



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

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