

# 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
- Through the Canadian Healthy Survey for Children and Youth 7% of York Region children ages six to 12 were reported to have experienced a head injury or concussion in 2019

## 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 (i.e., concussion prevention and helmet fit presentations). 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 (i.e., assist PHN with Concussion Quiz Wheel).

### 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](http://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
- [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:**
  - 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](http://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](http://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](https://www.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](http://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](http://hollandbloorview.ca/schoolfirst)

**Brain Waves:** A free, informative, and fun half-day neuroscience presentation for students in grades 4 to 6. Trained volunteers with an understanding and passion for injury prevention bring the hands-on program which includes activity booklets, helmet fitting tips and Jell-O brains to the classroom.  
[parachutecanada.org/programs/topic/C55](http://parachutecanada.org/programs/topic/C55)

## 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 – Playgrounds and Play Spaces](#)  
[Parachute – Falls in Children](#)

## 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](http://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](http://parachutecanada.ca)

**For more information on these or other resources contact: [IPHABE@york.ca](mailto:IPHABE@york.ca)**