

# Healthy Schools

## Transition to Sustainable Comprehensive Healthy School

*A healthy school involves a holistic approach where school administration, teachers, parents, students and community agencies work together to create an environment that will have a positive impact on a child's health and learning.*

*What do we see in a healthy school?*

**Holistic:** physical, mental, social, emotional health and well being for all members of the school community

**Together:**

- purposeful school community relationships;
- engagement and consultation that builds and supports a shared vision; and,
- addresses enrichment, expertise, levels of commitment from all stakeholders

**Environment:** where the health (policies and procedures) and safety (risk management) focus impact:

- physical (facility and surroundings)
- social (attitude, culture), and,
- academic understanding

**Create:** consciousness-building, enhancing, developing, empowering, investigating, aligning

**Positive:** constructive, for the better, supportive, encouraging, progressive, quality and significance of intensity

**Health and Learning:**

- Health Literacy supports development of decision making skills to make healthy lifestyle choices
- Living Skills components as demonstrated through personal skills, interpersonal skills, critical and creative thinking skills, and
- Physical, Cognitive and Affective domains

**Sustainability Formula:**

In conversation between School Administrator and their healthy school team including the PHN with consideration to the elements listed above: The healthy school demonstrates and fosters a culture with deep capacity of understanding through purposeful and active implementation of the healthy school approach, and has developed a plan for maintenance and sustainability.

**Resources that support the Criteria Development:**

*Foundations for a Healthy School* Framework chart available at  
<http://www.edu.gov.on.ca/eng/healthyschools/foundations.html>

Discussion paper on Making Healthy Schools a Reality (OHSC)  
[http://www.ophea.net/sites/default/files/pdfs/HealthySchoolsMatter\\_discussionpaper\\_FINAL\\_06JN08.pdf](http://www.ophea.net/sites/default/files/pdfs/HealthySchoolsMatter_discussionpaper_FINAL_06JN08.pdf)

*HDSB Expected Practices, 2010*

2010 Revised HPE Curriculum Document

School Health Information for Professionals from Halton Region <http://www.halton.ca/schoolhealth>

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## Healthy School Guidelines Pilot Project

Since 2009, the HDSB and Halton Region Health Department have worked collaboratively to implement the HDSB Healthy School Pilot Project.

A healthy school involves a holistic approach where school administration, teachers, parents, students and community agencies work together to create an environment that will have a positive impact on a child's health and learning. The healthy schools approach enhances the physical, mental, social and spiritual health of the whole school community. It can strengthen your schools capacity as a healthy setting for living, learning and working.

This document outlines the criteria for engagement in the pilot project, as well as the keys to future sustainability. In addition, the role of the public health nurse in supporting your school is described.

### Criteria for Engagement

- ✓ The school understands the key role of the Public Health Nurse as a partner in supporting their vision to attain the healthy school status.
- ✓ By self volunteering or through approach by healthy school leads a school representative, champion, has indicated that their school is keen and enthusiastic about improving the health of the school community.
- ✓ The prime advocacy rests with the Principal or designate. The school rep must therefore consult with the Principal to determine if the timing is right, i.e. is the school in a state of readiness?
- ✓ The school representative has communicated with key school community members (Principal, PHN, School Council, students, staff, healthy school leads, Superintendent) and has identified that these members share the goal of improving the health of the school and agree to the pursuit of becoming a comprehensive healthy school.
- ✓ A champion has been identified and will act as the prime contact for all healthy school related events, issues and inquiries.
- ✓ The champion will recruit and work as part of a team to develop the healthy school vision appropriate to their school community with connections to the School Improvement Plan, Safety and Wellbeing pillar.
- ✓ The champion and school community are aware of the Foundations for a Healthy School and are prepared to use the comprehensive healthy school approach to plan and carry out the healthy school action plan.
- ✓ The school community recognizes and commits to the awareness that the process of creating a sustained healthy school culture takes time, which could be up to 3 years.



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## PHN Role in HDSB Healthy Schools

A Public Health Nurse (PHN) has been assigned to your school to assist you in working towards building a sustainable, healthy school environment. A PHN is a Registered Nurse with a degree in Nursing who has skills in health promotion, community development, consultation, facilitation, and advocacy. While working collaboratively with school champions and a healthy school committee, the PHN will work with you to build your healthy school as per the chart below.

Building Relationships	Collaborative Planning	Engagement Students, Staff, Parents	Partnerships Community
<p>A. Develop relationships and learn about the school.</p> <ul style="list-style-type: none"> <li>Meet with principal to begin to learn about school strengths and needs</li> <li>Discuss first steps and process for on-going communication with principal</li> <li>Connect with CYC, SERTs, staff, school council and student council</li> <li>Inform others re PHN role</li> </ul> <p>B. Help others understand more about what is a healthy school.</p> <ul style="list-style-type: none"> <li>Provide information and facilitate interactive exercises re Foundations for a Healthy School (FHS) at staff, school council, student council and any pre-existing health related committee meetings</li> <li>Support the awareness of websites, resources, etc. promoted by HDSB H&amp;PE/Literacy Consultant</li> </ul> <p>C. Support healthy school committee development and processes.</p> <ul style="list-style-type: none"> <li>Help identify and recruit school champions, parents and community partners for a healthy school committee (e.g., assist to develop flyers or write articles for newsletter)</li> <li>Support committee by providing group facilitation, team building, sharing expertise</li> <li>Provide information and strategies re:               <ul style="list-style-type: none"> <li>Curriculum supports</li> <li>parent and youth engagement</li> <li>community resources and programs</li> <li>best practice programs and approaches</li> </ul> </li> </ul>	<p>A. Encourage an integrated approach to health promotion in the school community.</p> <ul style="list-style-type: none"> <li>Increase positive healthy attitudes and behaviours</li> <li>Build capacity and sustainability</li> </ul> <p>B. Help schools become familiar with the healthy school process, using the FHS.</p> <ul style="list-style-type: none"> <li>Assist with identification of school strengths and needs, e.g., help gather and analyze data for planning (school profiles, surveys)</li> <li>Provide tools and strategies to help set priorities that link with School Improvement Plans (SIP)</li> <li>Help formulate an action plan for activities/events that builds a supportive school culture e.g., provide tools, templates, resources</li> <li>Assist with implementation and promotion of the school action with the school community</li> <li>Review the action plan progress regularly and revise, adapt and enhance as needed</li> <li>Celebrate and share achievements</li> </ul> <p>C. Identify and inform of funding opportunities and assist with application process, e.g., PRO Grants, Heart and Stroke Spark Advocacy Grant, etc.</p>	<p>A. Raise awareness about the FHS in the school community.</p> <ul style="list-style-type: none"> <li>Attend staff meetings</li> <li>Present at School Council</li> <li>Facilitate student workshops</li> <li>Prepare newsletter articles</li> </ul> <p>B. Encourage involvement and engagement of students, staff, parents and community partners in the planning, implementation and celebration of activities.</p> <ul style="list-style-type: none"> <li>Provide information on parent and youth engagement strategies.</li> <li>Help recruit and recognize adult and student volunteers</li> <li>Design surveys and questionnaires to seek feedback</li> <li>Help organize events</li> </ul> <p>C. Provide support to implement and promote activities to the school community.</p> <ul style="list-style-type: none"> <li>Community resources</li> <li>Tool kits</li> <li>Web sites</li> </ul> <p>D. Develop and support workplace wellness, e.g., lunch and learn sessions, nutrition clubs, walking clubs.</p>	<p>A. Assist with identification of community partners for healthy school committees and school initiatives e.g., Parks &amp; Recreation, Halton Food for Thought</p> <p>B. Network with other healthy schools to share ideas and opportunities e.g., in a family of schools.</p>