

School Contacts and Resources

The following document is a Community Contact Resource which lists different community groups that provide support to the schools in the Regional Municipality of Wood Buffalo. Resources are classified based on the three pillars of wellness; **Healthy Eating, Active Living and Positive Social Environments**. These pillars have been identified as playing an important role in the Healthy School Communities approach to promote the health and wellness of students and staff.

As services and community members change so will this document. Necessary updates and changes will be done annually in time for the new school year.

If you have any questions in reference to any of these resources or the Healthy School Communities approach, please do not hesitate to contact us.

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School Health Liaison
Health Promotion
(780) 714.5637
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Melanie Vance
Healthy Active Youth Specialist
Health Promotion
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Healthy Eating

Schools and community come together to create and support an environment that offers nutritious food choices that are wholesome, lower in fat, sugar and calories.

Programs	Description	Department/Contact Information
Healthy School Communities School Health Liaison	Provides support and resources to the school community to encourage initiatives on healthy eating.	Alberta Health Services Health Promotion carolyn.evancio@albertahealthservices.ca 780 714 5637
Healthy and Active Youth Specialist	Supports schools in the development of healthy eating programs/policies.	Alberta Health Services Health Promotion melanie.vance@albertahealthservices.ca 780 788 1719
Community Nutritionist	An expert in human nutrition with a focus on serving all people and communities to meet their food and nutrition needs to improve or maintain a healthy state, through all stages of life. The nutritionist will act as a partner and resource for schools regarding Nutrition Guideline Implementation and nutrition education to promote behavior change related to food choices and eating styles.	Alberta Health Services Community Nutrition jennifer.stagg@albertahealthservices.ca 780 791 6264
Dental Health	Promoting dental health through age/grade appropriate presentations as requested. Students learn the relationship between healthy eating and dental health. Providing tooth brushes, tooth paste throughout the school year to classes wanting to participate in an in-school tooth brushing program.	Alberta Health Services Dental Health Program kim.melanson@albertahealthservices.ca 780 791 6242
Healthy Eating Active Preschoolers	Interdepartmental/community initiative to implement policy and increase healthy eating and active living in the preschool setting.	Alberta Health Services Health Promotion melanie.vance@albertahealthservcies.ca 780 788 1719



Active Living

Schools and community come together to create and foster an environment that encourages increased levels of physical activity

Programs	Description	Department/Contact Information
Healthy School Communities School Health Liaison	Provide support and resources to the school community to encourage initiatives on active living.	Alberta Health Services Health Promotion carolyn.evancio@albertahealthservices.ca 780 714 5637
Healthy and Active Youth Specialist	Provides support to schools through professional development workshops and the development of active living programs and policies.	Alberta Health Services Health Promotion melanie.vance@albertahealthservices.ca 780 788 1719
Syncrude Sport & Wellness Center Be Fit For Life	The Be Fit For Life Center has a variety of school programs for all grades that educate children about active living.	Syncrude Sport & Wellness Center christina.dauphinee@keyano.ca 780 791 8916
Centennial Pool	Provides swimming lessons and use of facility to schools upon request.	Centennial Pool Aquatic Coordinator 780 799 5852
C.A Knight Recreation Complex	Facility opening this fall, please call for more information.	C.A Knight Recreation Complex Program Coordinator mtaylor@macisland.ab.ca 780 791 0070 780 791 5077
Thickwood Arena	Provides free ice time to schools during school hours, availability is limited. Students must wear helmets.	Thickwood Arena terry@oilbarons.com 780 799 5856
Frank Lacroix Arena	Provides free ice time to schools during school hours, availability is limited. Students must wear helmets.	Frank Lacroix Arena 780 743 7974
Municipality Of Wood Buffalo	Offers a wide variety of free programming for children, youth, adolescents and families.	Municipality of Wood Buffalo Koralees.samaroden@woodbuffalo.ab.ca 780 799 1144
Alberta Sport Development Center	Coach training and certification program for 65 different sports. All coaches are trained in ethical decision making and sport safety.	Alberta Sport Development Center ASDC Coordinator Melissa.Laluk@keyano.ca 780 791 4856



Positive Social Environments

Schools and communities come together to foster an environment where students, staff, parents and community partners feel safe, valued, and connected.

Programs	Description	Department/Contact Information
Healthy School Communities School Health Liaison	Provides support and resources to the school community to help create a positive social environment.	Alberta Health Services Health Promotion carolyn.evancio@albertahealthservices.ca 780 714 5637
Healthy and Active Youth Specialist	Provides support to develop programs which enhance the social environments.	Alberta Health Services Health Promotion melanie.vance@albertahealthservices.ca 780 788 1719
Mental Health Services	Offer coping strategies by way of presentations and information to local and rural schools and organizations based on mental wellness and illness issues identified by students, counselors, and teachers.	Alberta Health Services Mental Health tammy.oquinn@albertahealthservices.ca 780 791 6075
Canadian Mental Health Association	Communication and Problem Solving Skills for Grades 4, 5 & 6 (CAPSS) Self Esteem, Anger Management, Active Parenting and Stress Management, Self Esteem in Your Child & Conflict Resolution Courses.	Canadian Mental Health Association 780 743 1053 famsupport@woodbuffalo.cmha.ab.ca
Addiction & Mental Health	Prevention services to increase the understanding and awareness of alcohol and other drug related issues.	Alberta Health Services joanne.angel@albertahealthservices.ca 780 743 7187
Regional Municipality of Wood Buffalo – Recreation and Cultural Division	Offers a wide variety of programming for children, youth, adolescents and families in our community. For more information check out the Community Guide to Recreation, Arts and Culture	Regional Municipality of Wood Buffalo Recreation and Cultural Division Koralee.samaroden@woodbuffalo.ab.ca 780 799 1144
Athabasca Tribal Council	Assist and advise teachers/schools on aboriginal curriculum content. Aboriginal awareness and mentoring. Recommendations on aboriginal cultural activities and presentations.	Athabasca Tribal Council Education rita.marten@atc97.org 780 791 6538 ext 247
Kids Help Phone	There's no thing as a problem too big, too small, too unimportant, too serious, too embarrassing...too anything! You can either phone a counselor directly or ask a counselor online.	Kids Help Phone 1 800 668 6868



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Programs	Description	Department/Contact Information
Wood Buffalo Student Health Integrated Services (SHIP)	A partnership between Children Services, Health and Education to enhance access to a range of services for students who have assessed health needs.	Alberta Children's Services Family School Liaison Workers 780 743 7469
Big Brothers Big Sisters of Wood Buffalo	In-School Mentoring matches an adult volunteer with a student in a school environment to strengthen students self esteem and school performance. Out of School - Children spend time with a mentor to gain confidence, acquire new skills and competencies and develop an enhanced capacity to care for others.	Big Brothers Big Sisters of Wood Buffalo Bbftmc1@telusplanet.net 780 791 2447 Big Brothers Big Sisters of Wood Buffalo bbftmc1@telusplanet.net www.bigbrothersbigsisters.ca/woodbuffalo 780 791 2447
Prevention of Family Violence and Bullying	Presentations and information to schools and organizations around family violence and bullying and healthy relationships.	Children and Family Services Prevention of Family Violence and Bullying keypointperson@hotmail.com 780 788 5659
Some Other Solutions Students Assisting Students	To enhance the well being of the student population by creating a voluntary & confidential program of students assisting/referring students to professional resources for assistance with personal challenges.	Some Other Solutions (SASP) sasp@someothersolutions.ca 780 743 8605
Some Other Solutions Mentor Program	The S.O.S. Mentor Program places trained adults into schools in Fort McMurray to support children from kindergarten to grade eight. Mentors are full time staff whom provide support to students that are having difficulty succeeding in the school environment. They work in collaboration with school staff and other agencies involved in the schools to ensure a positive and safe environment.	Some Other Solutions (SASP) sasp@someothersolutions.ca 780 743 8605



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Programs	Programs	Programs
RCMP DARE Program	A highly acclaimed program that gives kids the skills they need to avoid involvement in drugs, gangs, and violence. Recommended for Grade 6 students. Program is limited depending of availability of staff.	RCMP Karolina.malik@rcmp-grc.gc.ca 780 788 4258
RCMP	Presentations on personal safety, public safety, drugs, alcohol, substance abuse, family violence, smoking, driving safety, internet safety and criminal code. Presentations limited depending on availability of staff.	RCMP Ashleigh.holloway@rcmp-grc.gc.ca 780 788 4244
Dental Health	Education to youth on the risks associated with the use of smokeless tobacco.	Alberta Health Services Dental Health Program kim.melanson@albertahealthservices.ca 780 791 6242
Family and Community Support Services	Offers no-cost counseling for children (ages 6 & up), adolescents, adults, parents and couples. Counseling Services staff develops and deliver public awareness and public education workshops for school personnel, parents and caregivers.	FCSS Counseling Services 780 743 7910 (ask to speak to the intake worker)
Youth Connections Program	Offer career and employment services to youth in school. Workshops and one and one assistance available by appointment. Post Secondary Student Funding information. Learn about trades and career opportunities, and access the tools you need to develop career goals.	YMCA of Wood Buffalo Reave.macleod@ymca.ca 780 791 7520
Respiratory Education Program	Education is available on asthma, allergies/anaphylaxis, and the epipen. Smoking awareness and lung health – focus on Grade 8-9 school presentations.	Alberta Health Services 780 791 6205 judith.young@albertahealthservices.ca



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Programs	Programs	Programs
Wood Buffalo HIV & AIDS Society (WBHAS)	Aims to promote public awareness and understanding of HIV and AIDS, to support individuals infected and/or affected by HIV/AIDS and to act as a resource to the community. WBHAS offers advocacy and referrals, educations presentations, and a public resource library on topics including HIV/AIDS, hepatitis C, sexually transmitted infections, and illicit drug use including Harm Reduction principals. Programs offered include a needle exchange program, education on HIV/AIDS, STI and drug use, and an anonymous sexual health information line.	Wood Buffalo HIV & AIDS Society 780 743 9217 877 734 9254
Stepping Stones Youth Services	Provides emergency housing for homeless youths 12 to 17 years old in the Fort McMurray area. A place where youth can think, get help and be SAFE!	Stepping Stones Youth Services 102 McConachie Crescent 780 750 2252 www.woodshomes.ca Outreach Cell 780 714 7007
Wood Buffalo Primary Care Network Pediatric Diabetes Program	The PCN offers a family focused program for children from birth to age 18 who are diagnosed with Type 1 Diabetes. An interdisciplinary team work closely together to create a care plan. In addition there is continued support and follow up at the PCN clinic site.	Wood Buffalo Primary Care Network Pediatric Diabetes Program Farah Ahmed RN/Certified Diabetic Educator 780 793 7329



Other Programs/Services

Schools and communities come together to foster an environment where students, staff, parents and community partners are connected to programs and services which will improve their health and well being.

Programs	Description	Department/Contact Information
Public Health Nursing	Immunizations, consultations for Communicable Disease Control (CDC) hearing & vision assessment (upon referral) Health teaching as requested.	Alberta Health Services Clinical Education cyndi.hudson@albertahealthservices.ca 780 791 6273
Sexual Health	Increase the awareness and knowledge of teens regarding risk taking behaviors that may lead to STI's (sexually transmitted infections) and pregnancy.	Alberta Health Services Sexual Health Program 780 791 6227
Speech and Language	Due to staff shortages there will be no school based services until further notice. Referrals directly to the Northern Lights Health Center can be made by Physicians, Health Care providers or self referrals.	Alberta Health Services Speech and Language 780 791 6275
Occupational Therapy	Due to staff shortages there will be no school based services until further notice. Referrals directly to the Northern Lights Health Center can be made by Physicians, Health Care providers or self referrals.	Alberta Health Services Occupational Therapy 780 791 6016
Physiotherapy	Physiotherapy is not being provided in the schools at this time. Referrals directly to the Northern Lights Health Center can be made by Physicians, Health Care providers or self referrals.	Alberta Health Services Physiotherapy 780 791 6016
Audiology (Hearing)	An Audiologist visits the schools approx. 2 x a month through Edmonton Regional Educational Consulting Services (ERECS). Service to the schools must be arranged through this agency. The audiologist is contacted by ERECS to arrange school visits. Referrals directly to the Northern Lights Health Center can be made by Physicians, Health Care providers or self referrals.	Alberta Health Services Audiology 780 788 1377
Dental Health Program	Preventive services including dental inspections, fluoride varnish applications and referral to a dentist if necessary.	Alberta Health Services Dental Health Program kim.melanson@albertahealthservices.ca 780 791 6242



**Alberta Health
Services**

For Immediate health advice please contact the following:

HEALTH LINK 1-866-408-LINK (5465)

24 hour call/7days a week. A registered Nurse will answer your questions and provide you with advice and information.