

Building a Healthy High School

Here are some ideas to help you get started

Other Healthy Schools Ideas

IDEAS FOR THE CLASSROOM

Ways to help students learn and practise their new skills for healthy living.

- Organize a health fair where students can present health-related topics learned in their courses
- Include health-related information in PA announcements, newsletters and on the school's website
- Attend a conference where students from different schools talk about healthy schools (Grades 9-12)
- Start a Student Health Promotion committee

IDEAS FOR A HEALTHY SCHOOL

Ways to make your school healthier and safer.

- Make the parking area an idle-free zone – hand out information to people not following the rules
- Create a healthy living bulletin board and resource section in your library
- Start-up composting and recycling programs at your school

IDEAS FOR SOCIAL SUPPORT

Ways to encourage students and staff to treat each other with dignity and respect.

- Create a student round table to talk about issues affecting student health, like teen gambling, cyber bullying, street racing, plagiarism and academic dishonesty
- Ask your Student Council to form a healthy schools committee to focus on issues at your school
- Establish spirit days throughout the year

IDEAS FOR WORKING WITH YOUR COMMUNITY

Ways to work together on healthy school programs.

- Ask your Student Council to include health-related topics on their agenda
- Form a school-wide wellness committee to focus on student health issues that includes students, school staff, principal, parents, public health nurse, community partners.
- Partner with elementary school students to identify areas of need and how your school can help
- Start a 'reading buddies' program where older kids help younger kids improve their reading

YOUR OWN IDEAS

For more ideas visit: www.edu.gov.on.ca/eng/students/healthyschools.html