



October 2025 School Health E-Blast from Peel Public Health

What you'll find in this edition:

- October is International Walk to School Month!
- Back to School Transition
- Media Literacy Week is October 27 to 31
- Zero Tolerance for Vaping in Schools!

October is International Walk to School Month!

More than 50% of collisions between pedestrians and vehicles happen when drivers are turning into an intersection while pedestrians are crossing with the right-of-way.

Let's work together to stay safe while sharing the road.

Safety tips if you're walking:

- Always cross at pedestrian crosswalks or crossovers. Avoid crossing anywhere else.
- Always press the pedestrian pushbutton. Pressing this button will activate the 'Walk' signal and give you more time to cross.
- Stop, look, and listen before crossing, even when it's your turn to cross.



Image description: Group of children walking on a path in autumn

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- Where possible, make eye contact with drivers to ensure they see you before you proceed.
 - Avoid distractions like texting, cellphones, and headphones when crossing the street.
 - Once the 'Don't Walk' hand signal starts flashing, you can finish crossing, but don't begin to cross. Wait for the next 'Walk' signal.
 - Pedestrians can be hard to see at night, dawn, and dusk. When walking, wear bright clothing or reflective materials so others can see you.
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Back to School Transition

Back-to-school means adjusting to new routines, expectations, and schedules – for both students and parents. It's normal for both students and their parents or caregivers to feel excited and nervous during this transition and it's common for the adjustment to take some time. Check out [Back-to-School Tips for Mental Health](#) by Children's Mental Health Ontario to learn more about how you can support your child's mental well-being as they transition into a new school year.

Media Literacy Week is October 27 to 31

Media Literacy Week is taking place October 27-31! In this digital era, it's important to ensure our children have the skills they need to use technology safely and responsibly. Visit Media Smarts' [Parent Central](#) for videos, hands-on activities, and games you can use to share important lessons with your family about digital media literacy.

Zero Tolerance for Vaping in Schools!

Hey Parents! Did you know that all schools have a zero-tolerance rule for vaping and smoking? Vaping and smoking are **not allowed** on school property, including:

- Inside the schools (including school washrooms)
- Outside within 20 meters of school property
- School athletic fields during after hour activities

Students that are found vaping or smoking **can face a \$305.00 fine** under the Smoke-Free Ontario Act!

Why do students vape at school?

Vapes contain nicotine, a highly addictive substance. Many kids are unaware of how quickly dependence can develop. Once addicted, they need nicotine regularly to avoid withdrawal symptoms, making it hard to get through the school day. As a result, some students will vape on school property, such as in washrooms, to relieve those symptoms.

Your voice matters!

Teens say parents are the strongest influence in their lives. Use the attached Parent/Caregiver resource to help you talk to your kids about vaping and access support to help them quit. Visit www.notanexperiment.ca/parents to learn more.

Contact Us

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Use #SchoolHealthinPeel to connect with us on Social Media!