

BC Healthy Schools Network

An extensive body of research supports the common-sense idea that when children are healthy they learn better, achieve more and have higher self-esteem.

The BC Healthy Schools Network (HSN), a voluntary organization of public and independent schools, was established in 2006 to address a variety of academic, social and emotional concerns of students through a comprehensive school health approach.

Those “Healthy Schools” that join the Network embrace and recognize that all aspects of the life of the school community are potentially important in the promotion of health and that schools, families, the health sector and the community share responsibility for children’s healthy growth and intellectual development. Healthy schools put into practice the comprehensive school health approach, incorporating policies and practices that support students’ health and overall well-being. Effective comprehensive school health approaches make a major contribution to schools achieving their educational and social goals. [Click here to be inspired by the HSN Case Study stories highlighting member school practices, findings and reflection.](#)



Comprehensive School Health

is an internationally recognized framework for supporting improvements in students’ educational outcomes while addressing school health in a planned, integrated and holistic way. It is not just about what happens in the classroom. Rather, it encompasses the whole school environment and across all aspects of the school. Research clearly demonstrates interrelated comprehensive approaches offer more effective solutions than addressing single components.

[Click here to learn more about Promoting Health in Schools](#)

The HSN is a component of the Network of Performance Based Schools, a voluntary action research learning community in BC designed to improve student learning. The HSN represents a partnership between the Ministries of Education, Healthy Living and Sport and the Directorate of Agencies for School Health (DASH) BC.

Throughout the province, BC Healthy Schools Network members are providing positive leadership, locally and provincially, by:

- ✓ recognizing the benefits of provincial strategies for healthier students;
- ✓ supporting healthy schools targets which actively promote healthy lifestyle choices such as increasing fruits and vegetables consumption, increasing physical activity, reducing overweight and obesity, and reducing tobacco use;

- ✓ championing healthy lifestyle initiatives such as food and beverage guidelines for food sales in schools, daily physical activity, and smoking legislation as it applies to schools;
- ✓ using strategies that help students feel more connected to school to encourage learners to stay in school longer; and
- ✓ using assessment for learning strategies, as well as networking to connect people, ideas and resources that focus on improving student learning.

Schools that join the HSN commit to using a comprehensive school health approach for integrating health promotion activities in a planned and organized way. Membership requirements are clearly laid out in the [Healthy Schools Network Requirements](#).

Benefits HSN members receive in return include joining their counterparts at regional meetings as well as being eligible for a \$1000 grant at the end of their year upon full participation in the Network.