

HEY STUDENTS!  
IMPROVE HEALTH  
& WELL-BEING  
AT YOUR SCHOOL!

**HEALTHY**  
**SCHOOLS**  
**ACTION**  
**TEAM!**

Working with a school adult leader, students can create a Healthy Schools Action Team. The team will follow the steps of the Healthy Schools Process to make their school a healthy place.



### **STEP 1**



## **Spread the word about starting a new Healthy Schools Student Action Team. Recruit interested students to be members.**

1. The first step is talking to your principal and getting a school adult leader to support your group.
2. Organize the first team meeting.
3. Decide on a name for your team. Consider making this a fun exercise, with a naming and logo contest.
4. Talk about [the vision](#) you have for improving health and well-being at [your school](#).
5. Sort out the details of your team like when and where you'll meet or how the meetings will run. Set some group guidelines together.



### **STEP 2**



## **Find out what students and staff feel are strengths and needs at your school. Identify priority areas for action.**

1. Find out what health topics or issues students are most interested in or are dealing with often.
2. What specifically do you want to know from students about a topic or issue?
  - What do they already know?
  - What do they want to know?
  - What do they think about the ideas you might have?
3. Talk to your adult leader or principal before you collect information from students. Think about how you will ask students (e.g., surveys, in-person talks, online votes, etc.).
4. Are there reports already available that might give you some information (e.g., The [Ontario Student Drug Use and Health Survey](#), COMPASS Survey, School Climate Survey)?



### STEP 3

## Use the results to plan your activities for the school year.

1. Brainstorm and choose activities that will help respond to the interests and meet the needs of students and staff.
2. Start small and pick things that are easy to accomplish as first steps.
3. Choose fun activities to encourage people to get involved.
4. Use a [planning template](#) or create your own to help you organize the details.
5. Find out if your community can help you carry out the activities (some ideas include donations, presentations, activities, and snacks).
6. Complete the activities!



### STEP 4

## As you complete your activities, evaluate what worked well and what didn't. Use this information to make improvements for next year's activities.

1. What activities were successful? Why?
2. What could you change for next time?
3. Did you make the impact you were hoping to? How do you know?
4. How did your team work together? Are there any changes you can make to improve your teamwork?



## **CELEBRATE!**

Share team successes  
with the whole school.

# ***Do you want to help make health and well-being an important part of your school? You can start a Healthy Schools Action Team!***

1. Help students learn more about health and well-being.
2. Help make the school building a healthier place (inside and out).
3. Create a school culture where there is support for everyone to make the healthy choice the easy choice.

**You can make a difference  
at your school!**

To learn more visit [hpePublicHealth.ca/HSToolkit](http://hpePublicHealth.ca/HSToolkit)

## **Public Health is available to help!**

Talk to your school public health nurse to learn how Public Health can help your team.

- Stop by the public health nurse's office
- Email: [healthyschools@hpeph.ca](mailto:healthyschools@hpeph.ca)
- Fill out the [Healthy Schools Program contact form](#)
- Call: 613-966-5500 | 1-800-267-2803 ext. 263

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