



TDSB Health Sciences Post-Secondary Student Placement Orientation

REQUIRED READING AND WEBSITE LINKS

- ❑ **United Way of Greater Toronto & and the Canadian Council on Social Development [2004]**
[Poverty by Postal Code](#)
- ❑ **On the Road to Health. Safe, Caring and Inclusive Schools Report –May20,2008**
www.tdsb.on.ca
- ❑ **TDSB Student Nutrition Handbook –Guide-Feeding Our Future**
www.tdsb.on.ca/documents/parents/nutrition_programs
- ❑ **The 2009 Learning Opportunities Index: Questions and Answers**
www.tdsb.on.ca/wwwdocuments/about_us/external_research_application/docs/LOI2009.pdf
- ❑ **Taking Mental Health to School: A policy-oriented paper on school based mental health in Ontario (2009)**
www.tdsb.on.ca
- ❑ **The Environmental Scan of the TDSB 2008**
www.TDSBscan.tdsb.on.ca/
- ❑ **Link to the Guidance Section of TDSB external website**
<http://www.tdsb.on.ca/site/ViewItem.asp?siteid=17&menuid=572&pageid=454>
- ❑ **What is Healthy Measures – Be Active, Eat Well, Be Yourself approach?**

Healthy Measures is a three pronged, integrated approach that reflects the important interrelationships among being active, eating well and being yourself. It encourages a shift from weight centered to health centered thinking, by focusing on measuring healthier behaviours (being active, eating well & being yourself), rather than a change in body weight as the key indicator of success. This approach recognizes that healthy bodies come in a range of weights, shapes and sizes.

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WEB LINKS FOR HEALTHY SCHOOLS:

These key web links provide important documents, literature and community resources that support Foundation for Healthy School-Comprehensive School Health.

School Profile:

http://www.tdsb.on.ca/MOSS/asp_apps/find_your_school/landing.asp

Toronto Public Health or Province of Ontario: Foundation for a Healthy School:

www.edu.gov.on.ca/eng/healthyschools/foundations.pdf

Unequal City:

http://www.toronto.ca/health/map/pdf/unequalcity_20081016.pdf

School Health Guidance Document, Ministry of Health Promotion and Sport

<http://www.mhp.gov.on.ca/en/healthy-communities/public-health/guidance-documents.asp>

Canadian School Health Consensus Statement

<http://cash-aces.ca/index.asp?Page=Consensus>

Public Health Agency of Canada: Trends in the Health of Canadian Youth:

<http://www.phac-aspc.gc.ca/dca-dea/7-18yrs-ans/trends-eng.php>

Go Green Climate Change Action Plan:

http://www.tdsb.on.ca/_site/ViewItem.asp?siteid=207&menuid=28192&pageid=24246

Centre for Addiction and Mental Health (CAMH)

<http://www.camh.net/>

Report: The Mental Health and Well-Being of Ontario Students 1991-2009:

http://www.camh.net/Research/Areas_of_research/Population_Life_Course_Studies/OSDUS/Detail_ed_MentalHealthReport_2009OSDUHS_Final_June2010.pdf

Toronto Public Health School Health Services

www.toronto.ca/health

Comprehensive School Health

www.who.org

Ontario Healthy Schools Coalition

www.opha.on.ca

Communities and Schools Promoting Health

www.safehealthyschools.org

Ontario Physical and Health Education Association

www.ophea.net

Toronto Parks and Recreation Guides for each region

www.toronto.ca

The Ontario Curriculum Grades 1-8 Health & Physical Education

www.edu.gov.on.ca/eng/curriculum

Ministry of Health & Long-term; Ministry of Health Promotion; Ministry of Education

www.gov.on.ca

“WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD”

A resource list to help you uncover the hidden strengths of your local community

The following list of web links is just a starting point and not an inclusive resource list.

1.	Toronto Neighbourhood Profiles http://www.toronto.ca/demographics/neighbourhoods.htm Toronto is known for its diversity and culture and this is reflected in its many neighbourhoods . This section provides detailed demographic information about each neighbourhood, prepared by the City's Social Policy Analysis & Research Unit (additional links to Demographics, Toronto Neighbourhood Profiles, Strong Neighbourhoods, Toronto Social Atlas, Quality of life)
2.	Toronto Health Profiles www.torontohealthprofiles.ca Information for your community can be found under our Data Tables and Thematic Maps.
3.	City Wards Information http://app.toronto.ca/wards/jsp/wards.jsp To find out whom your City Councillor and ward your community resides in, type in your address.
4.	Toronto Report Card on Children http://www.toronto.ca/children/repcard.htm The Toronto Report Card on Children is an ongoing project of the City and its partners. It is intended to assess the health and well-being of children in Toronto. The use of a variety of social indicators allows us to monitor the situation of children, and to determine whether the situation is stable, improving or getting worse. Volume 5, Toronto Report Card on Children, Update 2003
5.	211 Toronto www.211toronto.ca This site will link you with the services and community partners in your community. A directory of over 20,000; your connection to information about community, social, health and related government services.

6.	<p>Census Canada http://www12.statcan.ca/english/census/Index.cfm</p> <p>The census provides a statistical portrait of Canada and its people. May 16, 2006.</p>
7.	<p>Toronto Public Health Metrics and Planning (MAP) http://www.toronto.ca/health/map/index.htm</p> <p>The Metrics* and Planning Team at Toronto Public Health measures the health of Toronto's population and the performance of our programs to help guide the organization on its mission to improve the health of the whole population and reduce health inequalities.</p>
8.	<p>Social Policy Analysis & Research http://iris.city.toronto.on.ca/spar/publications.cfm</p> <p>SPAR researches and produces a long list of reports dealing with statistics, social indicators and profiles about various communities and community groups.</p>
9.	<p>Inside Toronto – Etobicoke Guardian Newspaper http://www.insidetoronto.com/news/etobicoke Knowing your community news.</p>
10.	<p>United Way http://unitedwaytoronto.com/main.php</p> <p>The United Way of Greater Toronto improves the lives of women, children, youth, seniors and newcomers, just to name a few. Your donation to the United Way of Greater Toronto means strengthened lives and stronger neighbourhoods across our city.</p> <p>Losing Grounds http://unitedwaytoronto.com/whoWeHelp/reports/losingGround.php a research report released by United Way of Greater Toronto in November 2007, documents how Toronto families with children 17 years of age and under are faring financially compared to families in the Toronto Census Metropolitan Area (CMA), in the province, and across Canada. By examining median incomes, rates of low income, depth of poverty and warning signs of poverty, the report's key findings have led to eight recommendations.</p>