

Building a Healthy High School

Here are some ideas to help you get started

Personal Safety & Injury Prevention

IDEAS FOR THE CLASSROOM

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

- Ask teachers to help identify personal safety and injury prevention issues
- Attend a course and share what you have learned with other students
- Organize CPR training for students

IDEAS FOR A HEALTHY SCHOOL

Ways to make your school healthier and safer.

- Display posters on injury prevention at school and work
- Report hazardous areas to your teacher
- Organize a school-wide clean-up day

IDEAS FOR SOCIAL SUPPORT

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

- Ask if a student representative can join the Health and Safety Committee
- Share messages about personal safety and injury prevention in PA announcements or at school assemblies
- Organize a presentation on injury prevention, on a topic like workplace safety

IDEAS FOR WORKING WITH YOUR COMMUNITY

Ways to work together on healthy school programs.

- Partner with a local senior's group to have student volunteers shovel walkways
- Ask your local public health unit about offering a first aid training course at your school
- Work with your local police department to teach a safety program
- Invite community partners to come in and talk to students

YOUR OWN IDEAS

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