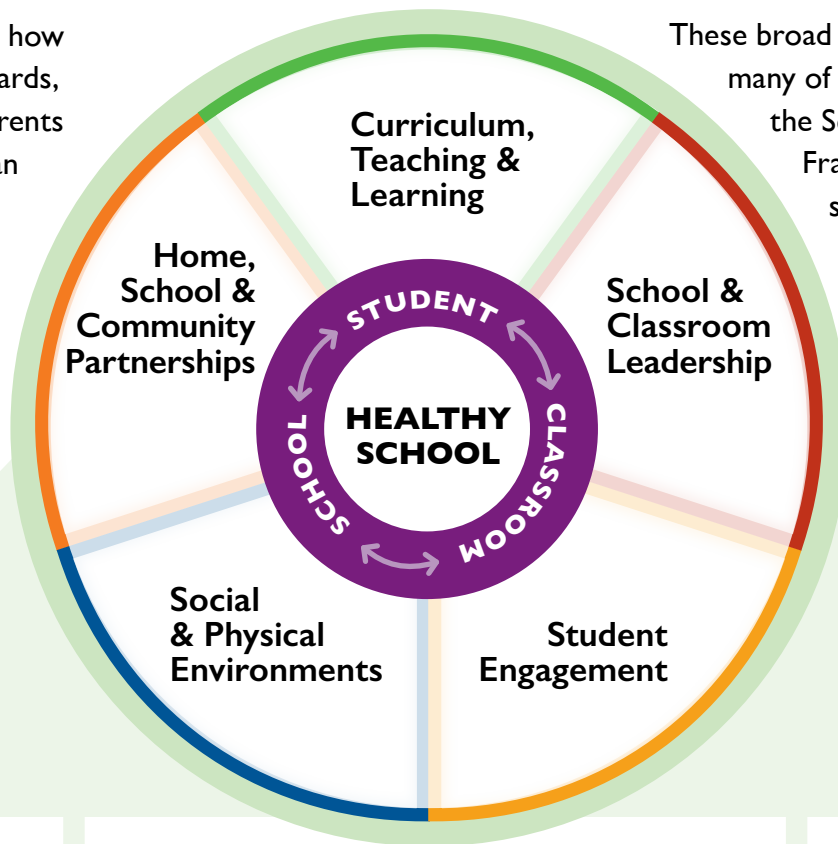


Foundations for a Healthy School

Promoting well-being is part of Ontario's *Achieving Excellence* vision

This resource outlines how schools and school boards, in partnership with parents and the community, can develop a healthier school. The foundations for a healthy school are built within five broad areas that have strategies and activities for the school, classroom and student.



These broad areas align with many of the components of the School Effectiveness Framework to help schools and school boards use *Foundations for a Healthy School* as part of their planning process and as a resource for implementation.

INTEGRATED APPROACH

Key to building a strong foundation is the use of an integrated approach to address a range of health-related topics.

HEALTH-RELATED TOPICS

This resource provides many sample strategies and activities related to six curriculum-linked, health-related topics. A school may choose to address these topics and related living skills in its efforts to become healthier.

- Physical Activity
- Healthy Eating
- Personal Safety and Injury Prevention
- Growth and Development
- Mental Health
- Substance Use, Addictions and Related Behaviours

POSITIVE SCHOOL CLIMATE

Collectively, strategies and activities undertaken within these areas also contribute to a positive school climate, which is also key to a healthy school.

Download the full resource at ontario.ca/healthyschools

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