



HEALTHY SCHOOLS Visioning Exercise

Complete as a committee to help establish a shared vision of Healthy Schools

Discussion Questions

Champion/chair records responses on flip chart:

1. When I say the word “healthy”, what comes to mind?
2. When I say “healthy school community”, what images/thoughts do you have?
3. What affects the health of children?
4. Who has or what are the greatest influences on the health of children?
5. What makes one child healthier than another child?
6. What barriers do you see (either currently, or in the past)?
7. What are the strengths of your school and your school community right now?

Visioning Activity – What is your vision of a healthy school community?

Imagine your school community two years from now. You are at a **Healthy Schools** celebration event to celebrate the successes you have achieved. On this piece of paper take a few minutes to write down all your thoughts (list them, mind maps, just get them down) then we will share together.

- What does your school look like as a healthy and thriving school community?
- What do you see/hear/feel?
- What does the school community look like?
- How do people feel?
- What programs and services are there in place?
- What has changed?

Now, based on this exercise and your school survey, choose the three priority areas you feel need to be addressed.

Break up into groups and write your ideas onto flip chart paper and share your priority areas within your group, then choose a group member to present them to the larger group. As a team, we will prioritize them. Use one colour sticker for most important issue and another colour sticker for second choice. This will help organize the focus of your healthy school activities.