



WHAT IS A HEALTHY SCHOOL

Wellbeing is an essential precondition for learning, and a Healthy School is a central hub from which to support lifelong health and wellbeing. The benefits of creating Healthy Schools are far-reaching and address multiple priorities of school administrators.

A Healthy School creates a climate of wellbeing that supports the health and wellness of students, through whole-school, strengths-based, inclusion-informed approaches. A Healthy School centres (w)holistic health and wellbeing in its policies, its curriculum, its people, its relationships and its environment, and is particularly attuned to valuing and promoting the following:

- ⇒ A systemic or “whole school” approach to creating a climate of wellbeing across schools and systems
- ⇒ Integrating policies with action at all levels
- ⇒ Embedding Equity, Diversity & Inclusion in all school system processes and acting on Truth and Reconciliation
- ⇒ Harnessing the synergy between student and staff well-being
- ⇒ Taking a strengths-based approach to enhancing health and wellbeing, leveraging the unique protective factors within the local community and environment

Creating a whole school approach and a culture that embraces student and staff health and wellbeing is a complex undertaking. Championing the development or evolution of a Healthy School Community takes dedication, thought, time and resources.

A Healthy School is described in detail in the [Canadian Healthy School Standards](#).