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Engaging Students to Lead a Healthy School Community



We would like to acknowledge that we are gathered today on Treaty 7 territory, a traditional meeting place and home for many Indigenous people including the Blackfoot, Stoney Nakoda, and Tsuut'ina peoples.

The City of Calgary is also home to the Métis Nation of Alberta, Region 3.

Outline

- Identify and define student engagement
- Using student leadership resources to create a healthy school
- Distinguish between the 8 qualities of student leadership
- Consider teaching practices around student leadership

Share your expertise

Introduce yourself to your group and share with them the following things:

Your name
&
school

One healthy
change you
would like to
see in your
school

A benefit
you've seen in
using students
as leaders in
creating a
healthy school
community

One
example of
student
leadership
from your
current work

Alberta Education

Why Engage Students?

- Benefits for Students
- Benefits for Schools
- Benefits for the Education System and Province

What is Student Engagement?

“Sustained and meaningful involvement of a young person in an activity with a focus outside of the self.” – Centre of Excellence for Youth Engagement (2003)

Students Engaged in Wellness

Including **student perspectives** can help develop their skills to become **lifelong learners** and allows **students** to be at the **centre** of **decisions** that **affect them**

Healthy
students
are better
learners

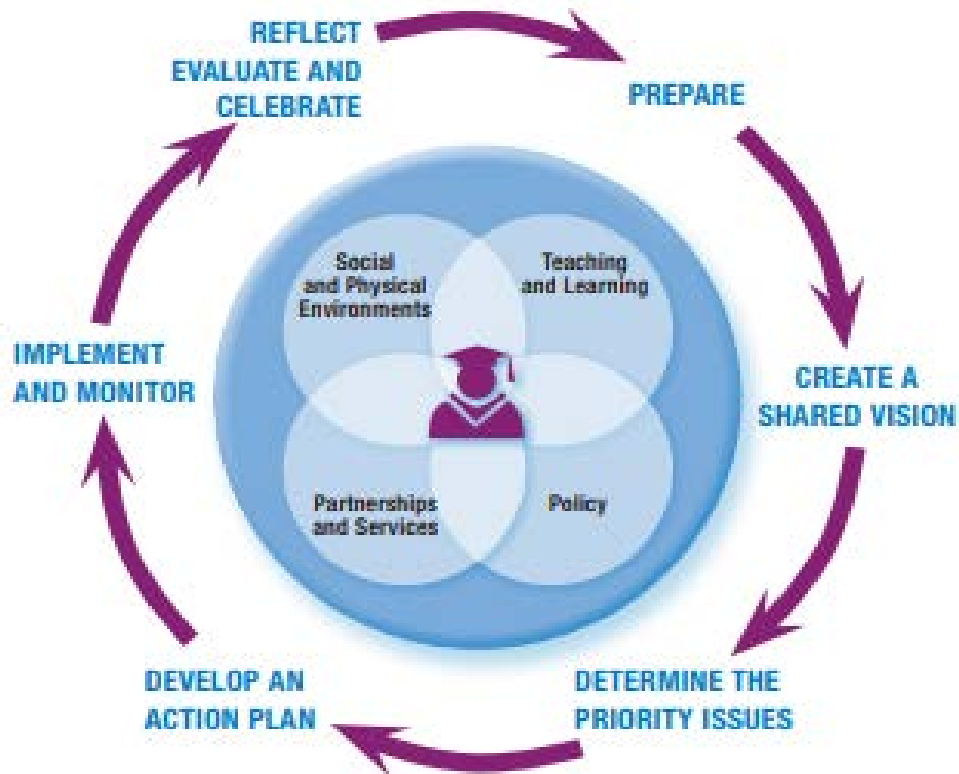
Better
educated
people are
healthier

CSH

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graph TD; A((Healthy students are better learners)) --> C((CSH)); B((Better educated people are healthier)) --> C;
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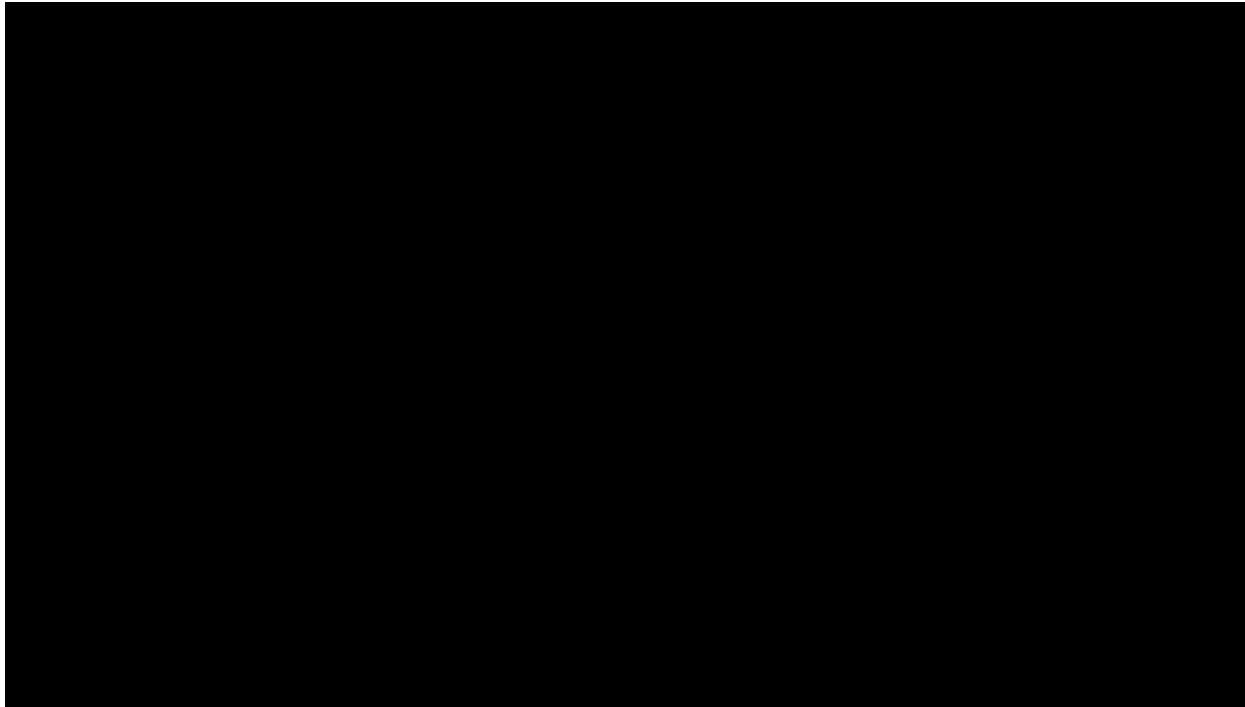
The diagram consists of three teal circles. Two larger circles are positioned at the top, one on the left and one on the right. The left circle contains the text 'Healthy students are better learners'. The right circle contains the text 'Better educated people are healthier'. A smaller teal circle is centered below the space between the two top circles, containing the text 'CSH'. Two light blue arrows point from the bottom of each of the top circles towards the 'CSH' circle, indicating a flow or relationship from the top concepts to the central 'CSH' concept.

What is Comprehensive School Health (CSH) ?



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Student Engagement



YOUTH ENGAGEMENT TOOLKIT

MODULE 1: INTRODUCTION



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Joint Consortium for School Health

Youth Engagement Toolkit

Qualities of Youth Engagement

- Physical and Psychological Safety
 - Appropriate Structure
 - Supportive Relationships
 - Opportunities for Belonging and Meaningful Inclusion
 - Positive Social Norms
 - Support for Efficacy and Mattering
 - Opportunities for Skill Building and Learning
 - Integration of Family, School and Community Efforts
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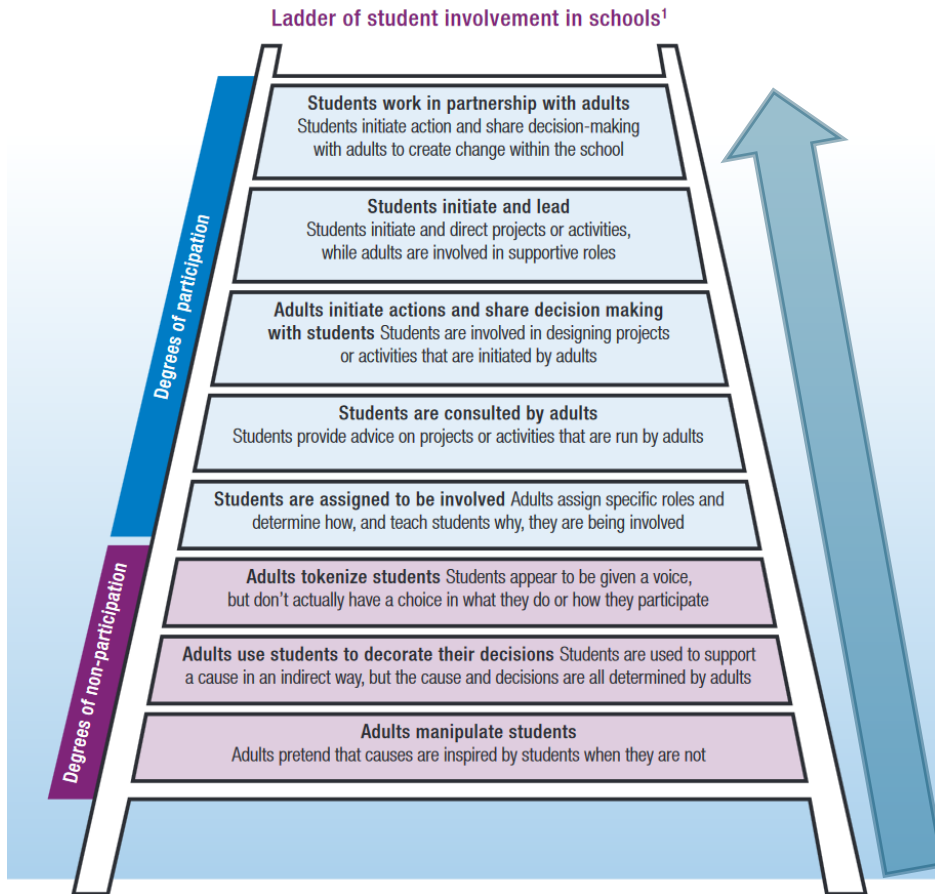
Leadership vs Engagement

Student **leadership** is when students are not only engaged, but also take ownership of and lead school health initiatives.



Student **engagement** is when students are meaningfully involved in school health initiatives.

Degrees of Student Engagement



Conclusions

Engaging students as health leaders:

- Is a foundational principle of CSH
- Results in positive outcomes and diverse initiatives

There are many resources to help you

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Questions?



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