

Get involved in making our school a Healthy School!



Healthy Schools are places where children are supported by their school community to make healthy lifestyle choices. The entire school community – students, school staff, parents and community partners – work together.

The Healthy Schools approach gives students many opportunities to see and learn healthy attitudes and behaviours. Healthy choices are promoted not only in the class but in the whole school community to encourage values, skills and actions that can increase the healthy development of students.

As parents, you know your children's needs better than anyone. Ask an administrator or School Council member how you can get involved in making our school a Healthy School, to enhance student learning and well-being!

York Region Community and Health Services, Elementary School Services has resources and a tool kit available to help.

For more information visit www.york.ca/healthyschools.

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

