



Welcome to the Healthy School Student Club!

Healthy School Student Club (HSSC) members work closely with the Healthy School Committee to get involved, plan and lead activities to make their school a healthy place. Club members have fun together. They know the work they do with the club makes a valuable and important difference in their school!

Students in a HSSC:

1. Take on leadership roles and are actively involved in their schools
2. Talk to students to find out what health issues and activities are important to them and then work together to find ways to make their suggestions and ideas “come alive” in their school
3. Contribute to the planning and implementation of the Healthy Schools Action Plan at their school
4. Participate in creating a school environment where every student feels like they belong

Getting started:

With the club’s adult leader, HSSC members will:

- Come to meetings and work together as a club
- Use the HSSC Kit supplies to brainstorm ideas and create your projects
- Work with the HSSC adult leader to develop ideas and projects
- Find a place where projects and ideas can be posted

The HSSC Kit

Some items that may help you with your club project:

- Healthy Schools t-shirts
- Laminated Healthy Schools event posters
- Dry erase markers
- Mounting putty
- Sidewalk chalk
- Masking tape
- *Healthy Schools = Healthy Kids* pencils
- Apple/soccer ball eraser
- Pencil sharpeners
- Colour coding labels
- Pens
- Post-it notes
- Binder with loose leaf paper
- Ruler
- Glue stick
- Hand sanitizer



Be creative! Here are a few examples of activities the HSSC members can do to help create a Healthy School community:

- **Help students learn more about health and well-being:**
 - Make morning announcements that contain healthy messages
 - Plan assemblies with fun, active ways to learn about health
 - Ask your teacher how you can help with health and physical education learning in the classroom

- **Make the school building, inside and out, a healthy place:**
 - Create and put up posters that encourage healthy choices
 - Make healthy foods available e.g. help to run the snack/milk program
 - Give the Healthy School Committee ideas for space or equipment that is needed for healthy eating and safe ways to be active; help set the equipment out for students to use
 - Help students be active and reduce bullying by running a recess school-yard PLAY program
 - Decorate school areas during healthy events like International Walk to School Day

- **Create a school culture where everyone is supported to make healthy choices:**
 - Create simple surveys or just ask students and teachers what is most important to them about health and work towards making it happen
 - Be a role model – show how you are making healthy choices!
 - Invite teachers to be involved in healthy challenges, as role models
 - Give suggestions to your principal about school guidelines to make the healthy choice the easy choice
 - Give awards/prizes to students caught making healthy choices

- **Contact some of the following partners who may help with your projects:**
 - Healthy School Committee
 - Students
 - Public health nurse
 - Parks and recreation
 - Parents
 - Other school clubs
 - School Council

Have fun making your school a healthier place!

