

schools and communities working together...



✓ Checklist ✓✓✓✓✓

Healthy Learning Environment – Our School...

- Has clean air, proper sanitation, and safe play spaces.
- Implements policies related to discrimination, harassment, and bullying.
- Rewards students for their healthy activities and behaviours.
- Has staff members who mentor and model healthy behaviours to the school community.
- Supports and puts into action healthy school policies (i.e. healthy eating policies, physical activity policies, etc.).
- Has a student group that plans and organizes activities related to school health.
- Reviews its school health programs and services annually.
- Respects and takes responsibility for ensuring healthy expectations are clear, consistent, and meaningful.
- Has an improvement plan that includes health goals.

Teaching and Learning – Our School...

- Implements the provincial/territorial health curriculum.
- Integrates the health education curriculum appropriately with other subject areas.
- Uses a variety of instruction and evaluation strategies.
- Makes available ongoing health education in-service training to all teachers.
- Adheres to the minimum requirements as suggested by the provincial/territorial health curriculum guidelines.
- Provides Quality Daily Physical Education.
- Has access to quality health resources, either on site or from the community.

Supportive Social Environment – Our School...

- Has a parent council that is actively involved in promoting school health.
- Develops a health plan in consultation with all school members to determine health issues and priorities.
- Communicates with parents about relevant health issues using a variety of strategies.
- Encourages meaningful family involvement in school activities.
- Encourages students to participate in student leadership programs.
- Has health activities that reflect the diverse needs of the school population.
- Has an administration that encourages staff to keep up-to-date on the latest health education issues.
- Has student, staff, parent, and community contribute to the evaluation of the school health program.

Health and Other Support Services – Our School...

- Collaborates with local health departments and other agencies to promote health and deliver important health messages.
- Has a wellness team where students and staff have access to important health information.
- Collaborates with outside agencies to implement health initiatives.
- Plans activities and events that coincide with community wide health initiatives

→ How does your school community measure up?

Congratulations, you have reviewed the checklist and your school is on the path to becoming a health promoting school. To help you on your way, visit www.cahperd.ca for great ideas and additional tools. Continue to refer to this poster for new potential activities and to see how you measure up!



Quality School Health

Vision

- Healthy learners and health promoting schools.

Guiding Principles

- Health and learning are interdependent.
- A health minded school administration is vital.
- An effectively implemented health curriculum is fundamental.
- Learning and health are holistic: physical, mental, social, emotional, and spiritual.
- Meaningful staff and student involvement is essential.
- Community collaboration integrates learning for the student.



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