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The 2016-2017 school year will begin a day later than usual.

File photo

# New school year starting day later at Halton public board

The new school year is starting a day later than usual at the Halton District School Board.

Students normally return to class the Tuesday after Labour Day but for 2016-17 the first day of instruction will be Wednesday, Sept. 7.

This year, Tuesday, Sept. 6 is designated a professional activity (PA) day for school staff.

The 2016-17 school calendar, approved by the board of trustees in February, received official approval from the Ontario Ministry of Education in April.

The dates have been provided to

schools and shared with students and parents.

The school year calendar is developed with input from the School Year Calendar Committee consisting of representatives from interested and affected groups, including parents.

Where possible, the school year calendar is aligned with the Halton Catholic District School Board calendar, to save resources on school bus transportation, which is shared by the boards.

To see the public board's school year calendar, visit [www.hdsb.ca](http://www.hdsb.ca) and click on the Calendar tab.

# Ask the Professionals



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Gerry Ross  
H.B.Sc. PT, MCPA, FCAMT

**Q:** Can I trust the internet for health information?

**A:** Our clinic's website [www.rossphysio.com](http://www.rossphysio.com) has a clinical library with hundreds of great articles written by registered physiotherapists (including yours truly) often with the scientific references noted for the article. There is a body map and a folder system so you can find what you are interested in quickly. You can also choose areas that you are interested in and be notified when a new article is added to that section of the site. A word of caution though partner with a Physiotherapist during your rehab to avoid disappointing results or injury. Please take advantage of this information and stay well.

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**Q:** How do I get my kids to brush their teeth?

**A:** You know it's important for your child's health. As a parent, you want to do the right thing. When it comes to regular tooth brushing, though, it's become a struggle just to get your child to brush their teeth.

Some parents, unfortunately, give in and allow their children to neglect good oral hygiene. Don't make the mistake! Your children should be taught very early how to brush. This can be encouraged as a regular habit by using some of the flavored children's toothpastes now available. Try to reserve brushing for the same time each day so it comes to be an expected activity. If your child still resists, make a game of it. You may even wish to pretend to be a dentist for your child, in the process doing the needed brushing for them. Older children may respond to a reward system that you establish.

Perhaps most important, set a good example. Your daily brushing, flossing, and avoidance of sweets will do more to develop good dental habits than anything else.