

Building a Healthy High School

Here are some ideas to help you get started

Mental Health

IDEAS FOR THE CLASSROOM

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

- Talk about mental health concerns
- Partner with elementary schools to talk about harm reduction
- Take training about mental health issues

IDEAS FOR A HEALTHY SCHOOL

Ways to make your school healthier and safer.

- Build a school peace garden where students can go to meditate, conduct class, or socialize
- Post Kids Help Phone posters around the school

IDEAS FOR SOCIAL SUPPORT

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

- Learn how to manage time and stress during exams
- Offer yoga/Pilates/meditation sessions during exam time to reduce stress
- Work with school staff to identify what factors have the biggest effect on student health and what time of year they have the most impact

IDEAS FOR WORKING WITH YOUR COMMUNITY

Ways to work together on healthy school programs.

- Work with community partners to help students with mental health problems
- Ask your local public health unit to offer a mental health workshop
- Invite parents to participate in school activities and celebrations, so they can meet other parents, as well as teachers and students

YOUR OWN IDEAS

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