

Ophea's Healthy Schools Certification - Students



Ophea's Healthy Schools Certification (HS Certification) helps schools and the whole community be a healthier place by focusing on a health topic and following the 6-Step Healthy Schools Process.

Goals of HS Certification

- to help your school complete become a healthier and more welcoming place by completing the 6-Step Healthy Schools Process
- to celebrate and recognize your school's achievements in making your school community a healthier place

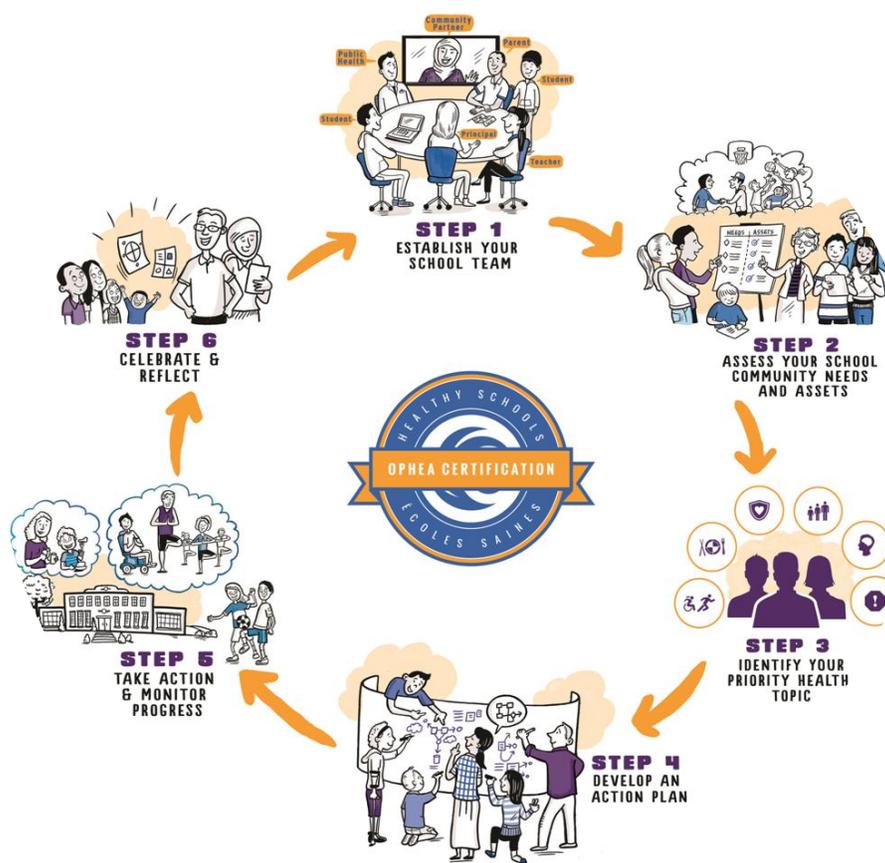
Why Get Certified?

- ✓ **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.
- ✓ **Bragging rights!** Everyone will know that your school has been formally recognized for being a healthy school!

How Does My School Get Certified?

Ophea's HS Certification helps school communities like yours focus on a health topic important to you by following the 6-Step Healthy Schools Process. From September to April, your school will earn points and can apply to be certified as a Gold, Silver, or Bronze level Healthy School (and you'll get a banner to prove it!).

Certification is based on how well your school follows and completes the process, not on the number of activities you do. It's flexible and adaptable for all school communities.



School teams will choose from six health topics to focus on during the school year.

The 6 choices are:



Physical Activity



Healthy Eating



Personal Safety and
Injury Prevention



Growth and
Development



Mental Health



Substance Use, Addictions
and Related Behaviours

Even though you will select one priority health topic, we still encourage you to promote health in all of the 6 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:

- You! - the students
- Your parents and family members
- School staff (like your principal and your teachers)
- Community partners (like Public Health, recreation and sport groups, police and fire services, other schools, local businesses)

What is my role in a healthy school?

The whole point of HS Certification is to create a healthier school for everyone, especially for students, which means you should be involved from the beginning! We call this student engagement and leadership. As a member of the school team, you help identify what your school has and what it needs, choose the priority health topic, and help plan and lead activities and celebrations.

Talk to your teachers or principal to find out if your school already has a Healthy Schools team and/or is already part of HS Certification. If not, get them to register and make your school a healthier one!

For more information, visit: ophea.net/HSCertification

For specific questions, email: healthyschools@ophea.net

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