

INJURY PREVENTION CURRICULUM SUPPORT HEALTH RESOURCES FOR ELEMENTARY SCHOOLS

KEY MESSAGES:

- Unintentional injuries are the leading cause of death in children between the ages of one to 14
- A fall is the most common cause of childhood injuries requiring medical attention and, for children aged five to nine-9, playgrounds are the most common area for fall-related injuries to occur
- Concussions continue to be a major public health concern and are a leading cause of unintentional injury-related Emergency Department visits and hospitalizations among children and youth aged 10-19 in York Region

CURRICULUM RESOURCES/WORKSHOPS/DISPLAYS/PROGRAMS

Grade Level: JK-8

Concussion Education Activities for Student Leaders

Provides resources for intermediate student leaders to act as facilitators for brain injury prevention and awareness activities. Available resources for students include handouts, Jell-O Brain mold and recipe, egg drop kit. Intermediate students can use resources to plan and host a safety table for school wellness events.

Grade Level: 1-4

New-Preventing Harmful Childhood Falls: A learning package for grades one to four

A resource package to assist educators with sharing fall prevention and playground safety messaging with their students, parents, and school community. The package includes the following:

- Curriculum support resource highlighting the areas of *The Ontario Health and Physical Education Curriculum* (with suggested teacher prompts) that are most relevant to include fall prevention and playground safety learning
- Learning activities appropriate for each grade level
- Checklist and teaching points document
- Factsheet for teachers and parents
- Newsletter article to share with families and the school community
- Additional resources and links for more information

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca/injuryprevention



STUDENT LEARNING AND TAKE-HOME RESOURCES

Activities

- **Preventing Harmful Childhood Falls: A learning package for grades one to four activities:**
 - Alex at the Playground Colouring Pages
 - Alex Safe Play (Green Check), Unsafe Play (Red X) Activity Classroom
 - Alex Safe Play (Green Check), Unsafe Play (Red X) Activity Playground
 - Playing Safely at the Playground Drawing Activity
 - Alex Safe Play and Unsafe Play (Cut and Paste) Activity Classroom
 - Alex Safe Play and Unsafe Play (Cut and Paste) Activity Playground
 - Play Safe and Prevent Injuries at the Playground Journal Activity
 - Playground Safety Word Search
 - Playground Safety Crossword
 - Playground Safety Cryptogram
 - Preventing Injuries from Falls at School and the Playground Quiz
 - Playground Safety and Fall Prevention Key Messages Poster Activity
 - Playground Safety Catcher

[Preventing Harmful Childhood Falls: A Learning Package for Grades 1 to 4 - Google Drive](#)

- [Alex at the Playground](#) -A children's story about injury prevention and the importance of safe play and taking turns at the playground
- Pedestrian Safety Board Game – Can you get to school safely?
- [Safety with Radar](#) booklet- multiple safety topics from Health Canada

BROCHURES AND PRINT RESOURCES

- **Preventing Harmful Childhood Falls: A learning package for grades one to four resources** (see link above)
 - Checklist and teaching points document
 - Factsheet for teachers and parents
 - Newsletter article to share with families and the school community
 - Classroom safety checklist poster
 - Playground safety checklist poster
- 2V1 [Bicycle Helmet Safety](#)
- Concussion Fact Sheet, Brain Cards, and Posters
- Parent's Pathway for Child and Youth Concussion

FRENCH RESOURCES

- Cycling Skills/L'art du cyclisme
- [Sécurité avec Radar](#) - Multiple safety topics from Health Canada
- [Alex au parc](#) - A children's story about injury prevention and the importance of safe play and taking turns at the playground
- 2V1 Assurez-vous qu'il soit bien ajusté!

WEBSITES/RELEVANT ORGANIZATIONS

Concussions

York Region Public Health Concussion Guidelines and Resources: Information on concussion safety awareness including prevention and management. Learn more about concussion signs and symptoms and get resources for students, parents, teachers, coaches and administrators.

york.ca/concussions

Ontario Government Rowan's Law: Concussion Safety: Concussion awareness resources available for athlete, student, parent, coach, official or educator. You will find e-booklets and videos for ages 10 and under, ages 11-14 as well as a guide for students and athletes of all abilities. Available in many languages.

ontario.ca/page/rowans-law-concussion-safety

OPHEA – Ontario Physical Activity Safety Standards in Education (OPASSE): Concussion Protocol as the minimum standard for school boards. Includes: concussion protocols, concussion protocols sample tools, concussion codes of conduct and concussion awareness resources and training. For teachers and administrators to support

[Policy/Program Memorandum No. 158 \(2019\): School Board Policies on Concussion safety.ophea.net/concussions](http://Policy/Program%20Memorandum%20No.%20158%20(2019):%20School%20Board%20Policies%20on%20Concussion%20safety.ophea.net/concussions)

Rowan's Law Day Toolkit: Developed to help schools and classrooms recognize Rowan's Law Day and encourage students to speak up about concussions.

ophea.net/rowans-law-day-toolkit-schools

SCHOOLFirst: This evidence-informed tool has been developed to help teachers and school administrators to be a Concussion Champion and includes best practices to support youth upon their return-to-school after a concussion. Available in English and French.

hollandbloorview.ca/schoolfirst

Brain Waves: Online videos, PowerPoint presentations and work booklets free to download with a focus on preventing brain (including concussion) and spinal cord injury for grades 4-6.

parachutecanada.org/programs/topic/C55

CHEO Research Institute Discovery Minutes: CHEO Research Institute's Discovery Minutes share recent research findings to answer commonly asked questions in a short video format. [Home - CHEO Research Institute](#)

[Discovery Minute - How soon after a concussion should I go back to school? - CHEO Research Institute](#)

[Discovery Minute - Are kids at higher risk of developing mental health issues after a concussion? - CHEO Research Institute](#)

<https://www.cheoresearch.ca/about-us/media/video/discovery-minute-how-long-after-a-concussion-can-you-return-to-physical-activity/>

Childhood Falls

York Region Public Health Injury Prevention Program: Information on the prevention of harmful childhood falls and playground safety. Identify potential risks at home and at play and make changes to help keep children safe from serious injury.

[Childhood Falls | York Region](#)

[Playground Safety | York Region](#)

Parachute Canada: Canadian national injury prevention organization. Providing resources and tools that can help to prevent serious harm or death from preventable injuries.

[Parachute – Falls in Children](#)

[Concussion – Parachute](#)

Road Safety

Resource created by the Ministry of Transportation and OPHEA. It is available in both English and French and includes grade/age relevant information and practical lesson plans for teachers. www.ontarioroadsafety.ca

General Injury Prevention

Parachute Canada: Canadian national injury prevention organization. Promotes researched, evidence-based and expert –advised resources and tools that can help to prevent serious harm or death from preventable injuries.

parachutecanada.ca

For more information on these or other resources contact: IPHABE@york.ca