

Health and Wellness



Finding Help When You Need It

Research shows that as many as one in five children and youth experience emotional stress that can make it hard to focus on school work. Students who struggle with feelings of depression, anxiety, anger or confusion are not alone.

School social workers and attendance counsellors understand and we're here to help students overcome obstacles to success. Whether personal, family or school related, concerns can range from bullying to substance abuse, from questions about sexuality to difficulty adapting in a new culture. We offer a wide range of services, including individual or group counselling, as well as helping to connect students with outside supports.

To connect with your **school social worker**, speak to a teacher, advisor, guidance counsellor or your principal. For more information about our services, visit www.socialwork.tdsb.on.ca.

Vision Testing is Important

Did you know that one in six children and young people have vision problems? Undetected vision problems impact learning – to see the blackboard clearly, read a book and fully participate in class activities.

Regular vision examinations are part of being ready for school. Annual eye exams for children and youth under 20 is covered by OHIP.

To learn more, visit www.tdsb.on.ca. To find the name of an Optometrist near you, visit www.eyecareoao.com or call 1-800-540-3837.

Be Scent Aware

Exposure to perfumes and other scented products can trigger serious health reactions in those with asthma, allergies, migraines or chemical sensitivities. Please be considerate to others who share the learning environment with you, and reduce the use of fragranced products in your school.

To learn more about the **TDSB Scented Products Awareness Program**, speak to your principal or visit www.tdsb.on.ca.

Immunization For Students

It is the law in Ontario for all children attending school to be immunized against communicable diseases, or to provide a valid exemption as regulated by **The Immunization of School Pupils Act** (ISPA). Each year, Toronto Public Health reviews the immunization records of all TDSB students to assess if mandatory vaccines have been received, or if a valid exemption is on file.

Primary students need to be up-to-date with the complete series of vaccinations that protect against diphtheria, tetanus, polio, measles, mumps, and rubella. Secondary students need a booster vaccine in adolescence (usually between ages 14 and 16) to maintain protection against diphtheria and tetanus. This is a combination vaccine that also protects against pertussis (or whooping cough).

To protect the health of all, students who are not up-to-date or have not provided a valid exemption may be suspended from school. Clinics are offered by Toronto Public Health for students who are having difficulty accessing vaccination services.

Many other immunizations are recommended but not required for school attendance. These include vaccines against chicken pox, pneumococcal disease, haemophilus influenzae B, meningococcal disease, hepatitis B, whooping cough and human papillomavirus. For more information see the Ministry of Health and Long-term care **Publicly Funded Immunization Schedule** www.health.gov.on.ca/english/providers/program/immun/pdf/schedule.pdf.

To learn more, visit www.toronto.ca/health or call the **Toronto Public Health Immunization Information Line** at 416-392-1250.