






Examples of Comprehensive Healthy Schools Activities

Note: Some initiatives may address multiple foundations at once.

FOUNDATION FOR A HEALTHY SCHOOL	HEALTHY EATING	PHYSICAL ACTIVITY
 Curriculum, Teaching and Learning	<ul style="list-style-type: none"> Grocery store tours Using recipes and nutrition labels for math and English lessons Sip Smart campaign teaching kids to make healthy beverage choices 	<ul style="list-style-type: none"> Active math problems Outdoor science walks Teachers receive training on new DPA activities
 School and Classroom Leadership	<ul style="list-style-type: none"> Non-food rewards and healthy classroom celebrations policies Students allowed to have a water bottle on their desk all day 	<ul style="list-style-type: none"> Policy stating that withholding of recess is not to be used as a form of discipline Make the gym available for use before and after school
 Student Engagement	<ul style="list-style-type: none"> School garden Cooking clubs Students provide input into healthy choices offered at tuck shops or vending machines 	<ul style="list-style-type: none"> Student recess leaders that run low-org physical activities and games Students can earn turns to lead DPA sessions
 Social and Physical Environments	<ul style="list-style-type: none"> School milk program Water bottle refill stations available 	<ul style="list-style-type: none"> Adequate quality, quantity and availability of sports equipment 30-second 'morning movements' during announcements Walk or Wheel to School challenge
 Home, School and Community Partnerships	<ul style="list-style-type: none"> Healthy fundraising activities Student Nutrition Programs that are collaborative 	<ul style="list-style-type: none"> Volunteer-led walking school buses Community guests invited to introduce new activities (e.g. Zumba)

How to help not harm: Carefully consider the activities your school chooses to work on as some may have unintended consequences. For example, running a contest to see who can pack the healthiest lunch may damage students' self-esteem as many factors that the child has little control of influence what gets packed in lunches (e.g. culture, income, parental knowledge and time). Public health staff can help your healthy school team choose an activity that will work best at your school.



Foundations for a Healthy School

Curriculum, Teaching and Learning



Combining classroom learning with other formal and informal resources and activities to help students, and staff, gain skills and knowledge related to their health

School and Classroom Leadership



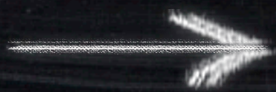
Developing guidelines, rules and policies that help shape a caring, safe and healthy school setting for students and staff

Student Engagement



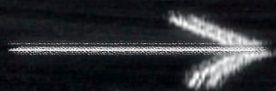
Offering opportunities and encouragement for students to be active leaders and contributors in the quest to make themselves, their peers and their school community healthier

Social and Physical Environments



Creating a social climate and physical environment (e.g. playgrounds, school building, sidewalks, etc.) at the school which support healthy choices

Home, School and Community Partnerships



Making strong connections between schools, families, community groups, public health and others who support student health