



Wellness &  
Emotional  
Support  
for youth online

provides FREE online counselling to youth ages 13-24  
across Ontario, expanding access for youth to talk  
about anything, anytime, anywhere

Ally Campbell, *Youth Outreach Coordinator*  
e: [Ally@wesforyouthonline.ca](mailto:Ally@wesforyouthonline.ca). w: [www.wesforyouthonline.ca](http://www.wesforyouthonline.ca)

# THE GOOD FOOD MACHINE

a LoyaltyOne program

Healthy habits. Healthy lives.

## DID YOU KNOW?

Canada ranks 37<sup>th</sup> of 41 affluent countries in access to healthy food (UNICEF, 2018)



240+ schools!

## Improved Student Healthy Habits

- ❖ 70% of student say they now eat healthier
- ❖ 70% now know how to grow and prepare food
- ❖ 60% now talk to their parents about healthy food at home
- ❖ 80% say that growing food makes them happy

# Take Control

Jenna Reynolds  
Director, Programs and Services  
[jenna.reynolds@asthma.ca](mailto:jenna.reynolds@asthma.ca)



To get involved with Asthma Canada or for more information:

**1.866.787.4050**

Online: [www.asthma.ca](http://www.asthma.ca) | Email: [info@asthma.ca](mailto:info@asthma.ca)





# KNOW YOUR ASTHMA RED FLAG

#thatsaredflag

FEEL LIKE AN ELEPHANT  
IS SITTING ON YOUR  
CHEST?

THAT'S A  
YELLOW FLAG



If you have 3 or more yellow flags, visit your healthcare provider & ask them to consider referring you to a specialist



USING FOUR OR MORE PUFFS OF  
YOUR RESCUE INHALER PER  
WEEK?

THAT'S A  
RED FLAG



Visit your healthcare  
provider & ask them to  
consider referring you to a  
specialist





# Citizen-science in the playground

Asking Ontario gym classes, eco-clubs or parent councils – to spend one hour auditing the assets in their schoolyard.

Please join us:

[www.ophea.net/schoolyardscout](http://www.ophea.net/schoolyardscout)

[www.ophea.net/fr/Prioritécoursdécole](http://www.ophea.net/fr/Prioritécoursdécole)

And share with your networks:

@SchoolyardCount

Facebook: /SchoolyardsCount/

@schoolyards count (Instagram)



## Schoolyards Count!

**Does your schoolyard promote  
activity, learning and nature?**  
Be part of our check-up on the  
health of Ontario's school grounds.

# Umayangga Yogalingam

- Master of Public Health (Social and Behavioural Health Sciences)
- Dalla Lana School of Public Health at the University of Toronto

**Dalla Lana**  
School of Public Health



# Do Good Donuts and Cafe

**Melanie Cote**  
**Founder**

[mjcote@mac.com](mailto:mjcote@mac.com)



IN SUPPORT OF  
**SickKids<sup>®</sup>**

**Food Allergy and Anaphylaxis  
Program**



In Memory of Andrea Mariano

(1997-2015)





## Our Mission

Raising Awareness about Living with life threatening food allergies

Advocating for safe inclusion of food allergic individuals in everyday activities

Finding a Food Allergy Cure

Join us on Sunday September 22, 2019 at 10 am, Milne Park, Markham, Ontario

Follow us @WalkforAndrea



Ontario Association of  
**CHILD AND YOUTH CARE**  
Association Ontarienne des Techniques  
**D'ÉDUCATION SPÉCIALISÉE**

**Hangama Ahmadzai**

**Board Director**

**Ontario Association of Child and Youth Care**





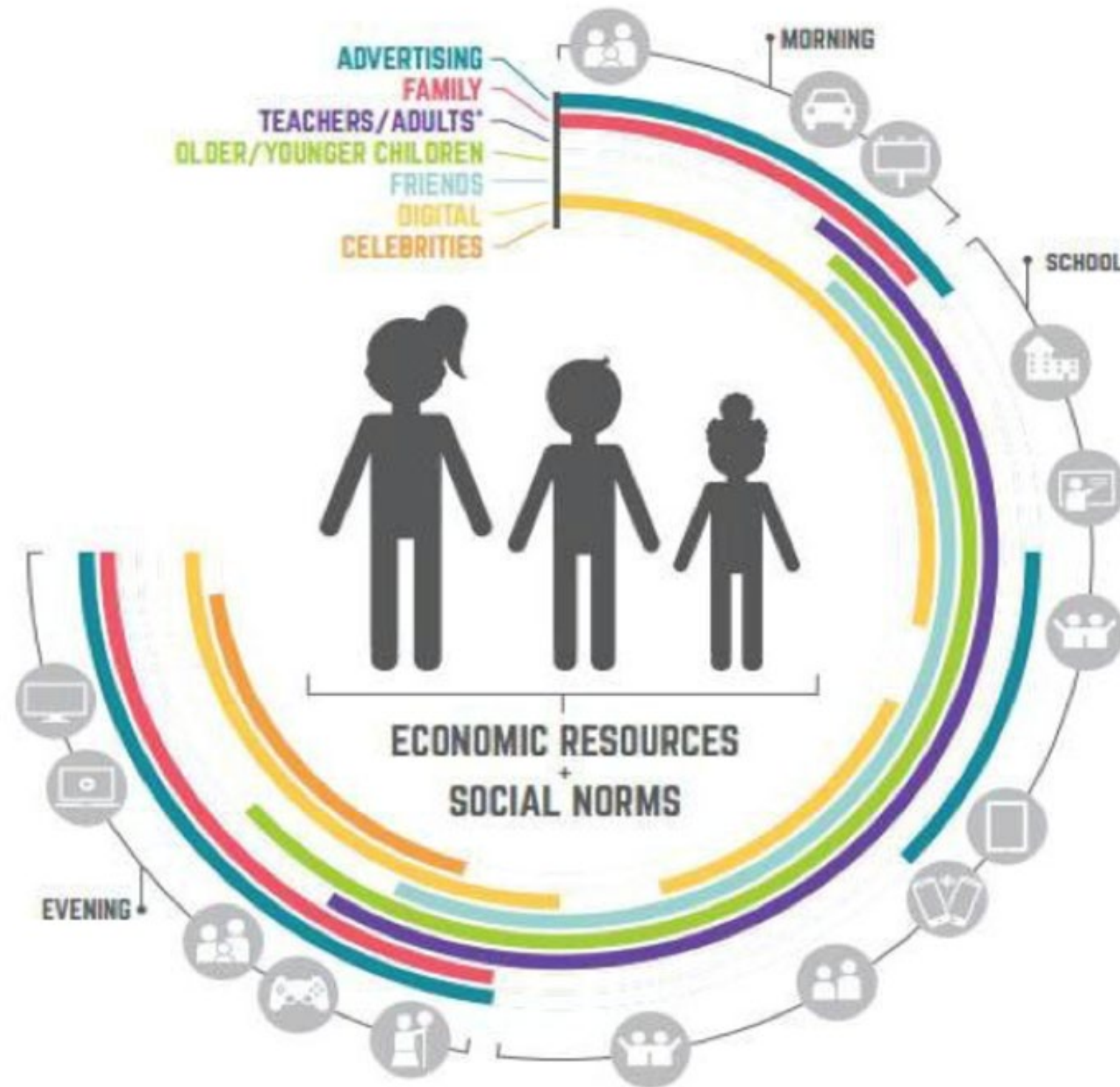
1 MILLION KIDS *AT THEIR BEST*  
by 2025!



*Championing Healthy, Active Kids! Pleins feux sur des enfants sains et actifs!*



## INFLUENCES ON CHILDREN ON A TYPICAL DAY



## Why Schools

Children and youth spend more than six hours daily and over 180 days a year in school. The educational context provides key opportunities for promoting the delivery of activities and comprehensive health initiatives.

Schools are the ideal way to reach students from every background and experience and equip them with the information, skills, and confidence necessary for lifelong healthy habits and behaviours.

Reinforcing these key opportunities at home is a hallmark of the At My Best program.



Canadian  
Children's  
Literacy  
Foundation

Fondation pour  
l'alphabétisation  
des enfants  
canadiens

**Theresa Dillon**

Program Manager  
Canadian Children's Literacy Foundation  
[tdillon@childrensliteracy.ca](mailto:tdillon@childrensliteracy.ca)



Helping Other Parents Everywhere

[www.hope4parents.ca](http://www.hope4parents.ca)

1.866.492.1299



# **Canadian Anaphylaxis Initiative (CAI)**

**Debbie Bruce**  
**Director**

[ajjr3033@rogers.com](mailto:ajjr3033@rogers.com) | [www.cai-allergies.ca](http://www.cai-allergies.ca)



# K.I.D.S. IQ PROJECT

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Advancing drug development for  
Kids with Intellectual Disability Syndromes.

# COMING SOON!

For questions and concerns, please contact

Joyce Erogun: [Jerogun@smh-assist.ca](mailto:Jerogun@smh-assist.ca)  
(SMHO-SMSO)

 [@SMHO\\_SMSO](https://twitter.com/SMHO_SMSO)

or

Fae Johnstone: [Faejohnstone@gmail.com](mailto:Faejohnstone@gmail.com)  
(Wisdom2Action)

 [@Wisdom2Action](https://twitter.com/Wisdom2Action)



**ONTARIO SECONDARY SCHOOL**

# STUDENT SURVEY


**FOR SCHOOL MENTAL HEALTH**

**TAKE THE SURVEY HERE**  
W2A SITE

**SHARE YOUR IDEAS ON:**

- IMPROVING POSITIVE MENTAL HEALTH IN SCHOOL
- BUILDING UNDERSTANDING AND REDUCING STIGMA
- PROMOTING STUDENT LEADERSHIP

**YOUR INPUT CAN HELP SHAPE THE FUTURE OF MENTAL HEALTH AWARENESS AND PROMOTION AT SCHOOL!**

**HAVE MORE TO SAY?** 

**VISIT OUR E-FORUM OR A REGIONAL FORUM NEAR YOU!**

**HELP BRAINSTORM IDEAS FOR PROMOTING STUDENT MENTAL HEALTH IN ONTARIO SCHOOLS**