

Healthy Schools

Population & Public Health

islandhealth.ca/healthyschools



Our multidisciplinary <u>Healthy Schools Team</u> supports school district goals to promote healthy environments and relationships within the school community.







School Administrators



Educators & School Staff



Students & Youth



Parents & Caregivers



Community Partners

COLLABORATIVE SUPPORTS FOR HEALTHY SCHOOL COMMUNITIES



HEALTH RESOURCES & NAVIGATION

- Health data sharing & interpretation
- Grant research & applications
- Health system navigation



STRATEGIC PLANNING

- Healthy school policies & guidelines
- School district health planning
- School food programming





PROFESSIONAL DEVELOPMENT & SUPPORT

- Curriculum planning
- Pro-D workshops
- School & teacher consultation
- Staff wellbeing



STUDENT/YOUTH SERVICES

- Health fairs/conferences
- Youth-led initiatives
- Youth clinics
- School immunizations
- Hearing screening



COMMUNITY ENGAGEMENT

- Community partnerships
- Parent & family engagement
- PAC support

TOPIC AREAS OF SUPPORT



NUTRITION

- Nutrition & Food Literacy
- Food Security
- Body Image & Disordered Eating



MENTAL WELLNESS

- Healthy Relationships
- Social Émotional Learning
- Diversity & Inclusion
- Digital Literacy
- Media
- Sleep





SEXUAL HEALTH

- Puberty & Hygiene
- Reproductive Health
- Healthy Relationships
- Personal Safety
- Online Safety
- Consent



SUBSTANCE USE LITERACY

- Health Promotion for Substance Use
- Naloxone Training
- Tobacco & Vapour Prevention



PHYSICAL WELLNESS

- Active Transportation
- Physical Activity & Literacy
- Inclusive Play



INJURY PREVENTION

- Playground & Sport Safety
- Suicide/Self-Harm
- Concussions

- Road Safety
- Water Safety



PLANETARY HEALTH

- Climate Adaptation
- Climate Action
- Biodiversity Education

*This is not an exhaustive list.
Please contact our team

for specific requests