



HEALTHY SCHOOLS

# Awareness Newsletter

## Healthy Schools, Healthy Kids!

Health is a key factor in school performance. A Healthy School can provide children with opportunities to experience positive role models, healthy food choices, physical activity and positive student-teacher bonds. School staff, students, parents and community partners can work together to improve the health of our school community.

\_\_\_\_\_ (insert school name) is interested in becoming a Healthy School. A Healthy School promotes opportunities for, not only students, but staff and parents to learn positive health attitudes and behaviours. The whole school community is involved in achieving this goal. A Public Health Nurse from the York Region Health Services School Team will support our efforts with tips, guidance and resources.

If you would like to learn more about Healthy Schools, contact \_\_\_\_\_ (insert name of Champion) at \_\_\_\_\_ (insert contact information). An information session will be held in the next little while. Stay tuned to hear more about it!

**Thank you!**