

RELATED

FOUNDATIONS:

- Social & Physical Environments
- School & Classroom Leadership

RESOURCES:

- [Brainstorming Activity](#)
- [Pan-Canadian Joint Consortium for School Health-Youth Engagement Toolkit](#)
- [Foundations for a Healthy School](#)
- [Canadian Healthy School Standards](#)

Student Driven Committees

ACTIVITY GOAL: To provide an opportunity for students to engage in leadership roles through committee work by providing peer education and promoting healthy behaviours.

ACTIVITY INSTRUCTIONS:

1. Promote the establishment of a committee involving students, school staff, public health nurse, and parent representatives (e.g., Healthy School's/ Safe School committee, etc.).
2. Emphasize the importance of student voice and the development of leadership skills.
3. Encourage students to plan activities that align with their identified focus area. For example, if the goal is to 'prevent substance use', ensure the activities are planned comprehensively using the Foundations for a Healthy School model and the Canadian Healthy School Standards.
4. Recognize student contributions and celebrate accomplishments.
5. Contact your Public Health Nurse for consultation and questions.
 - [MLHU Public Health Nurses](#)
 - [SWPH Public Health Nurses](#)

Curriculum Connections:

- Grade 4: D2.3 Decisions about smoking and vaping
- Grade 5: D3.3 Decision to drink alcohol, use cannabis; influences
- Grade 6: D2.4 Strategies, safe choices, influences, alcohol, tobacco, cannabis
- Grade 7: D3.2 Implications of substance use, addictions, and related behaviours
- Grade 8: D1.3 Warning signs, consequences

