

## Become a Healthy School

**Consult with key stakeholders** at your school to discuss Healthy Schools and determine if the timing is right.

**Identify your champion.** This consistent, committed person will provide leadership to your Healthy Schools initiative.

**Call York Region Health Connection** to link with a School Program Public Health Nurse. The nurse will guide your champion and school in using the Healthy Schools approach by providing valuable tips, ideas and resources.

### Step 1: Form a Healthy School committee

Form a committee made up of parents, students and teachers. It may be part of an existing committee. Meet regularly to walk through the steps to a healthier school.

### Step 2: Survey your school to identify strengths & needs

Based on your findings, you may decide to take on a topic such as handwashing, nutrition, physical activity or bullying (see next panel for more ideas).

### Step 3: Develop and carry out the Action Plan

Use a comprehensive approach.

### Step 4: Evaluate and celebrate achievements

Review, evaluate and celebrate your Healthy Schools activities.



The whole school approach of the Healthy Schools program can be augmented by services and resources for the classroom, school, home and community on the following topics:

- Body image
- Early Identification: tools to identify developmental delays up to age 6
- Environment: energy conservation, climate change and improved air quality
- Food Safety: Safe handling and preparation of food
- Handwashing
- Healthy eating and nutrition
- Injury prevention: home, recreational and road safety
- Oral health
- Parenting: information and tools for parents
- Physical activity
- Rabies
- Safe drinking water and beach water
- Sexual health
- Substance abuse prevention
- Sun safety and planning for shade in your school
- Tattooing and body piercing
- Tobacco-free living
- Vaccine preventable diseases: Hepatitis B, Meningitis C and Human Papillomavirus (HPV) immunizations
- Violence and bullying
- West Nile virus

For more information or to access these programs, services and resources, call York Region **Health Connection** at **1-800-361-5653** or visit our website at **[www.york.ca/health](http://www.york.ca/health)**

YORK REGION COMMUNITY and HEALTH SERVICES

# Healthy Schools



The York Region Community and Health Services Department is committed to supporting schools to promote, protect and enhance the health of everyone in the school community.

**Contact us to embark on the Healthy Schools journey!**

For more information, call  
**York Region Health Connection** at  
**1-800-361-5653** or visit  
**[www.york.ca/healthyschools](http://www.york.ca/healthyschools)**



YORK REGION COMMUNITY and HEALTH SERVICES

# Healthy Schools



**[www.york.ca/healthyschools](http://www.york.ca/healthyschools)**



# Healthy Schools...

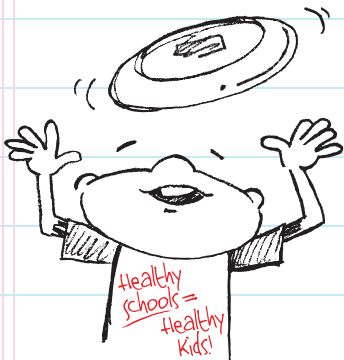
Have learning environments where children and youth are supported by their school community to make healthy lifestyle choices.

## The Healthy Schools program:

- ✓ Is ongoing, with participation and collaboration from your entire school community including: students, parents, school staff and community partners
- ✓ Focuses on health issues specific to the needs and concerns of your school community
- ✓ Uses a comprehensive approach to school health, which includes:
  - high quality instruction and programs
  - a healthy physical environment
  - a supportive social environment
  - community partnerships

## Why a comprehensive approach?

This type of approach enhances the physical, mental, social and spiritual health of the whole school community. It can strengthen your school's capacity as a healthy setting for living, learning and working.



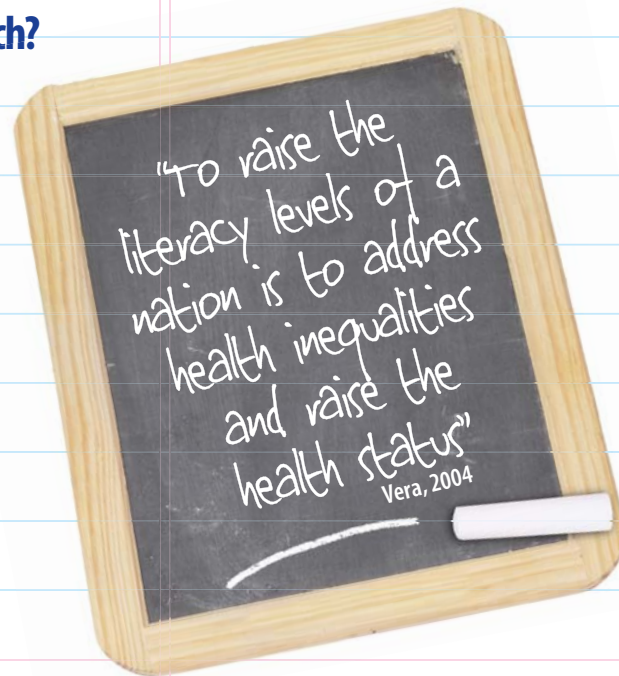
## Best practice findings

Health status is a key factor in school performance. Nutritional, physical, social, and mental challenges as well as risky lifestyle choices can reduce academic success.

A child's feeling of being welcome and connected in school affects academic and health status.

## "Healthy learners are better learners"

(Health Canada, 2002)



## The Healthy Schools program complements school improvement, safe and supportive schools and the Ministry of Education's Healthy Schools Recognition Program.

### All of these strategies:

- focus on academic achievement and health for all
- promote access to community resources
- engage parents and students
- promote positive relationships
- use multiple approaches to address identified problems
- identify early signs of detrimental social issues within the school and respond effectively
- are processes as opposed to events

## Healthy Schools promote engaged, motivated learners and help young people to:

- enhance their health
  - develop to their fullest potential
  - establish productive and satisfying relationships in their present and future lives
- (Canadian Association for School Health)

## Healthy Schools success story: Summitview Public School

Formed a School Nutrition Action Committee (SNAC)

Held a logo contest with students and families and painted the *Healthy Schools are Cool* logo on a wall in the school

Set up a Healthy Schools information booth on curriculum night

### Addressed the following key elements:

**Healthy fundraising:** Changed from cupcakes to healthy, low fat, high fibre recipes

**Healthy refreshments at school events:** Provided fruit and vegetable trays for every classroom after launching the Healthy Schools program at an assembly

**Healthy classroom celebrations:** Communicated with all school community members to send only healthy snacks for classroom celebrations

