



Resources for a whole school health and wellness curriculum.

## “CONNECT THE DOTS” BETWEEN HEALTH AND LEARNING ...align health and education as partners in the school community...

**What can schools do to help students with •Bullying? •Suicide Prevention? •Disordered Eating? •Depression? •Loneliness? •Stress? •Lack of Physical Fitness? •Substance Abuse? •Technology Addiction?**

Piecemeal prevention programs, at their worst, do more harm than good and, at their best, are limited to creating temporary pockets of “good” within schools.

To change the current paradigm to a different whole-system approach, there has to be lasting, meaningful change in how schools operate. By incorporating a recognized school health model into everyday practice, healthy schools **learn to plan, coordinate, and deliver activities and strategies without adding to the workload.**

The three Resources outlined below help schools provide a pro-active, inclusive approach. Administration, staff, students, parents, and the whole community work together with the school as the “heart.”

The curriculum has **activities, lesson plans, and handouts** to provide the **foundation** for health education instruction. The material is planned and purposeful and fits into the larger objective of comprehensive school health and invites community members and parents to be part of the process.



### Resources

**A. Transition To Secondary School** – how to meet the needs of students and families

- i) *Teens and Transition: A Teacher Guide*
- ii) *Teens and Transition: A Parent Guide*

The Guides are provided to welcome new grade 8/9 students and their parents to the school community and support increased home involvement. The aim is to promote in students feelings of:

- Competence
- Self-determination
- Connectedness

The major focus for school-community collaboration is establishing an effective process that welcomes and connects students with peers and adults in their new school community who can provide social support and advocacy.

### **B. For everyone in the school community**

iii) *Wellness: A Question of Balance (W: AQB)* – An Educator Resource for Youth and Adults

This Resource can be used with students, staff, parents, and community partners. The Wellness Model is introduced during the Transition to Secondary School program and is continued in Grade 10 to 12. By utilizing W: AQB, students & adults become knowledgeable and skilled in the concepts and practices of positive behavioral supports. This helps ensure a consistent healthy school-wide approach.

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For further information on other school health models and details about the Resources, visit the author’s website.

### **CONTACT:**

Morven Inglis, M.Ed.    morveninglis@gmail.com

<http://www.schools4health.com>

# ESSENTIAL ELEMENTS

HEALTHY SCHOOL POLICY

ENVIRONMENT SOCIAL & PHYSICAL

TEACHING LEARNING EDUCATION

COMMUNITY PARTNERSHIPS

EVIDENCE GATHERING INFORMATION ASSESSMENT IMPLEMENTATION

## Suggested Uses

- \* Classrooms
- \* Wellness Committee
- \* Wellness Resource Centre (Health Literacy)
- \* Bulletin Boards
- \* Stall Talk
- \* Card with Helpful Resources
- \* Start Your Day the Breakfast Way (Cafeteria Activities)
- \* In-service Training (parents, community partners)



## Features

- Strengthen School Community Health (Common Foundation / Connections / Comprehensive)
- \* Used Across Disciplines
- \* Sustainable
- \* Dovetail with all School Health Models to Promote Health
- \* Embeds into School Culture
- \* Whole Child / All Dimensions of Health Focus

**“Connect the dots” between health and learning**