

# Ophea's Healthy Schools Certification - Parents/Family



Ophea's Healthy Schools Certification (HS Certification) recognizes and celebrates school communities for promoting and enhancing the health and well-being of students, school staff, and the broader community.

## Goals of HS Certification

- to **support** and **increase** the capacity of school communities across Ontario to effectively implement the 6-Step Healthy Schools Process
- to **celebrate** and formally **recognize** an individual school community's achievements related to the 6-Step Healthy Schools Process

## Why Get Certified?

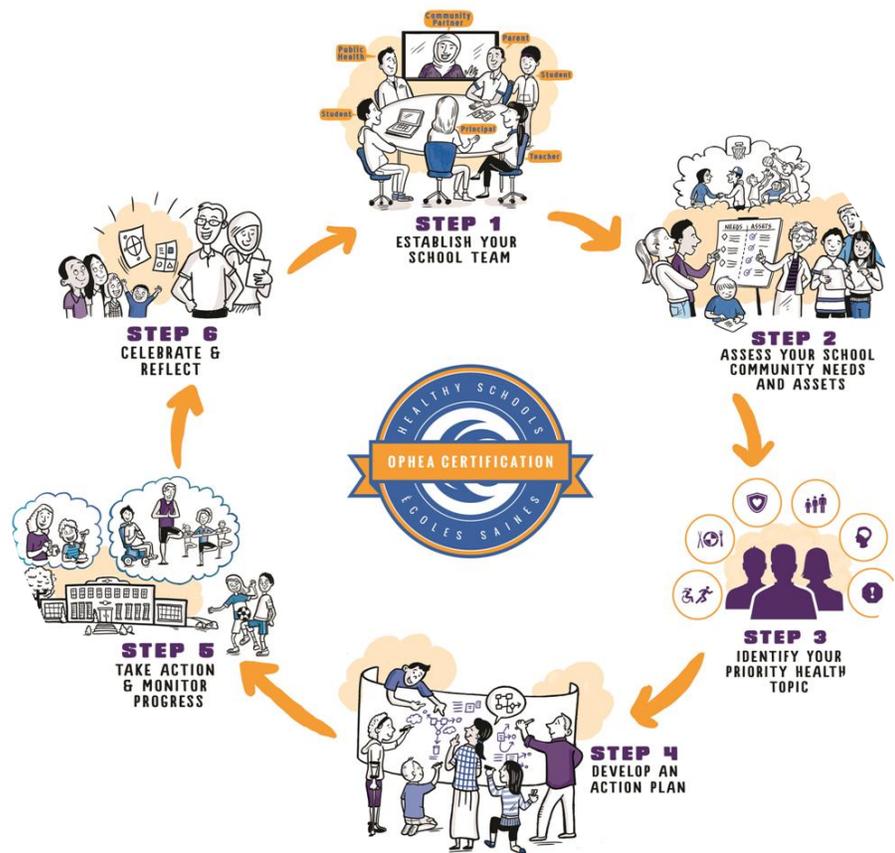
- ✓ To increase student engagement and leadership
- ✓ To strengthen and/or make new community partners
- ✓ To connect the dots between what your school is already doing
- ✓ To implement provincial education policies at the school and board level
- ✓ To guide your school community in addressing a priority health topic through the 6-Step Healthy Schools Process
- ✓ To encourage students, staff, and the broader community to make healthier choices
- ✓ Bragging rights! Everyone will know that you've been formally recognized for being a healthy school!

## How Does My School Get Certified?

By completing the 6-Step Healthy Schools Process over the course of the school year, schools who have registered in the fall will earn points and can apply to be certified in April as a Gold, Silver, or Bronze level Healthy School.

Certification is based on a school's ability to follow and complete the process and not on the type or number of activities chosen so it's flexible and adaptable for all school communities.

School certification levels are announced in May of each year and a banner is sent to certified schools celebrating their level.



School teams will choose from six health topics to focus on during the school year. The 6 choices are:



While schools select a priority health topic, they are still encouraged to promote health in all areas.

### What is the Healthy Schools approach?

The Healthy Schools approach engages the whole school community to promote and enhance the health and well-being of children, youth, school staff, and the broader community.

The school community includes:

- Students
- Parents, guardians, and family members
- School staff (e.g., educators, administrators, support staff)
- Community partners (e.g., public health, recreation and sport groups, police and fire services, municipalities, other schools, not-for-profit organizations, local social services and businesses)

**The Healthy Schools approach can result in the creation and/or sustainability of a healthy school.**

### What is a parent’s or family member’s role in a healthy school?

Parents/Family at both the elementary and secondary levels have a lot to offer their school community including their time, expertise, support, and encouragement. Parent engagement on a school team can ensure that the activities selected consider the parent and family perspective and that the health and well-being promoted in the school is also reflected at home.

School parent councils and school board [Parent Involvement Committees](#) (PICs) are an excellent resource to support a variety of activities and a great way to get the parent perspective. At the secondary level, parents may play a less formal role but are still a critical component of the well-being of the school community and can often act as a connector between the school and other community partners.

For more information, visit: [ophea.net/HSCertification](https://ophea.net/HSCertification)

For specific questions, email: [healthyschools@ophea.net](mailto:healthyschools@ophea.net)

To see what schools are doing, check out our Twitter hashtag #HSCertES.