

Healthy Living Youth Council Member of the Month: Rebecca Landsberg

Advice to students? Go for it!

Each month, DASH is proud to profile a member of the Healthy Living Youth Council (HLYC) who is making a difference in their school community. This month, DASH is pleased to introduce Rebecca Landsberg, a Grade 11 student at L.V. Rogers Secondary School in Nelson. Rebecca is passionately working with fellow students and teachers to create and promote healthy spaces at her school. We had a chance to catch up with Rebecca to ask her a few questions about her involvement with the Healthy Living Youth Council and her work in creating healthy schools.

1. What inspired you to get involved with the HLYC?

I joined the council for the opportunity to have a say in my school and in schools across the province.

2. What role do you believe students can play in creating healthy schools?

Students have the power to reshape their institutions; having teachers as a support for change makes it possible. Students are full of amazing ideas and being part of a council like the HLYC is a great way to have them heard.

3. You initiated a project in your school called the healthy school spaces project. Can you tell our readers more about this?

The healthy spaces project is an initiative to change our school's spaces into healthier environments. These are spaces to eat that meet the needs of people who like to socialize and for people who need quiet.

4. DASH believes in the strength and importance of partnerships in creating healthy schools. Can you comment on what it's been like to create partnerships at your school?

In my school, collaboration of students and teachers has been a great way to make all our ideas really happen. The HLYC has really been a great support system for my project. Other students give me advice and encourage me to keep going. When you're part of such an incredible group of students, it's very inspiring to further our ideas for projects and it makes me feel hopeful for our schools.

5. What advice can you give to students who want to get involved?

Go for it! If you see something in your school you want to change, talk to a teacher and get your ideas out there. We are all capable of improving our schools.