

HEALTHY SCHOOL STUDENT CLUBS



Do you want to be involved in making your school a healthier place?

Healthy School Student Club (HSSC) members work closely with the Healthy School Committee and/or School Champion to plan and lead activities to promote a healthy school environment. Club members work together to make important differences in their school, with the goal of helping their school be a healthy place to learn and work!

As a member of the Healthy School Student Club, you will:

1. Become a leader and play an active role in your school community
2. Engage in discussions with other students to identify health topic(s) for your *Healthy Schools Action Plan*
3. Brainstorm ways to address priority health topics that are important and meaningful to the students in your school
4. Collaborate on implementing fun and healthy activities in your school
5. Work with the Healthy Schools Committee and Club Leader to create a school environment in which every student and staff feels like they belong

Getting started

Ask your Public Health Nurse for support to help you get started! New clubs may be eligible to receive a *Tool Kit* to help with your action plan and club projects. Kits include:

- Healthy Schools t-shirts
- Leader guides for students and staff
- Templates for meetings, budget planning, and activities
- Dry erase markers, pencils, journals and more!

In addition to the Healthy School Student Club Tool Kit, Public Health offers a variety of resources. Other available resources include:

- Sample action plans and funding opportunities to help guide and plan your healthy school initiatives
- Curriculum support to promote healthy topics and learning in the classroom
- Activities to support mental health and well-being, healthy eating, and physical activity

Visit www.york.ca/healthyschools to learn more.

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca/healthyschools



Be creative!

Healthy School Student Club members can introduce many different activities to help create a [Foundation for a Healthy School](#) community, here are a few examples:

Curriculum, Teaching and Learning	<ul style="list-style-type: none">• Work with your School Champion and Public Health Nurse to arrange a Lead-On or Mental Health Awareness training for students
School and Classroom Leadership	<ul style="list-style-type: none">• Create surveys or ask students and teachers what health topic is important to them
Student Engagement	<ul style="list-style-type: none">• Create posters to encourage healthy choices• Work with the Healthy School Committee to have a smoothie day to highlight the importance of eating more fruits and vegetables• Ask if you can lead physical activity breaks during class for your peers (e.g., stretch breaks)• Make morning announcements that encourage healthy choices
Social and Physical Environments	<ul style="list-style-type: none">• Help make healthy foods available in school by volunteering to help run the snack, morning meal, milk program, etc.• Decorate school areas during health promotion events like <i>International Walk to School Day</i>• Be a role model and show your peers how you are making healthy choices!
Home, School and Community Partnerships	<ul style="list-style-type: none">• Participate in the Healthy Schools Committee as a student representative• Work with your Public Health Nurse to identify programs and activities for your action plan• Work with other school clubs, school council, staff members in your school and community partners

Remember, you are one team with one mission — improve student health and wellness at your school!

