HEALTHY SCHOOLS

10 Volunteer List

What does a Healthy School mean to you? Does it mean a playground that is safe, clean washrooms or lots of opportunities for physical activity and play? Does it mean an environment where students show respect or a place where hungry kids can get healthy breakfasts and snacks? A Healthy School will likely have all of these elements. But this is just the tip of the iceberg; a Healthy School can be so much more!

Healthy Schools have healthy learning environments where children and youth are supported by their school community to make healthy lifestyle choices. This is important because, "healthy learners are better learners" (Health Canada, 2002).

_____ (insert school name) is looking for volunteers to sit on our Healthy Schools Committee or to help out occasionally with healthy activities. We need parents, teachers and students. We will conduct a survey to see what health issues are most important to our school community. We will review the issues and come up with creative ideas to address them. We will put our ideas into action and then celebrate our success!

If creating a Healthy School is important to you, please sign up below.

Name	Phone Number	Email Address

If you need more information, feel free to call _____ (insert name of Champion) at ___ _____ (insert contact information)