

Public Health Nurse Services for Target Schools

City of Hamilton Public Health Services works with schools to support the health and well-being of children and youth.

PHNs can:

- Assist in identifying and developing school-based health and wellness goals informed by data sources such as School Climate Surveys and the Child and Youth Health Atlas:
www.hamilton.ca/ChildHealthAtlas
- Support students, staff and community groups in identifying health priorities and co-develop comprehensive action plans to address the priorities, as informed by the [Foundations for a Healthy School](#).
- Work with:
 - » School-based Mental Health Leads and Teams
 - » Students and student groups
 - » School Councils and other caregiver or community groups within your school
- Promote and provide guidance on resources such as:
 - » School Mental Health Ontario (e.g. Building Mental Healthy Classrooms)
 - » Strong Minds, Strong Kids, Psychology Canada (e.g. Kids Have Stress Too!®, Stress Lessons)
 - » Ophea (e.g. curriculum resources, professional development resources)
 - » Healthy Schools Certification
 - » Other Hamilton Public Health Services and community resources (e.g. dental programs, vision screening, immunization clinics, recreation programs, student nutrition programs)
- Consult with school staff on guidelines and policies related to:
 - » Safe and Accepting Schools
 - » Equity and Inclusion
 - » Food and Beverage
 - » Daily Physical Activity
 - » Other health and well-being related topics
- Provide support related to the Health & Physical Education curriculum (e.g. Social Emotional Learning)

 Check out the Healthy Schools website:
hamilton.ca/healthyschools