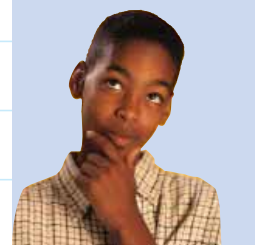




The Benefits of Healthy Schools

The Student

- A positive school environment can improve learning
- Physical activity can improve brain functioning, increasing academic performance
- Students who experience success at school understand the value of good health
- Healthy behaviours learned in childhood are likely to continue in adulthood
- Children who are empowered to take responsibility for their health take pride in their school



The Staff

- Staff wellness programs can reduce stress and improve performance
- Staff who participate in health promotion activities are more likely to model positive health messages through daily interactions with students
- Teachers can teach more effectively when their students are healthier



The Family/Parent/Guardian

- Parents become involved with their children, helping them apply and integrate the new health information they are learning
- Opportunities are created for parents to get involved in the school community
- Parents can learn about keeping their children and their families healthy



The School Community

- Healthy Schools lead to: improved student success, lower absenteeism, reduced drop-out rates, lower incidences of smoking and alcohol use
- When students know how to communicate, resolve conflicts non-violently and manage stress, they help create a healthy school environment
- In a Healthy School priorities can be established and instructional and administrative time can be maximized
- A Healthy School improves relationships between students and staff and makes the school a healthier place to learn and work



Source: Health and Life Skills Guide to Implementation (K-9) Alberta Learning, 2002