

WHAT IS THE HEALTHY SCHOOLS PROGRAM?

York Region Public Health works in partnership with schools to create an environment that makes school the best place to learn, work and play. A Healthy Schools approach engages students and the whole school community by encouraging everyone to make healthy choices.

The Healthy Schools program:

- Recognizes healthy students learn better and achieve more
- Understands schools can influence student health and behaviour
- Encourages healthy lifestyle choices and promotes students' health and well-being

It is important to remember, student health is about more than the absence of illness. Health and education are interconnected, and health can be incorporated into all aspects of school and learning.

The Healthy Schools program benefits from the participation and support of families and the community at large, and parents can make a valuable contribution. Ask your school administrator, teacher, or school council member how you can get involved in student learning and well-being.

This material is provided by York Region Public Health. For more information or resources on Healthy Schools, please visit york.ca/healthyschools



[This document has been prepared and approved by The Regional Municipality of York. We encourage you to share this information in your communications with families in its entirety. Any modification to wording or by reproducing it in part with other wording can alter the original meaning and may no longer be accurate.]

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca/healthyschools



CALLING ALL PARENT VOLUNTEERS!

As a parent/guardian, you play an important role in your child's health and learning. Being involved in your child's school provides an opportunity to guide, promote, and help shape a healthy school environment. Your involvement matters and every bit of support helps!

Examples of how you can get involved:

- Become a member of the Healthy Schools Committee
- Volunteer to help organize or lead a Healthy School event
- Promote/participate in Healthy School activities (e.g., Walking Wednesday)
- Share your ideas with the school
- Speak with others in the school community, such as students, other parents, and school staff to encourage them to be involved
- Help with school fundraisers



Parents are a valuable part of the Healthy Schools program. If you have some time to volunteer at your child's school, please talk to your school principal, teacher, or school council member today!

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