



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
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Vision Health

Identifying and treating vision problems early is important for a child's learning potential and quality of life. 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:

- [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 prescription glasses for yourself and your family. This [short video](#) explains how.

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

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.

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.



Image Description: Child sleeping at a desk

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](#)

Contact Us

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