

The Government of Nova Scotia has created a Healthy Schools Fund to support efforts to nurture and support student well-being. Each school will receive a grant of \$5,000 plus \$1 per student.

Goal of the Healthy School Grant

The grant will enhance students' health and well-being, supporting academic achievement and student success. It will help build connectedness within the school community and promote students' sense of cultural safety and belonging that is fundamental to inclusive education. Increasing fitness and physical activity opportunities, reducing sedentary behaviour, increasing access to cultural experiences, and engaging in outdoor learning can support student mental health and wellness.

Consulting with Partners

Schools will engage with students, teachers, the School Advisory Council (SAC), and other partners within the school community to determine how to use grant funds to support student health and well-being. Schools should engage with a variety of partners to identify projects and ideas that encompass well-being from multiple perspectives.

Using Student Evidence

Consider data from student success surveys and other sources of student evidence that provide a picture of student health and well-being when determining how to use these funds.

Ideas for Actioning the Healthy School Grant

Funds can support schools to meet the well-being goals in their student success plan (SSP). The attached table provides a sample of potential opportunities.

Possible Ideas for Actioning the Healthy School Grant

Student Mental and Physical Health	Land-based and Outdoor Learning	Cultural Opportunities and Health
<ul style="list-style-type: none"> - Further support movement and physical activity across the curriculum. Develop robust and inclusive school-based programs that promote increased physical activity opportunities for all students - Take action on substance misuse by developing school-based anti-vaping/commercial tobacco/alcohol/cannabis campaigns - Enhance learning opportunities with a focus on the learner and the understanding that well-being embodies each learner's spirit, as well as their cognitive, physical, and emotional aspects of being - Focus on anti-racist and anti-discrimination strategies to enhance the health of ALL students - Encourage relationship-building centered on the understanding we all are connected through Treaties of Peace and Friendship - Develop a plan to help students take advantage of active transportation opportunities - Consider student-voice in implementing inclusive activities (both before and after school) that promote physical activity (ex. dance, gymnastics, drumming, fitness circuits, yoga, etc.) - Consider supporting student-led clubs and groups that foster positive mental health (ex. GSA, spirit committees, cultural celebration committees, etc.) 	<ul style="list-style-type: none"> - Support activities to strengthen outdoor learning opportunities, including ensuring all students can access these learning spaces - Promote outdoor learning opportunities that connect students with Mi'kmaw ways of knowing and being through sensory experiences that encourage Wskitqamu and the teachings of Netukulimk - Encourage and/or enhance curriculum based outdoor learning lesson development - Invite community partners to the school to provide expertise and knowledge in the areas of outdoor and land-based learning 	<ul style="list-style-type: none"> - Initiate/enhance activities which cultivate a sense of safety and acceptance for all students - Invite a variety of visitors/speakers that represent various cultures into the classroom/school - Support activities which provide opportunities to learn about the richness of African Nova Scotians' heritage, cultures, and traditions. This can include inviting African Nova Scotian elders, griots and knowledge holders to share their wisdom and knowledge - Practice Reconciliation by respecting Mi'kmaw and Indigenous peoples, teachings, and perspectives. Invite Mi'kmaw Elders, Knowledge Keepers, and educators to discuss well-being from a Mi'kmaw perspective, which is essential and beneficial for all. This can include an understanding of Etuaptmumk (Two-Eyed Seeing) and identifying additional curricular opportunities for students to learn from both the Western and Indigenous knowledge systems - Explore and integrate Kwanzaa principles as portals for growing understandings of African Nova Scotian students individual and collective identities