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
What is Comprehensive School Health (CSH)?
Student Engagement
Joint Consortium for School Health

Youth Engagement Toolkit

February 4, 2019
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
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

Ladder of student involvement in schools

- Students work in partnership with adults
  Students initiate action and share decision-making with adults to create change within the school

- Students initiate and lead
  Students initiate and direct projects or activities, while adults are involved in supportive roles

- Adults initiate actions and share decision making with students
  Students are involved in designing projects or activities that are initiated by adults

- Students are consulted by adults
  Students provide advice on projects or activities that are run by adults

- Students are assigned to be involved
  Adults assign specific roles and determine how, and teach students why, they are being involved

- Adults tokenize students
  Students appear to be given a voice, but don’t actually have a choice in what they do or how they participate

- Adults use students to decorate their decisions
  Students are used to support a cause in an indirect way, but the cause and decisions are all determined by adults

- Adults manipulate students
  Adults pretend that causes are inspired by students when they are not
Resources

Pan-Canadian Joint Consortium for School Health – Youth Engagement Toolkit
Resources

Alberta Education Student Engagement Website

www.education.alberta.ca/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
Questions?

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