



2018 Supportive Programs Guide

The HHI is a partnership of community organizations sharing the common goal of reducing brain injuries by increasing helmet use and access to supportive programming and educational materials. For more information and resources visit www.McmasterChildrensHospital.ca/hhi.

Revised: 22 January 2018

Ontario Curriculum - Safety in Health and Physical Education - Teachers must model safe practices at all times and communicate safety requirements to students in accordance with school board and ministry policies. Concerns for safety should be an integral part of instructional planning and implementation. The primary responsibility for ensuring safer practices rests with the school board and its employees. Whenever possible, potential risks must be identified and procedures developed to prevent or minimize incidents and injuries.

Free School-Based Programs

Program/Resource Name	Grade(s)	Contact Agency	Program Contact	Availability	Description
Primary	Curriculum Expectation: <ul style="list-style-type: none"> - Demonstrate responsibility for their own safety and the safety of others as they participate in physical activity. - Demonstrate behaviors and apply procedures that maximize their safety and that of others during physical activity (<i>e.g., wearing helmets</i>) 				
Bikes, Blades and Boards	1-3 plus split classes	Hamilton Brain Injury Association	Access application: https://hbia.space/education/2017/1/22/bikes-blades-boards Contact: info@hbia.ca or (905) 538-5251	Apr - Jun	The curriculum includes: <ul style="list-style-type: none"> • Brain functions and injury prevention • Helmet education, fitting and inspection • Take home “report card” for parents
Junior	Curriculum Expectation: <ul style="list-style-type: none"> - Demonstrate responsibility for their own safety and the safety of others as they participate in physical activity. - Describe common precautions for preventing accidents and injuries while participating in different types of physical activity (<i>e.g., wearing a properly fitted helmet to protect the head</i>). 				
Safety on the Go	4 plus split classes	Hamilton Public Health Services	Julie Scheerer, PHN Julie.Scheerer@hamilton.ca 905.546.2424 x7340	For Partnership Schools Only	<ul style="list-style-type: none"> • 1 hour interactive classroom session with a focus on road and recreational safety led by a public health nurse.
Brain Waves Hamilton (formerly Brain Day)	4-6	Parachute Canada	brainwaves@parachutecanada.org	Mar - Jun	Half day neuroscience presentation about: <ul style="list-style-type: none"> • Brain and spinal cord • Injury prevention and helmet safety • Run by McMaster University medical students Brain Waves Program Summary

Intermediate	Curriculum Expectation: <ul style="list-style-type: none"> - Demonstrate responsibility for their own safety and the safety of others as they participate in physical activity. - Demonstrate behaviours and apply procedures that maximize their safety and that of others (<i>e.g., following guidelines</i>) 				
Think First Assembly	6-8	Hamilton Public Health Services	Julie Scheerer, PHN Julie.Scheerer@hamilton.ca 905.546.2424 x7340	Available Sep to Jun. Offered to 40 schools yearly	1 hour interactive assembly led by two public health nurses focusing on: <ul style="list-style-type: none"> • brain and spinal cord injury prevention
Primary-Intermediate Gr. 3-8					
Ride Smart Program * \$15/student/week Subsidies available.	4-6	New Hope Community Bikes	http://www.newhopecommunitybikes.com 905.545.1991	Contact New Hope re: availability.	<ul style="list-style-type: none"> • Cycling instructors provide 5 hours of in-class and on-bike cycling safety instruction at Hamilton schools. • Provide bike repair support for participants
Secondary	Curriculum Expectation: <ul style="list-style-type: none"> - Demonstrate safe practices regarding the safety of themselves and others. - Apply guidelines and procedures related to safe participation in physical activity (<i>e.g., using equipment correctly, wearing appropriate attire e.g., helmets</i>). 				
Mobile Bike Repair	All Grades	New Hope Community Bikes	http://www.newhopecommunitybikes.com 905.545.1991	Contact New Hope re: availability.	<ul style="list-style-type: none"> • Provide bike repair support at school and community events.
Eco School Activities					
Program/Resource Name	Grade(s)	Contact Agency	Program Contact	Availability	Description
* Bike to School Week	K-12	Smart Commute	http://www.bikemonth.ca/biketoschool	May 28-Jun 1	<ul style="list-style-type: none"> • Supports EcoSchools and Healthy Schools programming • Registered schools receive educational kits and incentives for students
* Walking School Bus	K-5	Green Communities Canada	http://www.saferoutestoschool.ca/wp-content/uploads/2017/09/IWALK-Activity-Ideas-Sheet.pdf	Not Applicable	<ul style="list-style-type: none"> • Includes information about how to start a walking school bus for younger children
* iWalk Days	K-12	iWalk to School Organization	http://www.saferoutestoschool.ca/international-walk-to-school-month/	Oct 3, 2018	Includes links to: <ul style="list-style-type: none"> • Resources • How to get involved
* Walk or Wheel Club (Available in French)	K-8	Green Communities Foundation	http://www.saferoutestoschool.ca/iwalk-iwheel-club/	Not Applicable	Includes links to : <ul style="list-style-type: none"> • School Travel Planning

*On the Move in the Community	K-12	Velo Quebec	French: http://www.velo.qc.ca/active-transportation/On-the-Move-in-the-Community/	Not Applicable	Includes links to: <ul style="list-style-type: none"> School and classroom activities
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Web-Based Educational Resources

Program/Resource Name	Grade(s)	Contact Agency	Program Contact	Availability	Description
Ontario Road Safety Curriculum	K-12	CAA & MTO	http://ontarioroadsafety.ca/en/	Not Applicable	<ul style="list-style-type: none"> Provides information, lesson plans, activities and community engagement opportunities on the following topics: Pedestrian, bike, car and school bus safety and more safety topics.
Guide to Ride – Bicycle Safety Program	4-6	Physical & Health Education (PHE) Canada	http://www.phecanada.ca/programs/bicycle-safety-guide-ride	Not Applicable	<ul style="list-style-type: none"> 10 lesson plans Build skills and knowledge Focus on bike safety, maintenance and bicycling skills
Brain Waves Kit for Schools (Available in French)	4-6	Parachute Canada	To order on-line kit visit: brainwaves@parachutecanada.org	Not Applicable	<ul style="list-style-type: none"> Neuroscience presentation that teaches students about the brain and spinal cord and why it is so important to protect them. Introduces parts of the brain, basic neuroscience vocabulary and key injury prevention messages
Think First for Kids (Available in French)	K-8	Parachute Canada	http://www.parachutecanada.org/programs/topic/C61	Not Applicable	<ul style="list-style-type: none"> Brain and spinal cord injury prevention curriculum program. Visit website to order your free copy.
Parachute resources on concussion	K-12	Parachute Canada	http://www.parachutecanada.org/resources	Not Applicable	<ul style="list-style-type: none"> Downloadable resources in injury prevention topics for various target groups including teachers, parents, coaches, students and healthcare providers.
Concussion Resources	K-12	Ontario Ministry of Health & Long-term Care	http://www.health.gov.on.ca/en/public/programs/concussions/	Not Applicable	<ul style="list-style-type: none"> Provides links to resources for parents, schools, coaches, students and healthcare providers related to identifying and managing concussions
Bicycle Safer Journey	K-12	US Federal Highway Administration	http://www.pedbikeinfo.org/bicyclesaferjourney/	Not Applicable	<ul style="list-style-type: none"> Tool for educators, parents and others to get the conversation started with children and youth. Resources include videos, quizzes and a resource library.

***Note: iWalk To School/Active and Safe Routes to School Programs (ASRTS)** can be claimed in two separate submissions/templates for a total of **8 points for Ontario EcoSchools** if the program runs the entire school year and involves the whole school community.

For more information: <https://www.ontarioecoschools.org/wp-content/uploads/2017/08/Certification-EN-2017.pdf>