



## Raising Awareness Newsletter Insert

### Healthy Schools, Healthy Kids!

Healthy Schools are positive environments where children are supported by their school community to make healthy lifestyle choices. Students, school staff, caregivers, and community partners can work together to improve the overall health and well-being of the school community.

Some of the benefits of becoming a Healthy School include improved academic success, increased mental health and well-being, increased skills to make healthy choices, student engagement, enhanced relationships, and improved connections between staff and students.

(insert school name) is interested in establishing a Healthy Schools Action Team to implement the Healthy Schools process. If you would like to learn more about the Healthy Schools process, contact (insert name of champion) at (insert contact information). An information session will be held soon. Stay tuned for more information.

Thank you!