



HASTINGS PRINCE EDWARD
Public Health

Healthy Schools

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Learning Goals

Today, we will learn about:

- The Healthy Schools Approach
- The Ontario Foundations of a Healthy School
- The Healthy Schools Process



Minds on Activity

Answer these questions together:

- What does a Healthy School look like?
Sound like? Feel like?
- Why do we need Healthy Schools?
- What are the benefits for
students/staff/schools/families?



The Healthy Schools Approach

Healthy Schools, Healthy Communities: How You Can Make A Difference (Ophea)

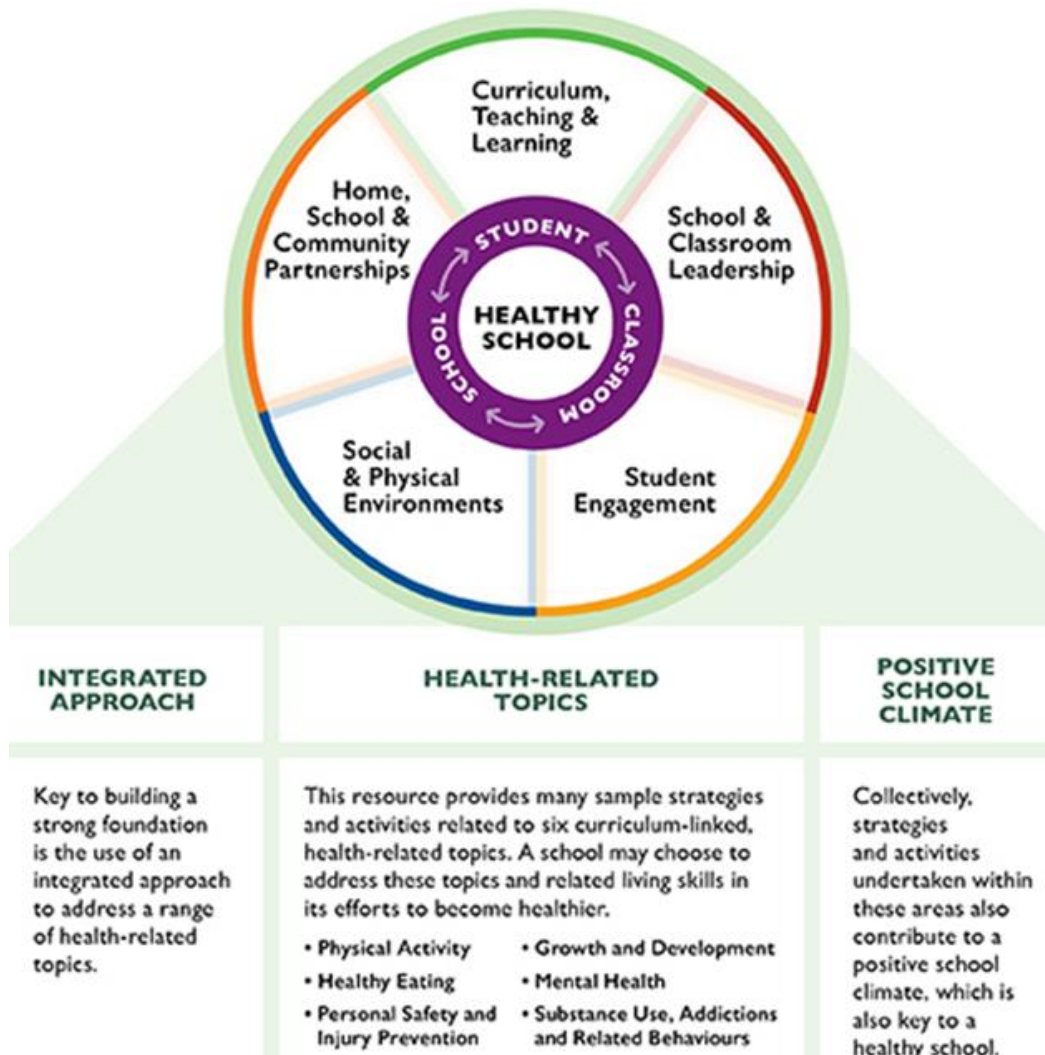


Key Points

- We all want what's best for our kids – to be healthy and happy
- Establishing a Healthy School is not up to one person – we all have a role to play
- Different names used in different parts of the world
- No matter what it's called, the goal is the same
- It involves shared goals/ planning / taking action
- Empower young people

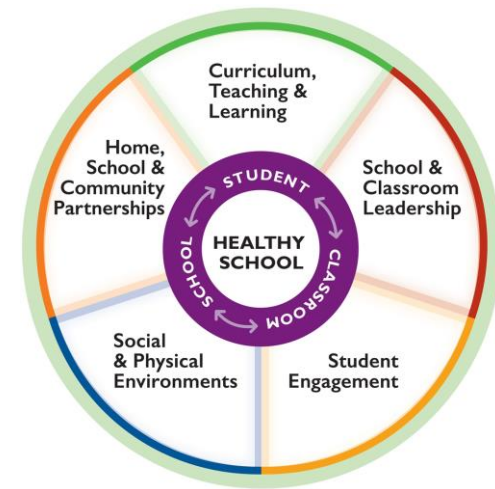
Ontario Ministry of Education

Foundations for a Healthy School



Ontario Ministry of Education

Think of it like planting a garden.
Start by preparing the soil.



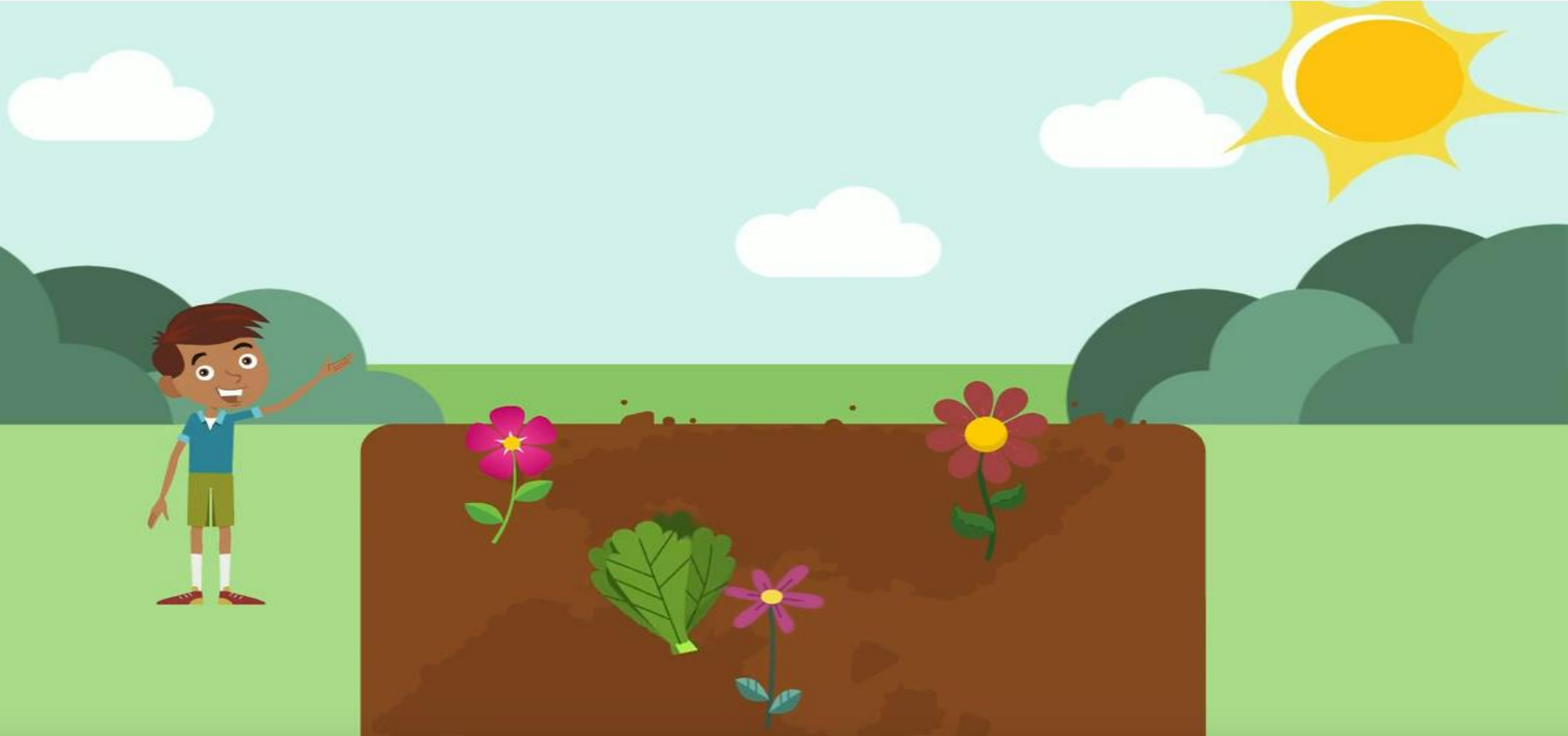
Plant the seeds.



Water the garden to help it grow.



Add some sunshine.



Support student gardeners.



The Healthy Schools Process

Basic Steps for Building Healthy Schools

STEP 1

- Form a Healthy Schools Action Team

STEP 2

- Identify strengths and needs

STEP 3

- Create and carry out the Action Plan

STEP 4

- Evaluate and celebrate!





The Healthy Schools Toolkit



For more information
please visit

hpePublicHealth.ca

Thank you!