Healthy Eating = Better Learners = Student Well-being

Active kids learn better
Physical activity at school is a win-win for students and teachers.

Grades: 20% more likely to earn an A in math or English
Standardized Test Scores: Increased 6% over 3 years
Just one physically active lesson creates: 13% increase in students’ physical activity for the week, 21% decrease in teachers’ time managing behavior

Physically active kids have more active brains
After 20 minutes of physical activity:
• Students tested better in reading, spelling & math and were more likely to read above their grade level
• After being in a physically active afterschool program for 9 months: memory tasks improved 16%

63.9% of youth viewed a screen in their leisure time for 15 hours or more per week
55.6% of youth reported being active or moderately active in their leisure time
24% of Canadian children walk to school


Why do something?

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physically active kids have more active brains
BRAIN SCANS OF STUDENTS TAKING A TEST:
After 20 minutes of sitting quietly
Red areas are very active, blue areas are less active.
After 20 minutes of walking

MORE RESULTS:
• After 20 minutes of physical activity:
  students tested better in reading, spelling & math and were more likely to read above their grade level
• After being in a physically active afterschool program for 9 months:
  memory tasks improved 16%

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.

Research shows that being physically active for at least 60 minutes everyday has many benefits for students:

• Improved school performance – academically, behaviourally and socially
• Improved fitness levels – increased musculoskeletal and cardiovascular health and reduced blood pressure
• Improved mental wellness – happier and fewer symptoms of anxiety and depression
• Improved self-confidence
• Maintenance of a healthy body weight

How can Region of Waterloo Public Health help schools?

We Provide:

✓ Support for schools to encourage students to walk and roll to and from school
  • STEP-IN Weekly Walk & Roll program
  • School Travel Action Planning

✓ Support for teachers to build physical activity into instructional time
  • Borrow nutrition teaching kits, DVDs, books, posters and more from the Public Health Resource Centre: www.regionofwaterloo.ca/phrc
  • Free courier delivery of resources to schools

✓ Support through School Boards to implement P.A.L.S. (Playground Activity Leaders in Schools)
  • Student leader and staff champion training

✓ Consultation through Healthy Schools
  • Email your questions and request to: healthyschools@regionofwaterloo.ca
  • Speak to a Public Health Nurse to learn more about becoming a healthy school

School Health
519-575-4400 (TTY 519-575-4608)
www.regionofwaterloo.ca/schoolhealth

References for all citations are available upon request.
Accessible formats of this document are available upon request.