Public Health Nurse Services for Target Schools

Public Health Nurses (PHNs) work with schools to support the health and wellbeing of children and youth. As a target school, your school receives intensive PHN support.

**Your School’s Public Health Nurse is available to:**

- Assist in developing your School Improvement Plan (SIP) or School Annual Plan (SAP) health and wellness goals
  - These goals can be informed by the Child and Youth Health Atlas found at [www.hamilton.ca/ChildHealthAtlas](http://www.hamilton.ca/ChildHealthAtlas)
- Support student, staff and community groups in identifying health priorities and develop comprehensive action plans to address the priorities.
  - PHN's can work with:
    - School-based Mental Health Leads and Teams
    - Students and student groups such as Health Action Teams, Eco clubs, peer mentors, student senates and councils.
    - School Councils and other caregiver or community groups within your school
- Support classroom resources from:
  - Public Health (e.g. Mental Well-being Guided Discussion)
  - School Mental Health Ontario (e.g. Building Mental Healthy Classrooms)
  - Psychology Foundation (e.g. Kids Have Stress Too!® Stress Lessons)
  - PREVNet (e.g. Bullying Prevention: Facts and Tools for Schools)
  - OPHEA
  - And more
- Consult with Principals and Teachers on guidelines and policies such as:
  - Safe and Accepting Schools
  - Equity and Inclusion
  - Food and Beverage
  - Daily Physical Activity
• Co-facilitate Social Emotional Learning Groups

• Connect families and schools to community resources:
  o Dental programs
  o Head lice clinics
  o Immunization clinics
  o Sexual health clinics
  o Visual health services and supports
  o Financial support
  o Employment services
  o Recreation programs
  o School Nutrition Program
  o Other health care providers

• Support coordination of other Public Health school-based services as needed. These include:
  o Immunization clinics
  o Dental screening
  o Vision screening (*NEW for Kindergarten Year 2*)

• Access to City of Hamilton and Public Health Services Programs on the following health topics:

Check out the Healthy Schools website:
www.hamilton.ca/healthyschools

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