

HEALTH PROMOTING SCHOOLS

Healthy Students are Better Learners

HEALTH NOTE FACTS:

A child's ability to learn is greatly affected by how healthy they are. Children who arrive at school fed, rested, calm, and unworried are ready to learn. Parents have an important role in helping students reach their learning potential.

Connection to Personal Wellness Curriculum:

- Self Care and Wellbeing

RESOURCE LINKS:

- [Sleep Guidelines](#)
- [Media Smarts](#)
- [Tips for Balanced Lunches](#)
- [Physical Activity Guidelines](#)

ACTIVITY/CHALLENGE

There are many steps parents can take to help their children be healthy and able to learn.

- Set regular bedtimes that ensure at least 8 hours of sleep each night
- Provide a healthy breakfast
- Encourage your children to eat regular meals that include a variety of fruit and vegetables every day
- Encourage physical activity for a minimum of 60 minutes each daily
- Maintain daily screen-free times, especially for family meals and book-sharing.
- Be a role model by managing stress, being active, eating well and living tobacco free
- Provide a safe, caring and supportive environment at home
- Check in regularly with your child and encourage open communication
- Help your child make positive connections with other caring adults you trust

BACK TO SCHOOL

