

# Healthy Schools Program



## Healthy learners are better learners

A Healthy School promotes the physical, mental, social, and spiritual health of the whole school community. It's a healthy setting for living, learning, and working.

**PUBLIC HEALTH**  
1-800-361-5653  
[york.ca/HealthySchools](http://york.ca/HealthySchools)

**York Region**



### **Benefits of Healthy School can include:**

- Improved academic success
- Increased mental health and well-being
- Increased student skills, ability and knowledge to make healthy choices
- Enhanced staff and student engagement, connectedness and satisfaction

### **York Region Public Health will support your school in becoming a Healthy School by providing:**

- Consultation on the Healthy Schools process
- Health promotion resources, educational workshops and displays
- Links to community organizations
- Referrals to Public Health services
- Support for health policy development

**Stay connected and sign up for our e-Newsletter!**

**LEARN MORE**



**For more information on Healthy Schools,  
visit [york.ca/healthyschools](http://york.ca/healthyschools)  
or contact your Public Health Nurse  
through Access York at  
1-877-464-9675 or [healthyschools@york.ca](mailto:healthyschools@york.ca)**

  
**York Region**