

Healthy Schools Handouts

Step 5

Table of contents

Handout	Page
Communicating about Healthy Schools: Sample messages (step 5)	3-4

Communicating about Healthy Schools: sample messages

Below are some sample announcements for each step of the Healthy Schools approach. Adapt and personalize these messages to suit your school's unique needs!



Step 1 – Establishing a Healthy Schools Committee

PA announcement sample

Healthy students = healthy learners = brighter futures! This is what our school is working to achieve. We are excited to announce our school is becoming a Healthy School. This means there is an opportunity for staff, students, parents and community members to join our Healthy Schools Committee and make a difference in the health of our school community. If you would like to learn more about Healthy Schools and how to get involved, contact _____ (Healthy Schools Champion). An information session will be held on _____(date). Get involved and stay tuned for more updates and exciting events throughout the year. We are on our way to making our school the best it can be!

Newsletter sample

Did you know our school started a Healthy Schools Committee? It is a group of students, teachers, parents and community members working to make our school a healthier place for all! The Healthy Schools Committee will focus on addressing a priority health topic by developing an action plan of activities, events, and initiatives that will support improved health for the whole school community. By working together, we can create a healthier school environment. We encourage students, staff, parents and community members to join the Committee and work with us in building a healthy school. If you are interested in joining or want to learn more, we invite you to the first Healthy Schools Committee meeting, which will be held on _____ at _____. Please contact _____ to get involved. See you soon!



Step 2 – Assessing your school's strengths and needs

Your Healthy Schools Committee is well on its way to developing a plan to improve our school's health, and they need your help! As an important member of the school community, the committee wants your input – What are our school's strengths? What areas can we improve on? Voice your opinion on what we should work on this school year! Contact _____ (Healthy Schools Champion) to share your thoughts.



Step 3 – Determine your priority topic

Your Healthy Schools Committee has decided on a clear focus for this school year! At our last meeting, we reviewed everyone's ideas, looked at our school data and discussed a number of health topics. We are excited to share that our priority topic this year will be _____. We would like to involve the whole school community with activities that will help us meet our goal of improving _____ (priority topic) and our overall school health! Stay tuned for ways you can get involved or contact _____ (Healthy Schools Champion)!



Step 4 – Create your healthy schools action plan

Your Healthy Schools Committee is busy putting together an action plan with ideas to improve _____ (priority topic) in our school community. One activity that we are working on is _____ (Provide details on an activity or promote an event and how staff and students can get involved). Continue to check _____ (Newswire/School Day), the school website and/or social media for information about upcoming activities and events you can participate in!



Step 5 – Monitor your progress

Thanks to your support and participation, we have made excellent steps towards becoming a healthier school! A few examples of our accomplishments this year include _____ (list activities). We know it's important to always take time to reflect and learn from what we've done. One example of what we learned is _____ (Provide an example action the school will take based on what was learned). Congratulations to everyone involved! Let's keep the momentum going by continuing to work together to make our school the healthiest it can be!



Step 6 – Year end celebration

Your Healthy Schools Committee would like to thank the entire school community for the support and amazing participation seen throughout the school year with the many actions we took to improve _____ (priority topic)! We have accomplished a lot, including _____ (list accomplishments). This success would not have been possible without the hard work and input of the Healthy Schools Committee and the entire school community. As we wrap up this year and begin planning for next year, we'd like to invite new faces to join the Healthy Schools Committee. If you're interested in joining the Committee for next year, contact _____ (Healthy Schools Champion). Our Healthy School has a bright future and we're excited to continue this great work with more exciting ideas next year!

For more information visit the Region of Waterloo's [Healthy Schools Website](#).