



## What is a Healthy School?

A healthy school is where everyone works together to improve the health and well-being of the whole school community.

Your school community includes:

- YOU (the students)
- school staff (*for example, your principal, and your teachers*)
- your parents and family
- community partners (*for example, Public Health, and your neighbourhood gym*).

## Why be part of a healthy school?

Positive changes are bound to happen in a healthy school:

- **Healthier Students!** And healthy students are better prepared to learn and enjoy the time they spend at school.
- **Healthy Choices!** It is easier to make healthier choices when everyone around you is working together to create a healthy school.
- **Lifelong Healthy Living!** The healthy skills you develop and practice now can lead you through a life of healthy living.
- **Leadership Opportunities!** It can be fun and empowering to work with a team to make healthy changes to your school.

## What is Ophea's HS Certification?

Ophea's HS Certification helps school communities like yours focus on a health topic by following the 6-Step Healthy Schools Process.

### Step 1: Establish Your School Team

Create a team with the help of the teacher who will guide the team through the Healthy Schools process, or join your school's existing Healthy School team.

### Step 2: Assess Your School Community Needs and Assets

Find out what health issues are important to your school (a great way to do this is through surveys that you hand out to other students)—these are your school's **needs**. Write down or talk about all of the positive things your school is already doing (for example, intramurals) or already has (for example, a hockey rink beside the school) that you could use to help plan activities—these are your school's **assets**.

### Step 3: Identify Your Priority Health Topic

With you team, pick one health topic from the following list that your school will focus on for the year:



Physical Activity



Healthy Eating



Personal Safety  
and Injury Prevention



Growth and  
Development



Mental Health



Substance Use, Addictions  
and Related Behaviours

#### Step 4: Develop an Action Plan

Write out an action plan with your team that shows all the activities you plan to do during the school year, including dates, responsibilities, and the materials you will need.

#### Step 5: Take Action and Monitor Progress

Carry out the activities you and your team planned and be sure to change your action plan to show if you weren't able to do an activity.

#### Step 6: Celebrate and Reflect

This is the fun part! Celebrations can be big or small. For example, there can be a big celebration with your whole school at the end of the year, but also make sure to encourage everyone by celebrating the things your team has done throughout the year. The reflection part of this step is a wrap-up of everything you've done over the year and sharing what went well and what could be improved on for next year.

#### What is my role in a healthy school?

- The whole point of HS Certification is to create a healthy school for everyone, especially for the students, which means you should be involved!
- An important part of HS Certification is about involving YOU—it's called student engagement. As a member of the school team, you help identify what your school has and what it needs, choose the health topic, and you help plan and lead activities and celebrations.

#### Do You Want To Be Part of a Healthy School?

Talk to your teacher to find out if your school already has a Healthy Schools team and/or is already part of HS Certification. If not, send them to: <http://www.ophea.net/healthy-schools-certification> for more information.

Not really sure what "Healthy Schools" means? Check out Ophea's Healthy Schools video at: [https://www.youtube.com/watch?v=ODXeq5S\\_J8A](https://www.youtube.com/watch?v=ODXeq5S_J8A)

