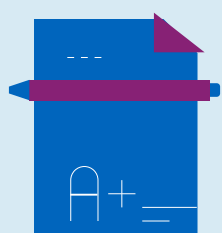


BOOST STUDENT SUCCESS

WITH COMPREHENSIVE SCHOOL HEALTH

You may already know that the Comprehensive School Health (CSH) approach improves physical health. Here are 8 benefits of using the CSH approach to promote mental health that may surprise you:



HIGHER GRADES

Using the CSH approach to improve mental health can improve overall academic achievement.



BETTER BEHAVIOUR

When educators, parents and other partners use the CSH approach to nurture positive mental health, classroom misbehaviour decreases and positive behaviour, such as cooperation, empathy and respect increases.



IMPROVED WELLBEING

Using the CSH approach to create a safe and caring school decreases rates of depression, and improves mood and wellbeing among students and staff. Everyone feels better when they can work and learn in a positive environment.



GREATER SOCIAL & EMOTIONAL SKILLS

Students' social and emotional skills grow when coordinated and purposeful action is taken to create a caring climate. Classrooms are filled with students who manage their emotions, build strong relationships and make responsible decisions.



MORE MOTIVATION

A comprehensive approach to mental health promotion improves students' motivation to learn and make positive contributions to the school and community.



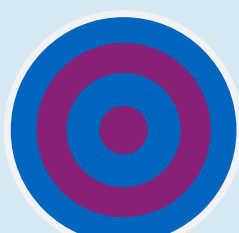
INCREASED CONNECTION TO SCHOOL

Applying the CSH approach to support positive mental health results in students who feel more connected to school. Increased school connection helps students cope with anxiety and reduces risky behaviours.



IMPROVED ATTENDANCE

Creating a positive school culture results in lower absenteeism, fewer suspensions and more overall time in classrooms.



BETTER SELF-REGULATION

Using the CSH approach to foster a positive school culture helps students recognize and cope with stressors.