



# HEALTHY SCHOOLS COMMITTEE

## What does a Healthy Schools Committee do?

A Healthy Schools Committee can play an important role in strengthening the health and well-being of your school community.

### A Healthy Schools Committee ....

- Creates a vision and goal(s) for student well-being
- Assesses the strengths and identifies areas for improving the health of the school community
- Oversees the planning, implementation, monitoring and evaluation of health-related activities
- Connects with other school committees as needed to collaborate on school activities (e.g. school improvement teams, Eco Schools)
- Organizes recognition and celebration events in relation to wellness achievements



## Who should be part of a Healthy Schools Committee?

The committee should include representation from the whole school community: school staff and administrators, a variety of students, parents/caregivers and community members. It can be a new committee, or an existing committee such as a Safe, Caring and Inclusive Committee, Eco Schools, wellness committee, etc.



FOR MORE INFORMATION AND RESOURCES:

Connect with your public health school nurse

Call the Healthy Schools intake line at **519-258-2146, ext. 1555**

Email the Healthy Schools Program at **[csh@wechu.org](mailto:csh@wechu.org)**

To get a copy of the Healthy Schools Committee Toolkit, visit our website

[School Health | The Windsor-Essex County Health Unit](#)

# Why have a Healthy Schools Committee in your school?

Research and experience have shown that students, staff and the entire school community benefit from being a Healthy School.

The benefits of creating an active, Healthy Schools community:



## Students will...

- Be able to experience improved concentration and learning in class because their basic nutrition, physical activity, mental and emotional well-being needs are met
- Develop greater confidence, motivation, self-esteem and have the commitment and capacity to make important life and health choices
- Have access to community services
- Be more likely to achieve greater academic success
- Have strategies to interact effectively with peers to build positive relationships
- Attend school more regularly
- Get involved in leadership opportunities, decision-making and problem solving



## Staff will...

- Feel healthier, more engaged, enthusiastic and productive
- Experience reduced stress and absenteeism
- Model positive and healthy behaviour in their daily interactions with students
- Develop positive professional relationships and staff-student connectedness



## The school community will...

- Provide a place to identify, prioritize and raise awareness about health issues
- Give students, parents/ caregivers and school staff an opportunity to work together and impact health and well-being
- Provide more opportunities for student leadership and engagement
- Facilitate better access to community resources



## Families will...

- Have opportunities to become involved in the school community
- Participate in their child's health and learning
- Learn about keeping their children and their families healthy at home

*Acknowledgements: This information is adapted with permission from The Regional Municipality of York.*



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