

The **Principal Profile**

Douglas Jones
Principal, Limehouse Public School
Halton District School Board

How does a focus on outdoor education benefit student mental health?

“ **Outdoor education fosters a connection to nature,** which has been shown to reduce stress and anxiety levels in students. It provides opportunities for physical activity, which can boost mood and overall well-being. Additionally, the open environment promotes social interaction and teamwork, building resilience and a sense of belonging. ”

