



**Make Choices today**  
**for a healthier tomorrow**

# What is a “healthy school?”

Healthy Schools are learning environments where youth are supported by their school community to make healthier lifestyle choices.

Healthy Schools focus on health issues specific to the needs and concerns of your school community. It is an ongoing process (instead of a one-time event), with participation from your entire school community including: students, school staff and community partners.

## Why should I get involved?

- Share your ideas and make a difference in your school
- Lead activities focused on creating a healthier school – you know best what will work for your student body
- Earn community service hours and build your résumé

## How to get started:

1. **Form a committee or link with an existing one** – connect with other interested students, staff and community partners.
2. **At your initial meeting** discuss, “What is already going on in your school? How could you make it healthier?”  
Be sure to ask other students for their ideas.
3. **Make a plan** – spread your activities out over the year and meet regularly to carry out the plan.
4. **Evaluate** your activities and **celebrate** your successes.

For more information, please contact York Region *Health Connection* **1-800-361-5653**

