

# Building a Healthy High School

Here are some ideas to help you get started

## Physical Activity

### IDEAS FOR THE CLASSROOM

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

- Learn new activities in phys ed classes and intramurals
- Ask teachers to include physical activity in all courses
- Work with phys ed teachers to start a fitness challenge to promote lifelong fitness, goal setting and cardiovascular endurance.

### IDEAS FOR A HEALTHY SCHOOL

*Ways to make your school healthier and safer.*

- Reserve an outdoor area for lunchtime recreational activities
- Help design your school's fitness centre and help select fitness equipment
- Display posters throughout your school on how to warm-up, exercise and cool-down
- Promote active ways of getting to school using a bike, skateboard, rollerblades, or even just walking

### IDEAS FOR SOCIAL SUPPORT

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

- Encourage all students to participate in intramural activities
- Introduce school fitness clubs for walking, running, or kickboxing
- Recommend a girls/guys only time in the school gym or fitness room
- Volunteer to lead a yoga or fitness class for students

### IDEAS FOR WORKING WITH YOUR COMMUNITY

*Ways to work together on healthy school programs.*

- Contact your local public health unit for information on heart health
- Negotiate a student discount at a local fitness centre
- Organize a fitness day for local elementary school students (Grades 7 and 8)
- Invite a local sports organization to help start a new sport, such as cricket or rugby

### YOUR OWN IDEAS

For more ideas visit: [www.edu.gov.on.ca/eng/students/healthyschools.html](http://www.edu.gov.on.ca/eng/students/healthyschools.html)