

Healthy Schools Action Plan Template

The *Healthy Schools Action Plan Template* will be used by Healthy School Committees to guide the development, implementation and evaluation of a school community action plan.

The template will be completed in consultation with the school community stakeholders to ensure that needs, assets and vision are reflected. Creating an action plan involves coordination with the school community partners and ongoing communication to ensure success. The action plan serves as a roadmap to achieve the Healthy School Committee’s goal(s) and should be revisited regularly and revised as needed.

Effective Healthy Schools include action in each of the four foundations below:

Foundation	Definition	Examples Related to Physical Activity
High-Quality Instruction & Programs	Teaching and learning – the way students and staff receive information about health Includes: <ul style="list-style-type: none"> • Health curriculum taught in the classroom • Opportunities to learn, practice and demonstrate knowledge and skills • Other informal learning opportunities • Training for educators 	<ul style="list-style-type: none"> • Daily physical education • Staff attending a physical activity conference
Healthy Physical Environment	A clean, safe, healthy environment that helps prevent injuries and disease; it also enables healthier choices Includes: <ul style="list-style-type: none"> • The school building and grounds • Routes to and from school • Materials and equipment used • Foods offered 	<ul style="list-style-type: none"> • Conversion of an unused room in the school into a physical fitness centre • Bike racks
Supportive Social Environment	Social supports available within the school Includes: <ul style="list-style-type: none"> • Formal supports (school policies, rules, clubs, support groups) • Informal supports (unstructured peer interaction, role modeling, community participation, active student and parent participation) 	<ul style="list-style-type: none"> • Organizing intramural programs for students • Training student leaders to lead other students in physical activities
Community Partnerships	Provide access to resources and services available to support staff, students and families in the development and implementation of Healthy Schools. Services could include screening, referral and treatment, guidance services and a variety of health services. Includes various organizations: <ul style="list-style-type: none"> • Public Health, Police, grocery stores, Parks & Recreation, Social services & other organizations 	<ul style="list-style-type: none"> • Partnering with Parks and Recreation • Partnering with local fitness centres and sports organizations

Healthy Schools Action Plan Template

School Board:	
School Board Number:	
School Board Contact:	
School Name and Number:	
School Address:	
School Phone:	
School Contact:	
School Year:	

Healthy School Committee

Committee Member	Role (i.e. Administrator, Teacher, School Staff, Student, Parent, Community Partner)	Contact information (optional)
	Principal	
	Champion Please select from drop down box	
	School Council Chair	
	Student Representative	
	Public Health Nurse / Nutritionist	
	Other (i.e. Student Council Representative, Athletic Council Representative)	
	Please select from drop down box	
	Please select from drop down box	
	Please select from drop down box	

Healthy Schools Action Plan Template

The following page is to be completed at the beginning of the school year: Record at least one statement for each section.

Goal

We pledge to become a healthier school by (90 character maximum):

Target Statements (are usually stated as increases or decreases.)

We will know that we have been successful when:

E.g.: There is an increase in the number of physical activity opportunities offered to students during lunch

Measurement of Success

This is represented by a change that has occurred in the school as a result of your activities. You may track the change through a survey, conversations / dialogue or observations. How will you meet your targets?

E.g.: We will create a chart that shows the activities offered during lunch last year compared to the activities that we offer this year.

Healthy Schools Action Plan Template

Health Related Topic	Activities	Healthy Schools Foundation	Activity Organizers		Budget
First Topic Check one <input checked="" type="checkbox"/>	How will you put your goals into action? (350 character maximum)	Check all foundations covered. <i>Effective Healthy Schools include action in each of the four foundations</i>	Name:	Responsibilities:	Total amount=
<input type="checkbox"/> Healthy Eating <input type="checkbox"/> Physical Activity <input type="checkbox"/> Bullying Prevention <input type="checkbox"/> Personal Safety and Injury Prevention <input type="checkbox"/> Substance Use and Abuse <input type="checkbox"/> Healthy Growth and Development <input type="checkbox"/> Mental Health <input type="checkbox"/> Environmental Health <input type="checkbox"/> Food Safety <input type="checkbox"/> Hand washing <input type="checkbox"/> Sexual Health <input type="checkbox"/> Sun Safety <input type="checkbox"/> Tattooing and body Piercing <input type="checkbox"/> Tobacco-Free Living <input type="checkbox"/> Other:	<input type="checkbox"/> Complete <input type="checkbox"/> Partial <input type="checkbox"/> Ongoing <input type="checkbox"/> Deferred	<input type="checkbox"/> High-Quality Instruction & Programs <input type="checkbox"/> Healthy Physical Environment <input type="checkbox"/> Supportive Social Environment <input type="checkbox"/> Community Partnerships			Estimated Cost= Amount Spent= Source:
	<input type="checkbox"/> Complete <input type="checkbox"/> Partial <input type="checkbox"/> Ongoing <input type="checkbox"/> Deferred	<input type="checkbox"/> High-Quality Instruction & Programs <input type="checkbox"/> Healthy Physical Environment <input type="checkbox"/> Supportive Social Environment <input type="checkbox"/> Community Partnerships			Estimated Cost= Amount Spent= Source:
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	<input type="checkbox"/> Complete <input type="checkbox"/> Partial <input type="checkbox"/> Ongoing <input type="checkbox"/> Deferred	<input type="checkbox"/> High-Quality Instruction & Programs <input type="checkbox"/> Healthy Physical Environment <input type="checkbox"/> Supportive Social Environment <input type="checkbox"/> Community Partnerships			Estimated Cost= Amount Spent= Source:

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Health Related Topic	Activities	Healthy Schools Foundation	Activity Organizers		Budget
Second Topic Check one <input checked="" type="checkbox"/>	How will you put your goals into action? (350 character maximum)	Check all foundations covered. <i>Effective Healthy Schools include action in each of the four foundations</i>	Name:	Responsibilities:	Total amount=
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The following page is to be completed at the end of the school year. Record at least one statement for each section. Refer back to page 3 when completing this section.

Successes:



Challenges:



Sharing the Information:

We will share our progress with others (staff, students, greater community) by:



Planning for Next Year:

Ideas for next year:

