunization-your-children/human-papillomavirus-hpv-vaccine>

Links

[1] <http://www.health.gov.on.ca/en/ms/hpv/>

[2] <https://www.wechu.org/school-immunization-consent-form-eng>

[3] <https://www.wechu.org/classes-and-clinics/clinics/immunization-clinics>

[4] <https://www.wechu.org/tags/immunization>

[5] <https://www.wechu.org/tags/vaccine>

[6] <https://www.wechu.org/tags/child-health>

[7] <https://www.wechu.org/tags/school-shots>

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Meningitis (MenACYW-135) vaccine

How effective is the meningitis vaccine?

Menactra® provides protection against four types of meningococcal bacteria including types: A, C, Y, W-135. The vaccine is almost 100% effective against meningitis [1]. Studies show good protection for up to 5 years after vaccination. There's no risk of getting a meningitis infection from the vaccine.

Meningitis vaccination is the best way to protect your child from meningitis infection.

Who should get the meningitis vaccine?

People between 2 and 55 years old can have the meningitis vaccine. The provincial government funds the required meningitis vaccination for all Grade 7 students in Ontario. This means that all students starting Grade 7 can get the vaccine free from the Health Unit. The goal of the program is to vaccinate students against meningitis bacteria while their risk of getting the bacteria is low.

Note: The meningitis C vaccine (Menjugate^o/NeisVac-C®), the meningitis B vaccine (Bexsero), and the meningitis ACYW polysaccharide vaccine (Menomune) doesn't provide the same protection as Menactra.

[Meningococcal A, C, Y, W-135 Vaccine for Grade 7 Students Consent Form](#) [2]

On the day your child gets vaccinated:

- Have him/her wear a short sleeve shirt to make vaccination easier.
- Have him/her eat a good breakfast or lunch before the clinic

Who should not get the meningitis vaccine?

Your child should **wait** to get the meningitis vaccine if they have had:

- Meningococcal types A, C, Y, W-135 shot within the past three years.
- A vaccination within the last six months with a meningococcal polysaccharide vaccine (Menomune).
- Menjugate or NeisVac C vaccine within the last month.

Your child should **not** get the meningitis vaccine if they had a:

- Serious reaction to a meningitis vaccine.
- Previous neurological disease called Guillain-Barré Syndrome (GBS).

Check with your health care provider if your child had an allergic reaction to another vaccine, or diphtheria toxoid. The risk of serious illness from meningitis bacteria is much greater than the risk of complications from the meningitis vaccine.

Are there side effects from the vaccine?

The vaccine, used since 2005, may cause minor side effects that can last a day or more, such as:

- Redness, warmth, or slight swelling at the site of injection
- Tiredness
- Slight fever

Serious reactions are rare. These reactions may include: trouble breathing, swelling of face or mouth, fever over 39°C, hives, or a rash. If these occur within 15 days of injection, report them to your health care provider or local Health Unit.

How is the publicly funded (free) meningitis vaccine program delivered in my child's school?

Public health nurses will give students one injection during the school year. For the exact date, please contact your child's school. The nurse may delay giving the vaccine to anyone who has a fever or any other illness more serious than a minor cold.

What if my child misses the meningitis shot at school?

The Health Unit provides meningitis vaccine clinics at most school sites once during the school year. You can [book an appointment](#) [3] to get your child's vaccine at the Health Unit should they miss it at school.

Can my child get the meningitis shot at the family doctor's?

Publicly-funded (free) Menactra vaccine is only available through the Health Unit. You must pay for the vaccine if your child gets it at your family doctor or a walk-in clinic.

For more information, you can contact the Health Unit at 258-2146 ext. 1222.

For more information:

Meningococcal conjugate (MenACYW) vaccine [4]

Vaccines 411 [5]

Related Content:

[Immunization](#) [6] [Vaccine](#) [7] [Child Health](#) [8] [Family Health](#) [9] [School Shots](#) [10]

Source URL (modified on 2018-12-10 15:59): <https://www.wechu.org/immunization-your-children/meningitis-menacyw-vaccine>

Links

- [1] <https://www.wechu.org/your-health/meningitis>
 - [2] <https://www.wechu.org/school-immunization-consent-form-eng>
 - [3] <https://www.wechu.org/classes-and-clinics/clinics/immunization-clinics>
 - [4] http://www.health.gov.on.ca/en/public/publications/immune/meningococcal_ps.aspx
 - [5] <http://www.vaccines411.ca/en/article/7>
 - [6] <https://www.wechu.org/tags/immunization>
 - [7] <https://www.wechu.org/tags/vaccine>
 - [8] <https://www.wechu.org/tags/child-health>
 - [9] <https://www.wechu.org/tags/family-health>
 - [10] <https://www.wechu.org/tags/school-shots>
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Concussion

What is a Concussion?

A concussion is a brain injury. It's the result of a strong force being passed on directly or indirectly to the head or the body that shakes the brain within the skull.



Did You Know?

- In 2012, 76% of concussions that were reported to have occurred at a sport or athletics area in Windsor-Essex occurred to those aged 10 to 19 (Intellihealth Ontario, MOHLTC, data extracted October 2014).
- You may not lose consciousness but still have a concussion.
- A concussion is an injury that can impact how you sleep, think, and remember things.
- Someone with a suspected concussion should not be left alone or drive.
- You should never return to work, school, sports, or recreational activities if you have any signs or [symptoms of a concussion](#). ^[1]

Why is it Important to Understand Concussions?

If you suspect you or someone you know may have a concussion, medical attention should be sought right away. Concussions need to be identified and properly managed to avoid permanent brain damage. It's very dangerous, even fatal for someone to receive a second concussion if they have not properly recovered from the first concussion.

How are Concussions Identified and Properly Managed?

The [Pocket Concussion Recognition Tool](#) ^[2]™ is a useful guide to help you identify a concussion. It can help guide you to the proper medical care. The list below is only a partial list of symptoms that can be experienced on their own or together. Each concussion is different and will require an individualized plan led by a medical professional. The use of a symptom checklist can help your objectivity before, during the recovery phase, and after a concussion. If you had a concussion, these symptoms may be present and they need to be monitored to confirm they are gone before you return to normal activities.

Symptoms of a Concussion Checklist:

- Headache or feeling pressure in the head
- Dizziness
- Nausea
- Vomiting
- Lack of coordination
- Trouble with balance
- Problems with movement and ability to sense things
- Ringing in the ears
- Memory and concentration problems
- Sleep problems
- Visual problems (i.e., sensitivity to light, seeing bright lights, blurred or double vision)

Concussions and Children

There are a variety of resources that can help you build a better understanding of concussions in children, such as the [Guidelines for Diagnosing and Managing Pediatric Concussion](#) [3]. Children's symptoms are often different from those of an adult, so it's important to use an age-appropriate symptom checklist for identifying a concussion. Some available tools are the [Child-SCAT5](#) [4]™, for children between the ages of 5 to 12, and the [SCAT5](#) [5]™ for those 13 and above. The [Mild Traumatic Brain Injury/Concussion](#) [6] fact sheet provides details specific to infants and toddlers.

When managing a child's concussion, it's very important they have 24-hours of mental and physical rest to start their recovery. A child or teen will need help from their parents and teachers in order to return to a normal routine. Younger athletes should go through the [Return to Learn stages](#) [7] before they go on to the [Return to Play steps](#) [8]. The [Concussion Management Return to School Guidelines for Children and Youth](#) [9] resource can help you go through the five stages.

Returning to Play

Physical and mental rest is the first and most important step to recover from a concussion for people of all ages. Your health care professional can guide you through the process. Remember, during all the steps it's key to monitor symptoms.

Usually there are six steps that are a part of the Return to Play protocol:

1. No activity, only complete rest for 24 hours.
2. Light aerobic exercise (i.e., walking, stationary cycling).
3. Sport specific activities (i.e., skating, throwing).
4. Begin drills without body contact (i.e., dribbling around cones).
5. Begin drills with body contact.
6. Game play.

Often teams and coaches need a note from a health care provider before you can return to play. It can take about a week or longer to be ready to get back into the game. While working through the stages, if any signs or symptoms return you may need to go back to the level below until you are symptom free.

Sport Concussions in Your Community

Being [physically active](#) [10] is a vital part to living a healthy lifestyle. Being active through sports not only provides health benefits, but can help you be active for life. Talk with the sport organizations you're involved with to get details about their policies and practices around concussions. There are also a variety of resources available online.

- [Parachute's: Concussion Toolkit](#) [11]
- [Coaches Association of Ontario Concussion Toolkit](#) [12]
- Only wear a certified, protective [helmet](#) [13] specific to your activity
- [Online Courses – Parachute](#) [14]
- [Concussion Awareness Training Tool](#) [15]
- [Canadian Centre for Ethics In Sport](#) [16]

More information:

- [Concussions 101, a Primer for Kids and Parents](#) [17]
- [MOHLTC Concussion Portal](#) [18]
- [ConcussionsOntario.org](#) [19]
- [International Concussion Consensus Guidelines](#) [20]
- [Caring For Kids - Canadian Paediatric Society](#) [21]
- [Concussion Legacy Foundation](#) [22]
- [Concussion Ed](#) [23] - Parachute's Concussion Education App

Other local supports

- [Brain Injury Association of Windsor/Essex](#) [24]

- [Acquired Brain Injury Program](#) [25] at Hôtel-Dieu Grace Healthcare

Related Content:

[Concussion](#) [26] [Head Injury](#) [27] [Brain Injury](#) [28] [Child Health](#) [29] [Injury Prevention](#) [30]

Source URL (modified on 2019-06-04 13:48): <https://www.wechu.org/falls-and-injury-prevention/concussion>

Links

[1]

<file:///C:/Users/cgignac/AppData/Local/Microsoft/Windows/Temporary%20Internet%20Files/Content.Outlook/E1C7KVID/Symptoms%20of%20a%20Concussion>

[2] <http://bjsm.bmj.com/content/47/5/267.full.pdf>

[3] https://caep.ca/wp-content/uploads/2016/03/guidelines_for_diagnosing_and_managing_pediatric_concussion_june_17.pdf

[4] <https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097492childscat5.full.pdf>

[5] <http://www.sportphysio.ca/wp-content/uploads/SCAT-5.pdf>

[6] http://canchild.ca/en/canchildresources/resources/InfantToddlerBrochure_June272012FINAL.pdf

[7] http://www.oninjuryresources.ca/downloads/news/Return_To_Learn_Ont2.pdf

[8] http://www.oninjuryresources.ca/downloads/news/Return_To_Play_Ont2.pdf

[9] http://canchild.ca/en/canchildresources/resources/MTBI-Return_to_School_Brochure1.pdf

[10] <https://www.wechu.org/your-health/physical-activity>

[11] <http://www.parachutecanada.org/active-and-safe/item/roles-and-responsibilities-of-parents-and-athletes>

[12] <http://www.coachesontario.ca/concussion/>

[13] http://www.parachutecanada.org/downloads/resources/Which_Helmet_For_Which_Activity_English.pdf

[14] <http://www.parachutecanada.org/e-learning/item/concussion-courses>

[15] <http://www.cattonline.com/>

[16] <http://cces.ca/news/leading-canadian-health-organizations-new-recommendations-call-concussion-protocols-protect-all>

[17] <http://www.youtube.com/watch?v=zCCD52Pty4A>

[18] <http://www.health.gov.on.ca/en/public/programs/concussions>

[19] <http://www.concussionsontario.org/>

[20] http://bjsm.bmj.com/content/43/Suppl_1/i76.full.pdf

[21] http://www.caringforkids.cps.ca/handouts/sport_related_concussion

[22] <http://concussionfoundation.org/>

[23] <http://horizon.parachutecanada.org/en/article/concussioned-parachutes-concussion-education-app/>

[24] <http://www.biawe.com/>

[25] <http://www.hdgh.org/acquiredbraininjury>

[26] <https://www.wechu.org/tags/concussion>

[27] <https://www.wechu.org/tags/head-injury>

[28] <https://www.wechu.org/tags/brain-injury>

[29] <https://www.wechu.org/tags/child-health>

[30] <https://www.wechu.org/tags/injury-prevention>

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Asthma in the Classroom

The following information will provide an overview of key facts about asthma, and will outline helpful tips for managing students in the classroom with an asthma diagnosis. The following sections will discuss:

- *Ryan's Law, 2015*
- *Your Role as an Educator: Managing Asthma in the Classroom*
- Asthma Basics (what it is, symptoms, medications, triggers, etc.)
- Useful Resources

New for 2018/2019

Windsor Essex County Health Unit provides [Ryan's Law: Asthma in the School E-Training](#) ^[1] for all school staff.

***Ryan's Law* – Ensuring Asthma Friendly Schools**

To create a safe learning environment which promotes student health, *Ryan's Law, 2015* addresses the right of every asthmatic student, with the permission of their parent or guardian, to carry their asthma medication with them at school (Note that for students 16 years of age or older, a parent or guardian's permission is not needed).

All school boards in Ontario are now required to have an up-to-date policy to address asthma in the school setting; *Ryan's Law* ensures that all schools will provide:

- Strategies to reduce risk of exposure to asthma triggers
- A communication plan for the dissemination of information on asthma
- Regular training on recognizing and managing asthma

A requirement that every school principal develop an individual plan for each pupil who has asthma, known as an *Asthma Action Plan*.

Ryan's Law and the Role of School Board Employees:

- With consent of the student, parent, or guardian, employees of a school board may be preauthorized to administer medication or supervise a student while taking medication in response to an asthma exacerbation (attack).
- If a school employee has reason to believe that a student is experiencing an asthma exacerbation, the employee may administer asthma medication, even if there is no preauthorization to do so.

Your Role as an Educator

Students spend a large portion of their day under teacher supervision; therefore it is important for all teachers to be aware of their role in helping to manage asthma in the classroom and school environment.

Communicating with the school's principal and administrative staff is necessary to identify any students with an asthma diagnosis. All school boards have a policy in place which requires the principal to keep an up-to-date file on each asthmatic student containing their medical information and treatment plans. This individualized *Asthma Action Plan* will outline the steps to take when a student's asthma is not under control and they need medical attention.

As an educator in the school system, teachers now have the right to administer a student's asthma medication if the student is experiencing an asthma attack, even if there's no preauthorization to do so. Secondly, the parent or guardian must ensure the information in the student's *Asthma Action Plan* is kept up to date with their medications, known triggers, and recent attacks.

For Physical Educators

It's important to note that if a student's asthma is well-controlled, exercise is safe and participation in regular physical activity is recommended for health benefits. Physical education teachers should be prepared to adapt activities for students with asthma and allow them to stop participating if their asthma is bothering them.

During exercise, we tend to breathe through our mouths, taking in more air which may be cold or dry, triggering asthma symptoms. It is recommended that teachers instruct students to warm up slowly, cool down gradually, and make sure the student's reliever medication is close by.

Asthma 101

Asthma is a chronic disease in which the airways can become inflamed, making it difficult to breathe. Symptoms can vary from mild to severe, may flare up when the student is exposed to certain triggers, and can vary from one attack to the next.

Asthma can be diagnosed at any age, but is most commonly diagnosed during childhood. Approximately 13% of Canadian children are living with asthma (The Lung Association, 2014).

Common symptoms of asthma include:

- Shortness of breath
- Weakness when exercising
- Frequent coughing
- Tightness in the chest
- Wheezing or whistling in the chest
- Wheezing or coughing after exercise

Controlling Asthma in the Classroom

To manage asthma, a student may have two forms of medications: a preventer and a reliever. These medications are most commonly found as an inhaler, which delivers the medication directly to the lungs.

- *Preventers* are used every day, even if symptoms are not occurring. They help prevent swelling and mucus build-up, and with regular long-term use will help minimize symptoms.
- *Relievers* are used only when needed, such as before exercising, if breathing becomes difficult, or during an asthma attack. This medication quickly relaxes the bands of muscle around the airway to reduce symptoms on the spot.

Asthma Attacks at School

During an asthma attack, the muscles around the bronchi tubes tighten, causing the airway to become narrower. Also, mucus is produced which blocks airflow. Triggers can cause these reactions immediately or can be delayed for up to a few hours. For this reason, it's important for the student to always have their reliever medication with them.

If a student experiences an asthma attack, keep them calm. Follow the steps laid out in their individualized *Asthma Action Plan* and ensure they stay in an upright, seated position to help airflow and the delivery of reliever medication to their lungs. If there's no improvement, have them continue taking the reliever medication as prescribed and call 9-1-1.

Asthma Triggers

It's important to be aware of known triggers for students. There are two categories of triggers: allergen and irritants. *Allergens* only affect people who are allergic to them while irritants can affect anyone. Common allergens are dust mites, pet fur or dander, and pollen. *Irritants* can consist of strongly scented products, tobacco smoke, and cold, dry air or hot, humid air.

Many triggers can easily be found in classrooms. Teachers can help educate students with asthma about their known triggers and remove or minimize them from the classroom. For example, avoid keeping a class pet which has hair or fur, on high pollen count days keep windows closed, and request that other students refrain from using heavily scented products. Teachers should keep triggers in mind when planning field trips or outdoor activities, as well. By minimizing the exposure to triggers, teachers can help prevent an attack.

If you require more information, please speak to your school's principal.

For more information

Please visit the following websites, and search for "asthma":

- [Windsor-Essex Catholic District](#) [2]
- [OPHEA](#) [3]

Related Content:

[Asthma](#) [4] [Educators](#) [5] [School Health](#) [6]

Source URL (modified on 2019-08-22 11:33): <https://www.wechu.org/z-health-topics/asthma-classroom>

Links

[1] <https://learn.wechu.org/>

[2] <http://www.wecdsb.on.ca>

[3] <http://www.ophea.net>

[4] <https://www.wechu.org/tags/asthma>

[5] <https://www.wechu.org/tags/educators>

[6] <https://www.wechu.org/tags/school-health>

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