



Comprehensive School
Health
“Healthy Schools”



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What are healthy schools?

- The concept of healthy schools emerges from a global movement that recognizes two key ideas:
 - Healthy children learn better, and
 - Schools can directly influence children's ability to learn

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- Healthy schools embrace the view that children's healthy growth and intellectual development is
 - a shared responsibility, and
 - the school is an ideal setting to enhance physical and emotional wellbeing

“The school setting is one of the most promising settings for helping children and youth develop healthy ways of living.”

Provincial Health Officer, An Ounce of Prevention 2003

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Benefits of System-Wide Approaches

- Literature clearly demonstrates:
 - Interrelated
 - Comprehensive approachesare MORE effective than solutions addressing only one component.

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Healthy School Components

- Teaching and Learning
 - Health skills – formal and informal curriculum
- Social environments
 - Emotional and physical environments
- Partnerships
 - Involve the whole school community and community members

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Partnerships: A fundamental principle

- Successful school health promotion capitalizes on:
 - Working across sectors to achieve common outcomes
 - Linking with and coordinating services, resources that contribute to student health.

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Healthy School Assessment Tool

- Stimulates discussion within and between the systems.
- Confirms the value of existing actions and activities.
- Identifies and prioritizes areas for improvement.

"A healthy school consistently strengthens its capacity as a healthy setting for learning."

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“The extent to which a nation’s schools become health promoting will play a significant role in determining whether the next generation is educated and healthy.”

– Jack Jones, WHO

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