
Foundations for a Healthy School Framework

Environmental Education Symposium
Tuesday, February 24-25, 2009

Purpose

- This workshop will:
 - provide an overview of the *Foundations for a Healthy Schools* framework that outlines the four components of a healthy school, including High-Quality Instruction and Programs, Healthy Physical Environment, Supportive Social Environment and Community Partnerships and
 - examine specific ways that schools are incorporating environmental initiatives into this framework.

Ministry of Education - Vision

- Promote a strong, vibrant, publicly funded education system, focused on three goals:
 - high levels of student achievement
 - reduced gaps in student achievement
 - increased public confidence and support for public education.

Healthy Schools

- The healthy schools strategy is embedded in two key findings:
 - Healthy children are better prepared to learn.
 - Schools have a significant influence on the health and well-being of children and youth.
- The strategy is built on the premise that by providing and promoting opportunities for enhancing students' social, emotional and physical health:
 - Healthy behaviours will be established that will last a lifetime.
 - Achievement levels will improve.
- Research shows that a healthy school environment enhances learning and success in school and provides academic, social, emotional and physical benefits.

Healthy Schools Initiatives

To date, the Ministry's healthy schools initiatives have included:

- Foundations for a Healthy School framework
- Healthy Eating
 - *Healthy Food and Beverages in Elementary Vending Machines*
 - *Healthy Food for Healthy Schools Act*
 - Trans Fat Regulation
 - Eating Well Looks Good on You pilot project
- Daily Physical Activity (DPA)
- Secondary Student Engagement on Healthy Schools
- Swim to Survive
- Anaphylaxis: Sabrina's Law
- Healthy Schools Recognition Program

Foundations for a Healthy School

- The *Foundations for a Healthy School* framework was developed to establish a common understanding of the components that make up a healthy school.

Components:

- Quality Instruction and Programs
- Supportive Social Environment
- Healthy Physical Environment
- Community Partnerships

Health-Related Topics:

- Healthy Eating
- Bullying Prevention
- Substance Use and Abuse
- Mental Health
- Physical Activity
- Personal Safety and Injury Prevention
- Healthy Growth and Development
- Other topics relevant to your school

Tools

- The Foundations for a Healthy School framework includes sample ideas and shared practices for each component and health-related topic:

<http://www.edu.gov.on.ca/eng/healthyschools/foundations.html>

- Sample ideas provided by secondary students on how to make their high schools healthier:

<http://www.edu.gov.on.ca/eng/healthyschools/tipsStudents.html>

Ideas and Shared Practices FOUNDATIONS FOR A HEALTHY SCHOOL Ontario				
Components	High-Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
<p>Descriptions</p> <p>Quality instruction provides students with a wide range of opportunities to learn, practice, and demonstrate knowledge and skills related to living a healthy life. Programs offered during the instructional day often by the foundation for other activities done outside instructional time.</p> <p>Quality programs also include opportunities for teachers and school administrators to participate in professional learning opportunities.</p>	<p>A safe and healthy physical environment improves the conditions for learning. The physical environment includes the school building and grounds, routes to and from the school, and materials and equipment used in school programs.</p>	<p>A supportive social environment has a positive impact on students' learning. Many practices within a school foster such an environment. Students, teachers, and parents can benefit from the support provided, which may be formal (e.g., school policies, rules, clubs, or support groups) or informal (e.g., unstructured peer interaction or free play).</p>	<p>Community partnerships provide access to resources and services available to support staff, students, and families in the development and implementation of healthy schools initiatives. Various organizations can deliver services within the school setting, including public health.</p>	
<p>Current Ministry of Education and Ministry of Health Promotion Initiatives</p>	<ul style="list-style-type: none"> ✓ Daily Physical Activity ✓ Specialist Teachers ✓ Swim to Survive Program 	<ul style="list-style-type: none"> ✓ Vending machines with healthy foods and beverages ✓ Anaphylaxis prevention ✓ Eat Smart Cafeteria program (MHP) 	<ul style="list-style-type: none"> ✓ Northern Fruit and Vegetable Pilot Program (MHP) ✓ Smoke Free Ontario (MHP) 	<ul style="list-style-type: none"> ✓ Community use of school facilities ✓ Active and Safe Routes to School (MHP)
Health-Related Topics				
Healthy Eating	<ul style="list-style-type: none"> • Establishing a school-wide healthy eating month • Coordinating the healthy eating lessons taught in each grade • Having teachers, school administrators, and student representatives attend a healthy eating conference 	<ul style="list-style-type: none"> • Establishing a healthy menu for the school lunch program • Purchasing a refrigerator for storing healthy food during the school day • Starting a school garden and planting fruits and vegetables in it 	<ul style="list-style-type: none"> • Developing healthy eating guidelines • Including healthy eating tips in each month's school newsletter • Offering a healthy lunch/snack program 	<ul style="list-style-type: none"> • Establishing a subcommittee of the school council to focus on making healthy foods and beverages a priority in the school • Offering a breakfast program in cooperation with the local grocery store • Having a public health nurse or dietitian provide a lunch-and-learn session for staff and parents on packing healthy lunches and snacks
Physical Activity	<ul style="list-style-type: none"> • Providing staff training on physical activity during a professional development day • Developing class timetables that include daily physical education for all classes in the school • Providing programs that include a wide range of physical activities 	<ul style="list-style-type: none"> • Providing physical activity equipment for all classes to use outdoors during recess and lunch breaks • Converting an unused room in the school into a physical fitness centre • Purchasing bicycle racks and painting lines on the playground pavement for games (such as hopscotch) to promote an active lifestyle 	<ul style="list-style-type: none"> • Organizing intramural programs for the students • Training student leaders to lead other students in physical activities during breaks • Organizing school events that require physical activity (e.g., a fitness day) 	<ul style="list-style-type: none"> • Coordinating a "walking Wednesday" program with support from school staff, students, and community partners (e.g., a seniors' group) • Partnering with a local high school to offer a physical fitness clinic • Establishing a partnership with a local university to research the impact of the physical activity program on student achievement
Bullying Prevention	<ul style="list-style-type: none"> • Adopting a school-wide bullying prevention program • Embedding the program within the school improvement and student success planning processes • Purchasing new resources that meet the needs of the school 	<ul style="list-style-type: none"> • Making the playground a bully-free zone • Allocating supervision to high-risk areas of the school • Creating a mural to affirm the school as a bully-free zone 	<ul style="list-style-type: none"> • Establishing a diversity club to provide students with an opportunity to discuss ways to make all students feel welcome in the school • Creating a process whereby all students can feel safe reporting bullying incidents • Hosting an event for staff and board officials to celebrate students' artistic presentations of bullying prevention messages 	<ul style="list-style-type: none"> • Partnering with the local youth centre to provide programs in conflict resolution and development of self-esteem • Providing training on bullying prevention to parents at the school council meeting • Coordinating community volunteers as mentors for students

Building a Healthy High School

Here are some ideas to help you get started

Healthy Eating

IDEAS FOR THE CLASSROOM

Ways to help students learn and practise their new skills for healthy living.

- Ask teachers to talk about healthy cooking and nutrition in relevant courses
- Attend a healthy eating conference and share what you learned with your class

IDEAS FOR A HEALTHY SCHOOL

Ways to make your school healthier and safer.

- Partner with a local nursery to learn about growing fresh vegetables
- Post information in your cafeteria about healthy eating and drinking
- Create an area where students can eat healthy, home-made lunches

IDEAS FOR SOCIAL SUPPORT

Ways to encourage students and staff to treat each other with dignity and respect.

- Set healthy eating standards for the school cafeteria
- Start a healthy food cooking club so cater events at your school
- Encourage students to stay at school for lunch by offering snacks/amenities that communicate healthy messages
- Invite local chefs to teach students about healthy cooking

IDEAS FOR WORKING WITH YOUR COMMUNITY

Ways to work together on healthy school programs.

- Contact your local grocery store about selling subsidized fruits and vegetables at school
- Get involved in a healthy schools committee to discuss healthy topics
- Partner with a community group to start a Breakfast Club
- Publish a healthy eating cookbook with recipes from students and staff with nutritional information, healthy food choices and substitutions

YOUR OWN IDEAS

For more ideas visit www.edu.gov.on.ca/eng/youarehealthy/schools.html

reach every student

High-Quality Instruction and Programs

- Quality instruction provides students with a wide range of opportunities to learn, practice, and demonstrate knowledge and skills related to living a healthy life.
 - Some curriculum areas that include healthy schools topics include: Health and Physical Education, Social Sciences, Science and Technology.
- Programs offered during the instructional day often lay the foundation for other activities done outside instructional time.
- Quality programs also include opportunities for teachers and school administrators to participate in professional learning opportunities.

Healthy Physical Environment

- A safe and healthy physical environment improves the conditions for learning.
- The physical environment includes the school building and grounds, routes to and from the school, and materials and equipment used in the school.

Supportive Social Environment

- A supportive social environment has a positive impact on students' learning. Many practices within a school foster such an environment.
- Students, teachers, and parents can benefit from the support provided which may be formal (e.g. school policies, rules, clubs, or support groups) or informal (e.g. unstructured peer interaction or free play).

Community Partnerships

- Community partnerships provide access to resources and services available to support staff, students and families in the development and implementation of healthy schools initiatives.
- Various organizations can deliver services within a school setting, including public health.
 - Some of the organizations that can provide support include: public health units, universities/colleges, local businesses, police and fire services.

Healthy Schools Recognition Program

- The Healthy Schools Recognition Program promotes and celebrates healthy behaviours and practices in Ontario's schools.
- The objectives of the Recognition Program are to:
 - Raise awareness of the healthy schools concept.
 - Challenge schools to become healthier places for students to learn.
 - Encourage schools, in collaboration with the school community, to do an assessment of where they are at and to identify future priority areas.
 - Promote continuous improvement.

Healthy Schools Recognition Program

- Over the past two school years, approximately 1,716 schools participated, pledging more than 4,550 new activities.
- EDU continues to encourage school staff, students, parents and community partners to find new ways to make schools healthier and be recognized through the Healthy Schools Recognition Program.

Tools:

- Tools to assist principals, teachers, students, and parents with the planning and organizing of healthy schools initiatives are posted on the Ministry of Education website:
<http://www.edu.gov.on.ca/eng/parents/healthyschools.html>
- Schools interested in being recognized can fill out and submit the Healthy Schools Acceptance Form:
<http://www.edu.gov.on.ca/eng/healthyschools/challenge.html>

Healthy Schools Recognition Program

Examples of Environmental Education Initiatives:

- 3 R's: Responsible, Respectful Recyclers - the junior grades have taken the helm to crank up the recycling program.
- Greening our School Community - through the establishment of a Green Club we plan to promote recycling and composting activities throughout the school, and hope to embed this in our students so that it becomes a lifelong behaviour.
- Clean Air Achievers - the goal of the CAA is to reduce greenhouse gas emissions via participants choosing more sustainable and ideally more active modes of transportation.
- Healthy Litterless Lunches - students will be encouraged to bring healthy lunches in reusable containers on a regular basis.

Healthy Schools Recognition Program

- Step 1: Identify your school's healthy activity
- Step 2: Complete and sign the acceptance form
- Step 3: Submit the completed form to your school board
- Step 4: Review the Healthy Schools Recognition Program Acceptance Forms
- Step 5: Submit the form to the Ministry of Education

Healthy Schools Recognition Program

- School boards should submit the Recognition Program Acceptance Form to the Ministry of Education by **Thursday, April 16, 2009.**

- The school board can send the form in three different ways:
 1. By email: healthy.schools@ontario.ca
 2. By fax:(416) 325-4344
 3. By mail:
 - Policy and Program Branch
 - c/o Healthy Schools Recognition Program
 - Ministry of Education
 - 15th Floor, Mowat Block
 - 900 Bay Street, Toronto ON M7A 1L2

Thank you!