

HLYC Student Engagement

What are the skills and supports in your life that help you participate in developing a healthy school?

SUPPORTS

WHAT I DID

New Ideas:

Instead of using a “regular” survey format, I thought that doing a fifteen minute journal write in every English class in my school answering my inquiry question would result in more detailed and personal responses.

Results:

Something that I found surprising was how the younger grades had an easier time understanding my inquiry question. Grades 11-12 had less detailed and less interesting responses than the grades below them.

DASH Staff, Teacher Mentors, Community Members.

All the **DASH Staff** were instrumental in my project succeeding. Monthly webinars and continuous email updates kept us all on track and focused on our goals. My **teacher mentor Katie Borserio**, one of the members of the English department at my school, was very helpful in all aspects of my project, but most of all in helping organize the distribution of my inquiry question. **Catherine Birtwistle, a public health nurse** in my community, volunteered countless hours to help me analyze and pull out themes from my data, as well as supporting my findings with lots of research from her own findings, writing a six page document to support my HLYC action project.

Overarching Themes: Grades 8-12

- Supportive teachers, parents, family and friends
- Homework support
- Engaging teachers and interactive lessons
- Increased access to healthy food
- Support for extracurricular activities and sports
- Safe and bully-free environment

WHAT I LEARNED

-Leadership: How to be a leader in your school + community, and take the initiative to develop a project from the ground up.

-Public Speaking Skills: My project required me to verbally explain the HLYC and what I was going to do with the write-ups the students were giving me, to the staff, the English Department, and students at my school. Speaking in front of my peers is no longer as intimidating as it was at the start of the year.

WHAT'S NEXT

Recommendations For Future Steps:

Food:

- Implementing healthy, free, or low cost breakfast, hot lunches or snack programs in schools.
- Increasing amount of food programs.
- Decreasing cost of food programs for students.

Support:

- Increasing “homework clubs” and other homework supports in schools. (ie: tutoring, resource centers.)