



Fact Sheet: Benefits of Creating a Healthy Schools Community

Research and evidence have shown that students, staff, and the entire school community benefit from being part of a healthy school. In a healthy school, students, staff, families, and the school community will benefit.

Students will...

- Be able to concentrate and learn better in class when 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 results
- Have strategies to interact effectively with peers
- Attend school more regularly
- Get involved in leadership opportunities, decision-making processes, and problem solving
- Build capacity to make important health and life choices
- Have more productive and satisfying relationships

Staff will...

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

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 family's healthy at home

The school community will...

- Provide an opportunity to identify, prioritize, and raise awareness about health issues
- Give students, caregivers, and school staff the opportunity to work together and impact the health and well-being of all members of the school
- Provide more opportunities for student leadership/engagement
- Facilitate improved access to community resources

Adapted with the permission of York Region Community and Health Services