

## LET'S GET STARTED

The Healthy School Planner is an online tool designed to help Canadian schools create healthier environments. It offers individual schools a way to assess the overall state of their environment as well as the choice to further explore one or more specific topics such as healthy eating, physical activity, positive mental health or tobacco.

### HEALTHY SCHOOLS = BETTER LEARNERS



*“Schools can do more than any other institution in society to help young people live healthier, longer, more satisfying, and more productive lives.”*

*—Carnegie Council on Adolescent Development*

#### About the Healthy School Planner

Schools can use the Healthy School Planner at any time to assess and build a plan for improving the health of the school. The Planner guides schools through a step-by-step process that includes:

- a series of questions to determine the school's current health status;
- a rubric of the school's results;
- a planning template to help develop goals and an action plan for making improvements;
- recommendations for taking action; and
- links to resources to help develop and implement the action plan.

#### Working with a Team

It's much easier for a team to complete the assessment and make changes if a supportive school team leads the way. An ideal team is made up of teachers, administrators, food service directors, health representatives, parents, community members, and (for middle and highschool) student representatives. When a school works with a representative team that brings all these different perspectives to the table, improvements become more integrated, widely accepted, easier to implement and ultimately more meaningful.

#### The Online Factor

The Planner's online format offers a host of benefits, including:

- automatic scoring – no more time spending copying and calculating;
- ability to make edits electronically;
- immediate access to the school's results;
- ability to share the results with multiple team members in multiple locations; and
- direct links to key online resources.

#### Who's Eligible?

Any Canadian school, whether public, private or charter, is allowed to use the Healthy School Planner, at no cost.

#### Is It Worth It?

Research shows a correlation between positive health behaviours and increased student achievement. Using the Planner can help create a healthy school environment where all students can achieve their full academic potential.



#### Finding the Healthy School Planner

Go to the Joint Consortium for School Health's website at [www.jcsh-cces.ca](http://www.jcsh-cces.ca), and click on Access the Healthy School Planner.

## 4 EASY STEPS

The Healthy School Planner is brought to you by the Pan-Canadian Joint Consortium for School Health, a partnership of provincial, territorial, and federal governments from across Canada, working together to make schools healthier.

### FORM A TEAM



#### FORM A TEAM

Bring together a representative team of school staff, administrators, students, and community representatives to assess and plan the health of the school. A team approach is critical to achieving success. It will make the assessment and planning more meaningful, be more widely accepted, and much easier to implement.

### ASSESS



#### ASSESS YOUR SCHOOL ENVIRONMENT

Take a look at your school – to identify strengths as well as areas for improvement. The assessment has both big picture and topic specific questions. It also provides information and feedback on your school's current status. Where available, your school should also look at other sources of data, such as results from student level surveys.

### PLAN & ACT



#### PLAN & ACT TO MAKE IT BETTER

With a complete picture of your strengths and areas of need, your school will be ready to set meaningful goals and to plan and implement actions that support those goals. The planning template walks you through effective planning steps and provides a convenient way to document your progress.

### CELEBRATE



#### CELEBRATE YOUR ACHIEVEMENTS

Acknowledging your achievements is motivating and can energize your school to continue making improvements.

### ASSESS AGAIN

The HSP is designed to allow schools to use it again and again. Reviewing the same topic areas is a good way to check your progress. You can see how much your results improved due to changes you made. Or you may wish to assess new topic areas.

## About Comprehensive School Health

The Healthy School Planner is based on an internationally recognized framework known in Canada as comprehensive school health (CSH). CSH is a planned, integrated holistic approach that allows schools to address their own priorities, and has proven to be an effective way for schools to build a healthier environment.

CSH is not just about what happens in the classroom. Rather, it encompasses the whole school environment with actions addressing four distinct but inter-related pillars that provide a strong foundation:

- social and physical environment;
- teaching and learning;
- healthy school policy; and
- partnerships and services.

When actions in all four pillars are harmonized, students are supported to realize their full potential as learners – and as healthy, productive members of society.

For more information visit [www.jcsh-cces.ca](http://www.jcsh-cces.ca) and click on access the Healthy School Planner.