



December 2024 School Health E-Blast from Peel Public Health

What you'll find in this edition:

For Parents/Guardians

- Pertussis and Vaccination Reminder
- Ho-Ho-Holiday Fun: Get Active and Beat Screen Time!
- Tips for Healthier Holidays

Pertussis and Vaccination Reminder

There is an increase in pertussis (whooping cough) cases in Peel and Ontario. Parents and guardians should ensure that children are [up to date](#) with pertussis vaccination and all other vaccinations required for school.

For more information, please visit [Pertussis \(Whooping Cough\)](#).

Ho-Ho-Holiday Fun: Get Active and Beat Screen Time!



*Snowman with
snow in the
background*

As we head into the holiday season, it's a good time to keep our children's online safety and health in mind.

25% of youth aged 12 to 17 reported being cyberbullied in the past year.

Cyberbullying has been linked to increased stress, lower self-esteem, and mental health challenges.

Having open discussions can help children navigate online experiences safely. Setting limits to screen time and rules helps build healthy habits for the future. For your child's safety, look for apps that provide parental controls which can help block sites and enforce time limits.



*Child making a snow
angel*

Fun and Easy Activities for the Holidays:



Children playing a board game with their parent

Planning fun activities with your child can promote mental and physical well-being. This may include:

- Building a snowman or snow angels
- Going skiing or skating
- Family game night (puzzles, board games)

Tips for Healthier Holidays!

Food plays a significant role during the holidays for many families. It can also provide an opportunity to enjoy a variety of foods, eat with others, practice food skills, and learn about cultures and food traditions. Here are some tips to make the holidays be both fun and healthier:

- 1. Include vegetables and fruits** when offering foods at celebrations and events, [Canada's Food Guide](#) recommends making half your plate vegetables and fruit. Try preparing or adding fresh, frozen, or canned vegetables and fruits with festive colours to the meal.
- 2. Serve water** instead of other drinks such as juice or pop that contain sugar at your celebrations. Try offering holiday inspired [infused](#) water with a cinnamon stick and chopped apple or pear and a drop of vanilla extract.
- 3. Enjoying your food** is an important part of healthy eating. Ways to enjoy your food can be through eating with others while sharing stories and adding a festive touch to your eating environment. Practicing [mindful eating](#) and using your senses can also help appreciate your meal.
- 4. Encourage cooking together** as the holidays can be a time where families can share and learn food skills, cultures, or traditions. Including children in food preparation can help them learn family recipes and try new foods. For more ideas on how to involve children visit: [Cooking with Kids of Different Ages](#).

Try this recipe for [Apple berry crisp](#) that is kid friendly and perfect to share during the Holidays.



A bowl of Apple berry crisp

Contact Us

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