

## Active Transportation

Active transportation is using your own power to get from one place to another. Cycling, walking, skateboarding, rollerblading, jogging, snow shoeing and cross-country skiing are all modes of active transportation.

Active transportation benefits our health, society, transportation system, environment and economy. It can:

- Add movement for physical and mental health that easily fits into a daily routine
- Provides a free and low-cost activity option
- Save us money on gas
- Reduce traffic congestion which leads to greenhouse gas emissions



Living in a rural area, active transportation is not always possible. However, there are ways to add active transportation into our day, like choosing a parking spot that is further away from the building entrance, or walking/biking/rollerblading to the coffee shop on your break instead of driving.

To learn more about Active Safe Routes to school visit: [Active Safe Routes to School \(youtube.com\)](https://www.youtube.com/watch?v=...)

### How can you promote active transportation at your school?

- [Ontario's Active and Safe Routes to School Teachers Kit](#). The toolkit includes resources for the classroom, resources for extra-curricular activities and some sample promotional materials and messages

### Be a role model

- Use active transportation when possible. If you drive to work, park further away from school and walk the rest of the way
- Organize a walking/running program at your school. This could be before school or on lunch, sign-up or drop-in, for student or teachers
- Encourage walking school buses and set up student drop off zones off school property
- Review updates to the [Ontario Physical Activity Safety Standards in Education \(OPASSE\)](#)

### Make safety a priority

- Teach and model proper helmet use. Use the 2V1 Rule to help prevent head injuries
- Sign your class up for the Ride Smart Program – Designed for Grades 4-7, this program is offered by experienced instructors, and equips students with life long skills through safe cycling education. For more information, please contact Krista Linthorne: [krista.linthorne@opp.ca](mailto:krista.linthorne@opp.ca)
- Make sure walkers/bikers paths are out of the line of bus and vehicle traffic at drop off & pick-up times
- Work with your city/municipality to create a 'School Safety Zone' with reduced speed limits around your school

### Host an event

- ABCD – Anything But a Car Day – Educators and students use active modes of transportation to get to school.

### Funding Opportunity

[Safe and Active School Routes](#) Funding for planning and implementing safe travel for students.



# Routine Grade 7 Immunization Clinics

The Grey Bruce Public Health Vaccine Preventable Diseases team will once again be making appearances at all elementary schools this fall. Nurses offer all students in grade 7 the mandatory Meningococcal vaccine, and the recommended Hepatitis B and Human Papillomavirus vaccines. Some of these require 2 doses which will be offered in the fall of 2025 and spring of 2026.

Any grade 8 students who missed one of these clinics last year will also be offered the vaccines they need to complete these series.

In addition, we plan to hold our secondary school clinics in November/December 2025 this year for those high school students who are due or overdue for vaccine required under the Immunization of School Pupil's Act (ISPA).

Providing these routine vaccines minimizes the risk of vaccine preventable diseases to all students, staff, and other community members.

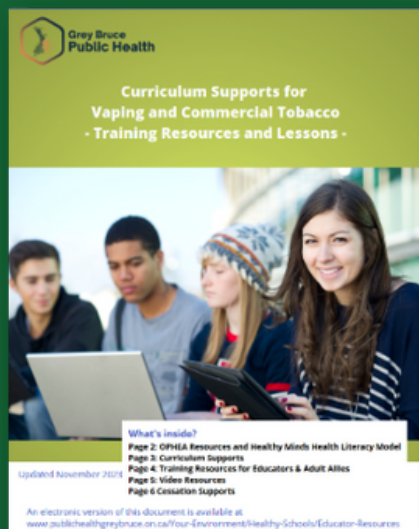
Clinic schedules will be provided to each school through the school boards.

Please reach out to your school's public health nurse or [schools@publichealthgreybruce.on.ca](mailto:schools@publichealthgreybruce.on.ca) if you have any questions.

# Vaping Diversion Process

To better support students from escalating the use of vapes, GBPH has updated our process. Any time a student has been found to have used an e-cigarette, or commercial tobacco product on school property, or when they have supplied these products to another student who is underage, the school administrator is required to contact a Tobacco Enforcement Officer (TEO) at Public Health.

The first time a TEO interacts with a student, they will be required to meet with a school health nurse. The student can choose to decline a visit with the nurse, but then must follow the typical diversion process.



# Vaping Educator Resource

As an educator or youth ally, you play an important role in engaging with young people around the topic of vaping and commercial tobacco products. For pre-teen and teenage students, it is a critical time to get the information and skills they require to make informed decisions about a variety of substances they may encounter. Check out the information, training resources and lesson supports available to support you on this topic. To download a copy, visit <https://bit.ly/EducatorResourcesVaping>

# Measles

## Staff! Have your vaccine records ready!

Ontario has been experiencing an ongoing, [multi-jurisdictional outbreak of measles](#), with activity largely concentrated in Southwestern Ontario. As of August 29<sup>th</sup>, Grey Bruce has reported 54 cases of measles related to this outbreak, prior to which our last local case was reported in 1996.

### Quick Facts

- Measles virus is highly contagious and spreads easily from person to person in those who are not immune.
- The measles virus can linger in the air up to 2 hours after an infectious person leaves the room.
- A person with measles can be contagious up to four days before, to four days after the rash develops.
- Vaccination against measles is nearly 100% protective after two doses are received.



## Public Health Investigation – Measles Case in Student, Staff or Visitor

Measles is a reportable disease of public health significance, as identified under the Health Protection and Promotion Act. Public Health units are required to follow up with all suspected and confirmed cases of measles in order to implement measures to limit further spread of infection. This includes reviewing all places the case has been while infectious, identifying those who may have been exposed, assessing their risk, and providing direction based on vaccination status.

As [directed by the Ministry of Health](#), anyone who attends or works in a school or childcare setting (including students, educators, support staff, custodians, volunteers, etc..) is required to prove they are immune to measles in order to return to school or childcare after a measles exposure. Those who are not immune, including people with vaccine exemptions, will be excluded from attending school or childcare for 21 days after their exposure due to their risk of developing infection and further spreading measles in the school.

Proof of immunity includes one of the following;

- Documentation of two doses of a measles containing vaccine.
- Documentation of measles immunity through bloodwork.
- Documentation of previous measles infection from a healthcare provider.

**In the event of a measles exposure in a school, anyone born after 1970 will be required to provide documentation of immunity (as above) in order to continue attending school.** Those born before 1970 are generally considered to be immune. Those with immunocompromising conditions should discuss their immunity status with their healthcare provider.

Public Health maintains electronic vaccination records of students and utilizes this system to assess and notify students of their ability to return to school after an exposure. Though some adults will have historical records available electronically, this is not guaranteed.

## IMMUNIZATION RECORD

First Name	Last Name	Date of Birth
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# Measles

## Public Health Investigation – Measles Case in Student, Staff or Visitor

Staff and other adults in the school setting are highly encouraged to locate their vaccination records as soon as possible – ideally prior to or early in the new school year, to ensure they are available should an exposure occur, in order to avoid unnecessary exclusion. We have seen it can often take significant time for some adults to retrieve their vaccine records.

To retrieve your vaccination records, you can:

- Contact your health care provider.
- Search the [ICON](#) database by visiting our website or scanning the QR code
- Contact Grey Bruce Public Health at 519-376-9420 option 2 if you attended school in Grey or Bruce County. Please provide your maiden name, date of birth and school you work.
- If you did not attend school in Grey Bruce, please contact the Health Unit where you would have attended school at that time.



If after trying the above you are unable to obtain your records, you should speak with a healthcare provider about vaccination or testing your immunity.

## Measles Investigation Summary

If a measles case is identified in a school, Public Health will:

Assess	Run immunization reports for students to determine who is immune based on our records.
Notify	Provide letters for the school to distribute to students/staff to notify them of their exposure and what is required based on their immune status.
Review	Review teachers' vaccine records, either as provided directly, or retrieved from any available GBPH records, using information (i.e. name and date of birth) provided by the school. Those born before 1970 are assumed to be immune based on age.
Report	Report in real time via SharePoint (similar to suspension process) which students/staff are able to continue attending school.
Support	Support the school/families for the duration of the investigation (e.g. updating records, answering questions about children that are ill).

# Illness Reporting

As schools prepare for a new school year, illnesses among students and staff also tend to rise.

The following process should be used for reporting illnesses to Public Health:

## General illness and absenteeism:

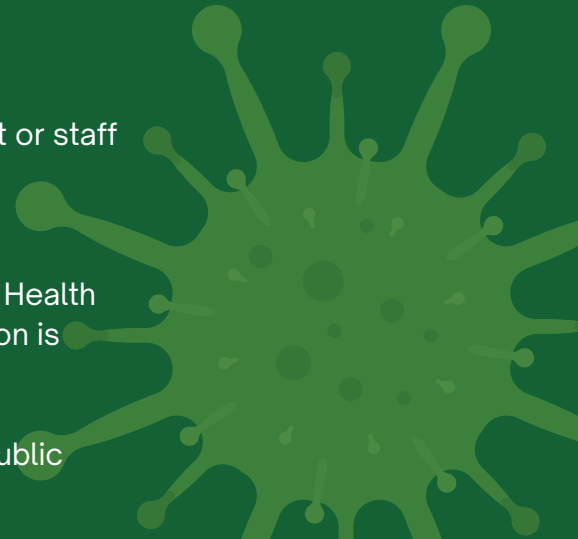
- If your school is experiencing widespread illness in a classroom or across the school, and absenteeism rates are above what is “normal” for your school, or greater than 10% of the school population, please report here: [Illness and Absenteeism Reporting](#).

## Reportable illnesses:

- If your school has received a report of a Reportable Illness (e.g., chickenpox, pertussis, meningococcal disease) affecting a student or staff member, please report here: [Reportable Disease of Public Health Significance](#).

Reports are sent directly to Public Health and reviewed by the School Health Nurse or an Infectious Diseases Nurse. If additional information or action is required, Public Health will contact you.

For questions about this process, please reach out to your school’s Public Health Nurse or email [schools@publichealthgreybruce.on.ca](mailto:schools@publichealthgreybruce.on.ca).



# Dental Screenings

Public Health is mandated to provide dental screenings to all JK, SK, Grade 2 and other selected grades annually in all publicly funded elementary and private schools throughout Grey and Bruce counties.

A screening is a quick visual look using a sterilized mirror and is important for the prevention and early detection of oral health problems. Urgent dental needs if left untreated can result in pain, infection, loss of teeth, poor nutrition, lack of sleep, loss of body weight, difficulty learning and communicating and lack of self-esteem. Students who have tooth pain can also have poor school attendance.

After the screening, a dental report card is sent home with the findings and recommendations. This provides an opportunity for families who cannot financially afford to take their children to the dentist to access the Healthy Smiles Ontario (HSO) program. School staff can encourage families to connect with Public Health if they feel they could benefit from the Healthy Smiles Ontario program. Offering clinic locations include Owen Sound, Wiarton, Markdale and Walkerton. **The Oral Health program can be reached at 519-376-9420 and press “8”.**

