



**York Region Community and Health Services
Healthy Schools Committee Grant
2011/12 Guidelines**

Who can apply?

Secondary schools can apply for funds (\$500) to support comprehensive health promotion projects and activities. All York Region secondary schools are eligible to apply (one grant per school).

Timelines:

- October 14, 2011 – deadline for grant registration
- November 11, 2011 – deadline for action plan
- December 16, 2011 – funds distributed
- June 1, 2012 – evaluation must be completed and submitted

Topic selection:

The topics selected are based on your schools' needs (e.g., student surveys, focus groups, needs assessments, evaluation recommendations etc.). You must include at least one health topic, and applicants are encouraged to link topics with each other (e.g., physical activity and injury prevention).

- Healthy Eating
- Physical Activity
- Substance Misuse Prevention
- Sun Safety and Artificial Tanning
- Tobacco-Free Living
- Bullying Prevention
- Personal Safety and Injury Prevention
- Healthy Growth and Development
- Mental Health
- Environmental Health
- Food Safety
- Sexual Health
- Tattooing and Body Piercing

Strategies:

You must use a comprehensive school health approach which includes activities from the four foundations: high-quality instruction and programs, healthy physical environment, supportive social environment, and community partnerships.

Examples that use a comprehensive school approach include:

- Health education and awareness (e.g., guest speakers as part of a campaign)
- Ongoing events (e.g., health fairs, assemblies, school wide events)
- Social marketing (e.g., contests, PSAs, posters, videos)
- Promotional materials with health messaging
- Advocacy and policy support (e.g., create a healthier physical environment)

How to get started: 4 steps

1. Form a committee or link with an existing one
2. Do a needs assessment
3. Complete an action plan
4. Evaluate and celebrate

Responsibilities

School Principal

- Get involved and be informed
- Commit and receive funds
- Identify school champions and leaders who will form a committee or link with an existing one
- Connect with your Public Health Nurse

Healthy School Committee

- Include one or more student leader(s), staff and community partners
- Follow the four steps
- Meet with your Public Health Nurse
- Carry out your action plan activities using a comprehensive school approach

York Region Community and Health Services

- Oversee the grant process (receive and review registrations, distribute funds, offer consultation)
- Support schools with resources, current health information and health promotion strategies
- Connect schools with each other and strengthen community partnerships
- Provide assistance with creating, implementing and evaluating action plan activities
- Assist to acknowledge and celebrate achievements

Grants cannot be used for compensating or offsetting regular school costs. Expenses will be documented in detail and funds must be managed accordingly. Staff and student time is voluntary. Students may be eligible for student community service hours.

Please note: Best practice school activities and projects can be profiled by York Region Community and Health Services Department on www.york.ca/healthyschools in an effort to share ideas and strengthen community partnerships.