

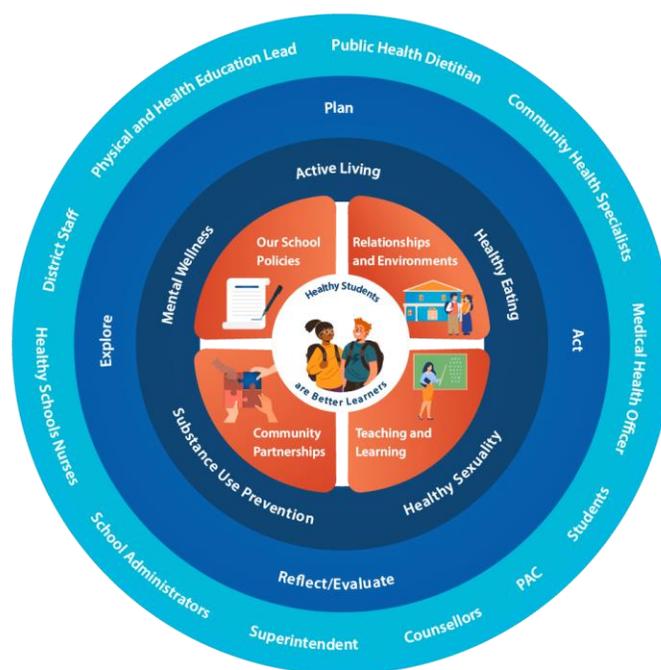
# Healthy Schools Program

*Vibrant and healthy schools through strong partnerships and collective action*

## What is the Healthy Schools Program?

The [Fraser Health Healthy Schools program](#) is a health promotion program where Healthy Schools Public Health Nurses work alongside school districts and identified schools to promote health and well-being at school using a comprehensive school health approach.

- A [comprehensive school health](#) or “whole school” approach is an evidence-based approach to promote health and well-being. It takes action in all areas of the school environment through four inter-related pillars. This approach follows a [process](#) of **explore, plan, act, and reflect/evaluate**.



Comprehensive School Health
Wellness Areas
Our Process
Examples of Partners

## Partnerships

**Healthy Schools public health nurses are the main contact for school health promotion.** They work with and connect to a variety of Fraser Health staff and services to ensure a comprehensive approach. Healthy Schools public health nurses can work with school district and school staff who are responsible for health and wellness.

## Wellness topics

The Healthy Schools Program focuses on five areas of wellness. Wellness topics are interrelated and include **mental wellness, active living, healthy eating, healthy sexuality, and substance use prevention.**

## What we do

The following *examples* of “what we do” can be applied to all of the wellness topics. Each school community is unique and therefore actions are tailored to fit the needs of the specific school community.

- Provide **professional development** sessions for school and school district staff
- Support **data** collection, and share, analyze, and interpret data with schools and school districts to increase understanding and inform action
- Share and interpret **evidence** for program planning and policy development, review, and implementation
- Work with school districts to review and implement healthy living **policies** and procedures.
- Lead **evaluation** of health promotion initiatives
- Promote health and wellness in **physical spaces**, such as outdoor learning environments and indoor spaces, through applying for grants and sharing resources
- Promote **student voice** through organizing youth summits, student focus groups, and dialogues
- Share and apply for healthy living **grants**
- Lead information sessions for **parents**
- **Link to resources, programs and services** available through Fraser Health or in the community

## Project examples

Here are examples of projects and activities that Healthy Schools public health nurses have been involved in:

Mental Wellness	Active Living	Healthy Eating	Healthy Sexuality	Substance Use Prevention
<p>Organize a <b>youth-led mental health summit</b> and youth dialogues</p> <p>Implement a grant funded project supporting <b>student and family navigation</b> and access to mental health and substance use services and supports</p>	<p>Support educators to incorporate movement and activities in the classroom by providing <b>resources</b>, teaching materials and lesson plans</p> <p>Complete <b>grant applications</b> for active school travel initiatives and liaise with community partners to implement the project</p>	<p>Provide a <b>session for all school principals</b> to share information about Teach Food First, link to local data, and provide evidence-based strategies that principals can incorporate into action plans for learning</p> <p>Apply for <b>school garden grants</b> and share resources</p>	<p>Develop a <b>Sexual Health Toolkit</b> for school staff to support access to curriculum-aligned resources</p> <p>Provide <b>capacity building workshops</b> to school staff that include data and curricular links focused on sexual health education</p>	<p>Establish a <b>youth ambassador program</b> focused on vaping education and awareness</p> <p>Provide substance use prevention <b>professional development</b> sessions for staff to highlight evidence, best practice approaches, and share resources for schools</p>

## For more information

Please contact your local Healthy Schools PHN.

For general inquiries about the program, please contact: Kari McDougall, Project Leader [kari.mcdougall@fraserhealth.ca](mailto:kari.mcdougall@fraserhealth.ca)

For questions about immunizations, communicable disease, resources for medical conditions, and general health information, please contact the [Schools and Wellness PHN](#).