



## Get involved in Healthy Schools!

Healthy schools encourage and teach children to make healthy lifestyle choices. The entire school community – students, school staff, parents and community partners – work together.

The Healthy Schools Program gives students many opportunities to see and learn healthy attitudes and behaviours. Healthy choices are encouraged in the classroom and throughout the school community. The Program focuses on instilling values, skills and actions that promote healthy student development.

As parents, you know your children's needs better than anyone. Ask an administrator or School Council member about the Healthy Schools Program and how to get involved in enhancing student learning and well-being!

Toolkits and additional resources are available through Grey Bruce Health Unit and in all Grey and Bruce schools. Visit [publichealthgreybruce.on.ca/Your-Environment/Healthy-Schools](http://publichealthgreybruce.on.ca/Your-Environment/Healthy-Schools) for more information.

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