

Building a Healthy High School

Here are some ideas to help you get started

Healthy Eating

IDEAS FOR THE CLASSROOM

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

- Ask teachers to talk about healthy cooking and nutrition in relevant courses
- Attend a healthy eating conference and share what you learned with your class

IDEAS FOR A HEALTHY SCHOOL

Ways to make your school healthier and safer.

- Partner with a local nursery to learn about growing fresh vegetables
- Post information in your cafeteria about healthy eating and drinking
- Create an area where students can eat healthy, home-made lunches

IDEAS FOR SOCIAL SUPPORT

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

- Set healthy eating standards for the school cafeteria
- Start a healthy food cooking club to cater events at your school
- Encourage students to stay at school for lunch by offering entertainment that communicates healthy messages
- Invite local chefs to teach students about healthy cooking

IDEAS FOR WORKING WITH YOUR COMMUNITY

Ways to work together on healthy school programs.

- Contact your local grocery store about selling subsidized fruits and vegetables at school
- Get involved in a healthy schools committee to discuss healthy topics
- Partner with a community group to start a 'Breakfast Club'
- Publish a healthy eating cookbook with recipes from students and staff, with nutritional information, healthy food choices and substitutions

YOUR OWN IDEAS

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