



## Tips: Healthy Schools Action Team Recruitment Strategies

- Encourage student, staff, and caregiver participation on the committee by promoting Healthy Schools and the Healthy Schools Action Team at your:
  - School Council meetings
  - Staff meetings
  - School assemblies
  - School-wide events
- Invite a variety of students in different grades to participate in the Healthy Schools Action Team and try to include students between grades four to eight. This strategy supports continuity of membership as well as program sustainability from year-to-year.
- Have students fill out a request to join the committee
- Put up flyers around the school advertising the Healthy Schools approach
- Include announcements supporting the school recruitment of Healthy Schools representatives
- Insert an announcement into the school newsletter requesting involvement
- Set-up displays and sign-up sheets at school events such as school BBQs, Meet-the-Teacher and Welcome to Kindergarten nights
- Invite your local Public Health staff to provide a Healthy Schools presentation for staff or School Council. This would include current research and statistics supporting Healthy Schools and evidence of its effectiveness
- Talk to parent volunteers that are already involved at the school
- Have school administrators or the Healthy Schools Champion spread the word; they may have additional influence on caregivers and teachers
- Promote recognition of volunteers participating on the Healthy Schools Action Team through features in the school newsletter or recognition awards at the end of the school year
- Identify champions who believe in the Healthy Schools approach and encourage these people to promote the benefits for the school
- Promote and highlight the healthy activities already taking place within the school
- Look to other schools for examples of what is working well to encourage the school to promote the benefits of the Healthy Schools approach

*Adapted with the permission of York Region Community and Health Services*