



www.hearthealthyschools.ca

Heart Healthy Schools

The Heart Healthy Schools (HHS) program has been carefully created by the Heart & Stroke Foundation of New Brunswick to provide elementary school educators with easy-to-use resources and expert support for building healthy school environments. A school culture that supports the healthy choice as the easiest and most popular choice available will benefit from student engagement in healthy lifestyle choices and behaviours.

To begin HHS, schools must choose a staff member as their designated “School Champion” who will lead their school through the program. The school champion can register at <http://www.hearthealthyschools.ca>, and can begin to follow our simple 7-step program for becoming a Heart Healthy School.

Program Steps:

- Step 1:** Register
- Step 2:** Program Introduction
- Step 3:** Explore Vegetables & Fruit
- Step 4:** Joyful Movement
- Step 5:** Discover Water
- Step 6:** Rest & Recharge
- Step 7:** Wrap Up

Benefits of Participating in HHS

- Students learn about health in fun ways
- Easily fits with school wellness plans
- Access to grants
- Availability of resources
- Access to a registered dietitian

Each of the 7 steps includes tools and resources to help influence, improve, and instill health behaviours for the entire school population! The HHS model is rooted in the principles of exposure, exploration, and experiential learning, since we know that students learn best when their curious, engaged, and having fun!

Steps 3 to 6 are “Theme Weeks”, where the School Champion leads each school through four health themes (below). Throughout each theme week, educators are encouraged to engage students in fun learning activities which deepen their understanding of each topic. For example, during vegetable and fruit week, students may explore the diverse shapes, sizes, textures, and colours of fruit, plant a garden, make a fruit smoothie, and more!



Explore Vegetables & Fruit: Explore colours, shapes, and tastes of vegetables and fruit while learning about what they can do for our bodies.



Joyful Movement: Find joy in moving our bodies and to understand why activity is important for growing healthy minds and bodies.



Discover Water: Discover what foods contribute fluid to our bodies, ways to flavour water, and the importance of water for our bodies, activities of living, and the planet.



Rest & Recharge: To discover bedtime routines that promote restful sleep, and activities to practice mindfulness and relaxation.

When your school has completed all 7 steps you will be designated as a Heart Healthy School and will be eligible for a grant to use towards supporting your healthy school environment. As part of the HHS program, participating schools may be interested in applying for additional grants, when available, such as for school food programming. Designated Heart Healthy Schools become a part of a growing Heart Healthy Schools community and are encouraged to participate in the program year-after-year!

For more information:

info@hsf.nb.ca or 1-800-663-3600

