



Assessing our Activities Tip Sheet

When developing your activities, consider the following:

- **Will the school find the activity enjoyable?**

If the activity is fun, you are more likely to get school participation. If the activity is boring, you will find interest level will be low and commitment to Healthy Schools will decrease.

- **Will the activity get the school excited about Healthy Schools?**

The activities should motivate staff, students and/or parents to make healthier choices. Activities that involve students and offer incentives will likely have high participation. Include guest speakers or an interactive presentation to increase motivation to participate.

- **Are there any barriers or challenges?**

Assess what might affect the implementation of the activity such as time, resources, and costs.

- **How easy is the activity to implement?**

Simple activities are easier to implement and are more likely to capture the attention of students and change their health behaviour.

- **Does the activity require high-level of organization?**

The less planning and organization involved the easier to manage. There are many activities that do not involve a lot of work to organize, and are still effective. Consider the workload and time involved. Try not to take on more than your committee can handle.

- **Is there meaningful involvement?**

Your activities should involve the whole school community, including students, staff, parents and/or community members. Try to include the whole school in the planning and delivery of the activities.

- **Does the activity address the health issue identified by your school?**