

IT'S TIME TO GET HEALTHY

It's a fact - when students are healthy, they feel better. And when they feel better, they are more likely to succeed in school.

Research shows that a healthy school environment enhances learning and success in school, and provides academic, social, emotional and physical benefits. The recognition program engages students by helping them take their health into their own hands and providing them with the tools they need to lead active, healthy lives in the future.

The Healthy Schools Recognition Program is a great way to encourage students to start thinking about what they can do to make their lifestyle, and their school, healthier.

It's easy to participate: schools simply pledge to do a healthy activity. The pledge can build on an existing activity, such as expanding an intramural program or it can be something brand new, such as introducing a new bullying prevention program.

Schools will then receive a pennant and a certificate in recognition of their commitment to being healthier.

Team work is an important aspect of the Healthy Schools Recognition program and organizing a healthy activity is a fun way for parents, students and school staff to work together. In past years, participating schools have successfully organized a wide range of activities, including:

- Planting a vegetable garden on school grounds
- Establishing a daily running or walking club
- Starting a recycling or composting program
- Inviting health professionals to speak with students about fitness and teen health.

What activities do you think our students at [Sheridan Park](#) can benefit the most from?

If you have a great idea for a healthy activity, want to encourage healthier living in [Sheridan Park](#) or just want to learn more, contact: Lisa Osborne, Rebecca Mongelluzzo.

Visit www.ontario.ca/healthyschools for ideas, success stories and a pledge form.