

Health = Success in Learning!



Parents want their children to feel good about themselves and succeed in school. Health Canada research shows that healthy children are better learners. The healthy habits you have at home concerning healthy eating, activities, relationships and environment can have a positive effect on your child's educational experience.

How?

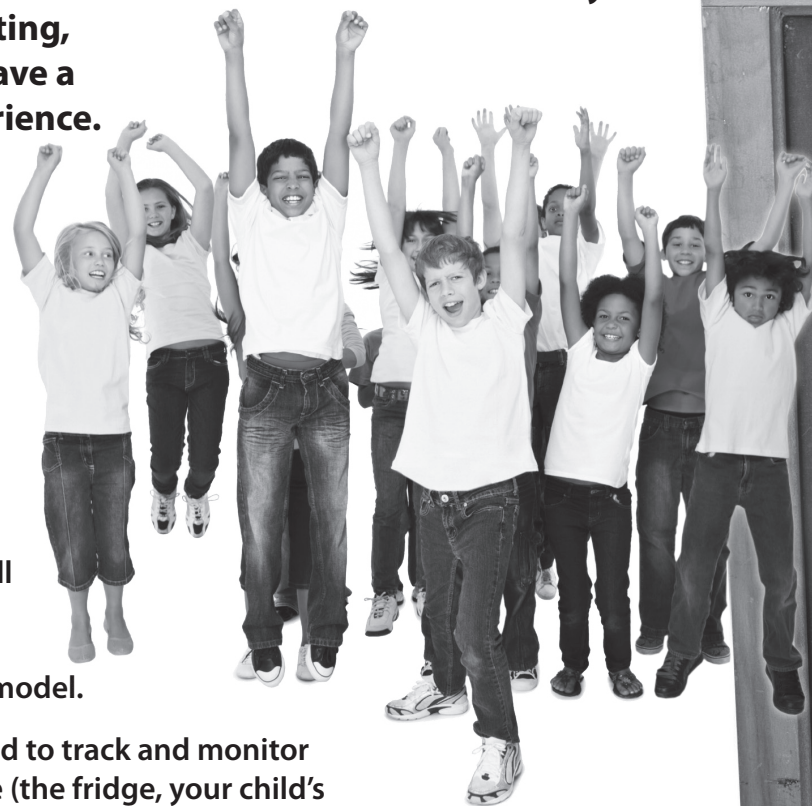
Test results, classroom learning and overall health are directly linked to:

- what your children eat
- how much they sleep
- their routines
- how much physical activity they get

As a parent you can provide healthy family habits that will last a lifetime and improve your child's success in school. Start by sharing simple tips for healthy living with your family and remember the power of being a positive role model.

The easy-to-use chart on the back of this page can be used to track and monitor healthy habits and routines at home. Post copies at home (the fridge, your child's bedroom door or wall) to allow your family to checkmark their healthy behaviours each day. Set new goals and try to add new healthy behaviours as you go along.

You can start charting any time: at the beginning of the school year, or start in January with a resolution to make these healthy habits part of your new year. It may also be helpful for students to use this chart before a testing period to help them achieve their best results. Using this chart will encourage the healthy routines and behaviours that can lead to success and a lifetime of healthy habits.



Past year's results:

Students:

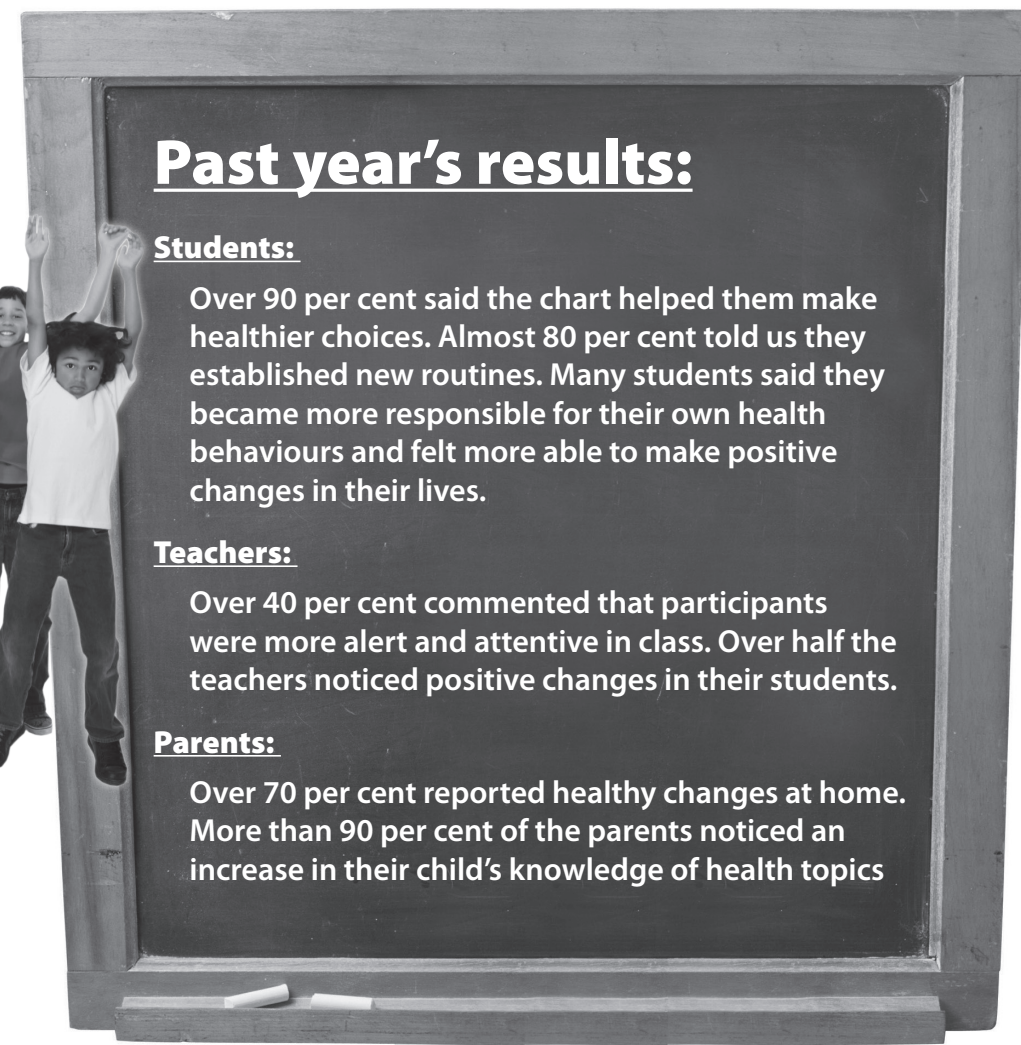
Over 90 per cent said the chart helped them make healthier choices. Almost 80 per cent told us they established new routines. Many students said they became more responsible for their own health behaviours and felt more able to make positive changes in their lives.

Teachers:

Over 40 per cent commented that participants were more alert and attentive in class. Over half the teachers noticed positive changes in their students.





Parents:

Over 70 per cent reported healthy changes at home. More than 90 per cent of the parents noticed an increase in their child's knowledge of health topics



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

's Health = Success in Learning Chart for the month of: _____

Healthy Habits	Week One							Week Two							Week Three							Week Four														
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S								
Healthy Eating 																																				
Ate a healthy breakfast based on Canada's Food Guide*																																				
Helped prepare a healthy meal																																				
Other:																																				
Healthy Activity 																																				
Took part in a physical activity outside of school																																				
Slept between 10 and 11 hours																																				
Other:																																				
Healthy Relationships 																																				
Spent time with family																																				
Had support from family with homework																																				
Other:																																				
Healthy Environment 																																				
Followed a regular routine for homework																																				
Kept to regular morning and night-time routines																																				
Other:																																				



* To get a copy of Canada's Food Guide please visit www.canadasfoodguide.net (multicultural versions are available)

Use this monthly chart with your family to monitor healthy routines throughout the school year or before a major test or exam. Try to include a healthy habit from each of the four areas and add your own!