

Foundations for a

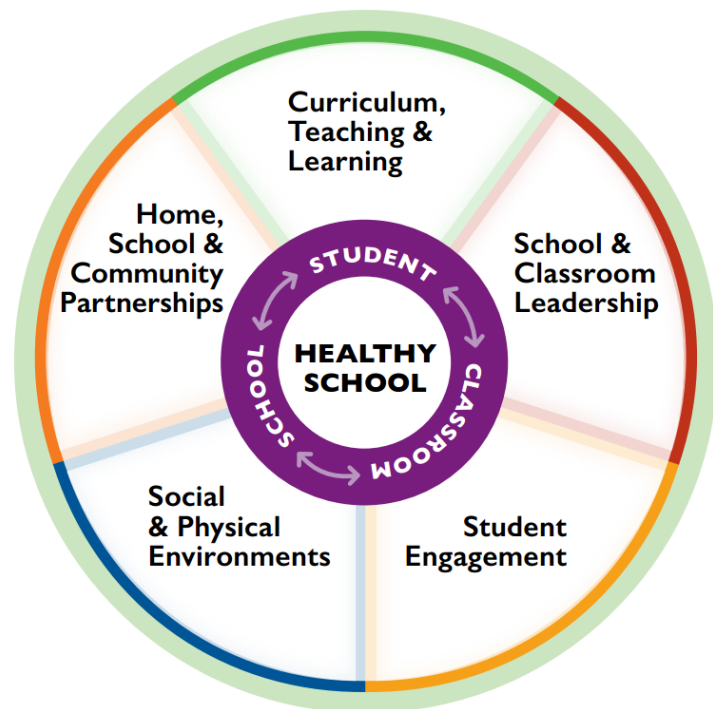
Healthy School

(students)

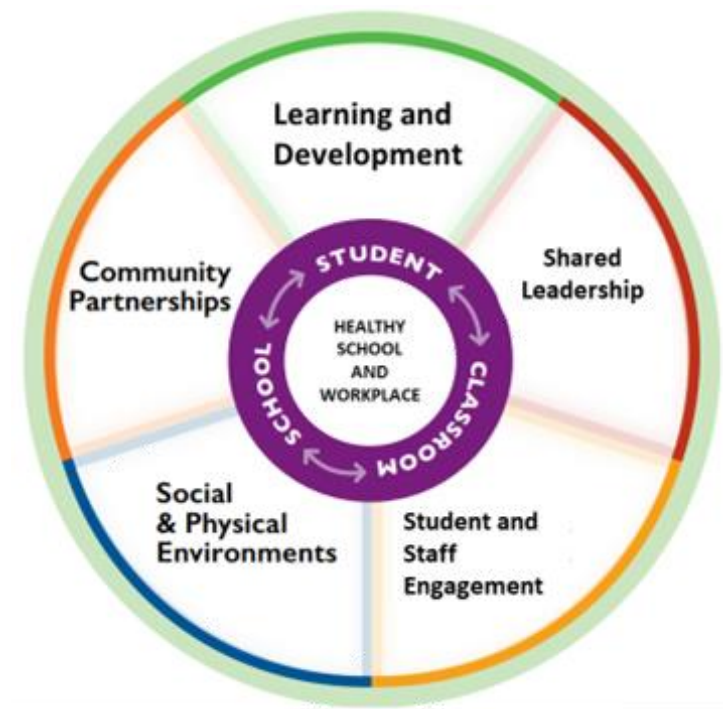
and

Healthy Workplace

(staff)



This framework outlines how schools and workplaces across York Region District School Board, in partnership with parents and the community, can develop a healthier school and/or workplace. The foundations for a healthy school and a healthy workplace are built within five broad areas that have strategies and activities for the school, workplace, classroom, student, and staff member.



There are many resources that provide sample strategies and activities related to various health-related topics. A school or workplace may choose to address these topics independently or in an integrated approach to create healthier learning and working environments. These are some non-exhaustive strategies that support initiatives in each of the specified health topic areas.

Topic	Student Focused Activities/Resources	Staff Focused Sample Activities
Physical Activity	<ul style="list-style-type: none"> • Active Play • Daily Physical Activity • Active School Travel • Active Fundraisers, Celebrations and Rewards • Physical Activity Framework for Secondary Schools 	<ul style="list-style-type: none"> • Staff walking challenge to encourage physical activity throughout the day (pedometers available for loan from HRS) • Connect with your local Parks & Recreation Provider for a fitness instructor to provide onsite lunch or after-hours staff fitness classes • Implement activities that support active Positive Role Modelling and Reinforcement
Healthy Eating	<ul style="list-style-type: none"> • Nutrition Ideas for High Schools • Nutrition Resources for Elementary Schools • Ontario School Food and Beverage Policy, Elementary Teacher Resource Guide, 2011 • Ontario School Food and Beverage Policy, Secondary Teacher Resource Guide, 2012 	<ul style="list-style-type: none"> • Communal herb planter in the staff room for staff to take clippings home for cooking • Monthly or weekly salad wheel potluck lunch, where staff each bring an ingredient to create a salad buffet for participants • Promote Workplace Nutrition resources from York Region Public Health
Personal Safety and Injury Prevention	<ul style="list-style-type: none"> • Injury Prevention Resources (Elementary) • Ophea's Rowan's Law Day Toolkit 	<ul style="list-style-type: none"> • Hold regular staff conversations to raise awareness about our joint responsibility to promote both physical and psychological health and safety of all staff members in our workplaces • Invite community partners or local experts (e.g. Caretakers) to educate staff on techniques to prevent injury when performing home maintenance tasks like snow removal, gardening, etc.
Human Development and Sexual Health	<ul style="list-style-type: none"> • Sexual Health 	<ul style="list-style-type: none"> • Use staff input to coordinate professional development and training opportunities to further personal and professional growth • Encourage staff to co-facilitate peer learning opportunities to enable cross-learning on personal and professional topics to encourage professional growth and work-life balance
Mental Health	<ul style="list-style-type: none"> • Mental Health (Elementary) • Mental Health (Secondary) 	<ul style="list-style-type: none"> • Facilitate a staff activity module from Part 2 of the Leaders' Guide to Employee Mental Health – Resource Toolkit • Promote positive workplace culture through relationship-building and team-building activities to create a safe and inclusive working environment within which to address mental health risk factors.
Substance Use, Addictions and Related Behaviour	<ul style="list-style-type: none"> • Tobacco Awareness (Elementary) • Tobacco Awareness (Secondary) • Substance Misuse Prevention Resources (Elementary) • Substance Misuse Prevention Resources (Secondary) 	<ul style="list-style-type: none"> • Promote staff awareness about implications related to legalization of cannabis in Canada, including responsibilities of staff in the workplace and health impact of substance use • Promote resources available to staff regarding low risk drinking guidelines and free tobacco cessation supports available through York Region Public Health or the Employee and Family Assistance Program

Adapted from the Ontario Ministry [Foundations for a Healthy School](#).