

Appendix I
School Health 2023-2024 Year in Review

Additional Programs and Resources Offered to Schools During the 2023/24 School Year

Program	Program Description	Target
Playground Activity Leaders in Schools (PALS)	A peer-based leadership program that trains grade 4-6 students to lead playground activities that can foster a sense of belonging and inclusion while increasing physical activity in the schoolyard.	Grades 1-3 (playground activities) Grades 4-6 (leadership training)
Youth Empowering Students for Mental Health (YES4MH)	A mental health promotion initiative that creates a supportive environment in the school using student-led committees. This program supports the Ministry of Education's Policy/Program Memorandum 169: Student Mental Health (PPM 169) and curriculum expectations.	Grades 6-8 (intermediate program) Grades 9-12 (secondary program)
Student-led Action for Mental Wellbeing Grant	Funds of up to \$500 were provided to schools that partnered with Public Health during the 2023/24 school year to develop a YES4MH program.	Grades 9-12
Physical Activity	Resources and activities are provided to promote a healthy, active lifestyle to students. It also supports schools with their mandate of providing Daily Physical Activity during class time (PPM 138).	Grades 1-8
School Travel Planning (STP)	STP promotes safe, active ways of getting to school (e.g., walking, cycling) while also addressing transportation-related issues in the school communities.	Kindergarten – Grade 12
Active School Spaces Grant	Funds of up to \$500 were provided to schools to increase opportunities for students to be physically active in school hallways and playgrounds.	Kindergarten – Grade 8
Healthy Eating and Healthy Hydration	These programs build awareness and knowledge of nutritious foods and beverages. Key components include: fostering supportive food environments, promoting healthy lunches and snacks, and healthy hydration/oral health promotion.	Kindergarten – Grade 12
Student Nutrition Program (SNP)	Serves students with nutritious breakfasts, lunches, and snacks to increase access to healthy food and beverages during school. This program strengthens community action against food insecurity.	Kindergarten – Grade 12
Vaping Prevention	Educational resources and health promotion messaging builds awareness of vaping risks, encourages cessation, and raises awareness of the Smoke-Free Ontario Act (SFOA). This program supports the Ministry of Education's Policy/Program Memorandum 128 (PPM 128).	Grades 9-12 (2023/24) Grades 6-12 (2024/25)