

**RELATED
FOUNDATIONS:**

- Student Engagement
- Social & Physical Environments

After School Activities

ACTIVITY GOAL: To promote activities to students and parents for engagement opportunities after school that may help to prevent substance use.

ACTIVITY IDEAS:

An example of an after-school activity is intramural or sport teams. Promote activities through parent newsletters and parent councils. Partner with community organizations to offer activities or intramurals in the school. Refer to your school board's safety guidelines should parents or volunteers want to run programs after school. Below are links to programs offered in the city and county.

Middlesex-London Health Unit Links:

- [Let's Get Cookin'](#)
- [The Boys and Girls Club](#)
- [City of London Recreation](#)
- [Family Centres and EarlyON Program Locations - Family Info - www.familyinfo.ca](#)

Southwestern Public Health Links:

- [Walking, Biking, Hiking - Southwestern Public Health \(swpublichealth.ca\)](#)
- [Parks, Recreation and Property Management - City of St. Thomas \(stthomas.ca\)](#)
- [Information Oxford](#)
- [Let's Get Cookin' - Southwestern Public Health \(swpublichealth.ca\)](#)

Curriculum Connections:

- Grade 4: D2.5 Healthy choices to support mental health
- Grade 5: D3.2 Actions, self-concept
- Grade 6: D1.1 Benefits of inclusion, respect, and acceptance; D2.4 Strategies, safe choices, influences, alcohol, tobacco, cannabis
- Grade 7: D1.2 Mental health, substances, support
- Grade 8: D2.4 Routines and habits for mental health

