



**“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?

Three tested Resources help meet the learning standards for managing school community health and wellness:

1. **“Wellness: A Question of Balance” - An Educator Resource*** (Activities, lesson plans, and handouts for youth & adults)
2. **Teens and Transition: A Teacher Guide** (Activities and handouts that support the transition of students to secondary school)
3. **Teens and Transition: A Parent Guide** (Activities and handouts that help parents support their teens in transition to secondary school)

The “Big Picture” for school health and wellness:

REQUIREMENTS	BENEFITS	POTENTIAL	TESTIMONIALS
<ul style="list-style-type: none"> • Comprehensive plan • Common vision • Shared responsibility • Continuum of services • Intentional wellness learning opportunities • Exposure to knowledge and skills to maximize health and wellness 	<ul style="list-style-type: none"> • Address deficits in knowledge • Promote protective factors vs a disease model • Increase engagement & connections • Engage decision-making about health and wellness in the school community • Link to family and community systems • Provide multiple strategies and approaches which support inclusive learning 	<ul style="list-style-type: none"> • Holistic wellness becomes the school community culture • Classroom instructional strategies implement health educational goals • Personal responsibility is the hub • Everyone is recognized as partners in school health promotion 	<ul style="list-style-type: none"> • Easy-to-use format with step-by-step instructions • Exposure to the knowledge and skills required to maximize the health and well-being of all • ‘Wellness Wheel’ includes all the dimensions of health • Equal and inclusive opportunities in adoption, practice, and commitment to a long-term healthy living plan

*Original Resource listed on the recommended list for BC and Saskatchewan Ministries of Education and New South Wales Department of Education.