



# March 2025 School Health E-Blast

## from Peel Public Health

### What you'll find in this edition:

#### For Parents & Guardians

- Vision Health
- World Sleep Day is March 14
- Preventing Tooth Decay

### Vision Health

Identifying and treating vision problems early is important for a child's learning and quality of life. Young children often can't recognize or communicate vision problems. Regular eye exams for children can help detect eye problems early and help ensure they get the right treatment.

Ontario Health Insurance Plan (OHIP) covers free eye exams once a year for children 19 years or under. Every year, an optometrist should check your child to ensure good eye health and developmental progress.

Programs are also available to help pay for glasses for children:

- [Eye See...Eye Learn](#)
  - Gives free glasses to junior or senior kindergarten students after an eye exam with a participating optometrist. Check with your optometrist before your appointment to see if they participate in the program.
- [Ontario Disability Support Program](#)
  - If you are receiving income support from the Ontario Disability Support Program, you may be able to receive support with the cost of prescription glasses through the Vision Care benefit.
- Ontario Works
  - Ontario Works clients can get help paying for vision care for yourself and your family, including prescription glasses. This [short video](#) explains how.

Please visit the [Region of Peel's Child eye health webpage](#) for more information.

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## World Sleep Day is March 14

### Why is sleep important?

Sleep hygiene, including a consistent bedtime and waketime, is important for healthy growth and development.

Good quality sleep:

- Is beneficial to mental health, physical health, and overall quality of life.
- Enhances learning and problem-solving skills.
- Is required to maintain the health of the body and brain.



*Image Description: Child sleeping at a desk*

Children who consistently get a good night's sleep:

- Are more creative.
- Can concentrate on tasks for longer.
- Have better problem-solving abilities.
- Are better able to make positive decisions.
- Are able to learn and remember new things.
- Have more energy during the day.
- Can create and maintain good relations with others.

### Sleep tips:

- Keep to a schedule
- Develop healthy habits
- Avoid naps
- Create a relaxing routine
- Create a comfortable sleep environment

Visit [SickKids | About Kids Health](#) to learn more.

### How much sleep does a child need?

The amount of sleep needed varies by age. Learn more by reviewing the [24-Hour Movement Guidelines for Children & Youth](#). Guidelines for adults can be found here: [Adults 18-64](#)

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## Preventing Tooth Decay

Tooth decay is the most common childhood chronic disease in Canada. Untreated tooth decay may lead to pain and infection. It may result in difficulty eating, speaking and learning.

To support children's oral health, Peel Public Health offers free dental services for eligible children 17 years of age and younger. These services include:



*Image Description: A four year old child with tooth decay*

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- Dental screening in elementary schools and at Peel Public Health dental clinics
  - Preventive dental services (e.g. teeth cleaning, dental sealants and/or professionally applied topical fluoride) at Peel Public Health dental clinics and in some elementary schools with high dental needs

For more information or to book a free dental screening appointment, call Peel Public Health at 905-799-7700.

To help prevent tooth decay, encourage kids to:

- Brush teeth at least two times a day for two minutes each time. Floss every day.
- Visit a dentist regularly.
- Choose healthy food. Drink water.

Oral health is an important part of a child's overall health. To learn more about good oral health habits, visit [Oral health for children](#).

## **Contact Us**

Peel Public Health – School Health Inbox

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