



## 2020-21 Focus of the Year: Health and Wellness

**Health is a human right. Green Schools can help.** The actions of individuals, organizations, and communities affect not only the planet, but also human health. Green Schools can be powerful promoters of health and well-being.

Improving health and wellness addresses physical, emotional, and social issues students and their communities may be facing.

### Seven areas of impact include:

- **AIR** – Ensuring that indoor and outdoor air is free from harmful pollutants
- **WATER** – Ensuring that drinking water is clean, safe and accessible
- **FOOD** – Providing wholesome, nutritious food to support healthy lifestyles
- **LIGHT** – Lighting spaces and using natural light sources to reduce negative impacts on health and performance
- **BODY** – Incorporating activities and adopting habits that support active lifestyles
- **COMFORT** – Paying attention to elements such as indoor temperature and humidity
- **MIND** – Adopting habits and programs that support productivity and happiness

Each year, the USGBC-MGC Green Schools Committee designates a focus of the year. Schools have the option to pursue projects related to this focus to qualify for an additional award, but there is no penalty for choosing projects related to other aspects of sustainability.

Focus topics are selected to reflect current issues both locally and globally, and require an additional narrative to be included in the final submission.

### Build Awareness

Identify, research, and draw attention to an issue affecting the health, wellness, or happiness of your community.

### Understand Responsibility

Explore what you can do to improve health, happiness, or overall quality of life for members of your community.

### Take Action

Choose a project and work with your team to implement a solution and communicate its objectives to your community.

*Green Schools Quest* participants can tackle a wide range of health and wellness projects. What you choose depends on where you see a need and what students wish to prioritize. This packet contains a wealth of ideas to get you started.