

Positive Role Modelling and Reinforcement

School-based interventions to promote positive role modelling and reinforcement

Sample action plan activities	Curriculum, Teaching and Learning	School and Classroom Leadership	Student Engagement	Social and Physical Environment	Home, School and Community Partnerships
<p>Provide quality instructions and programs for teachers and staff</p> <ul style="list-style-type: none"> • Provide resources to help staff, parents or other role models set and reach physical activity goals (e.g., Walk this Way) • Offer staff, parents and other role models opportunities to access health, wellness and physical activity information (e.g., Workplace Wellness e-newsletter or Living Well in York Region) • Encourage staff, parents and other role models to participate in activities with students such as play days, electives, track and field, intramurals, etc. • Launch or participate in Healthy Workplace Month in October • Encourage staff to access school board/employee health and wellness resources/benefits • Encourage staff to nominate each other for a monthly “active staff” award or consider other ways to promote and recognize staff who increase their activity levels • Jump-Aerobics Inc. Programs provides in-school professional development for teachers and administrators designed to introduce and integrate Jump Rope/Rope Skipping/Acro-Roping/Nawatobi at their school. Programs usually include students 	X			X	
<p>Prepare your school’s physical environment for positive role modelling and reinforcement</p> <ul style="list-style-type: none"> • Add morning announcements that encourage everyone to include physical activity in their day • Encourage active transportation by including bike racks and providing colleagues with information about active travel (e.g., Going Somewhere? Go Active Poster and Brochure) • Put healthy active living information or messages in the staff room, stairwells, bathrooms, and other high traffic areas throughout the school • Promote school facilities to be available for staff, parents or other role models to use for activities such as fields for soccer, courts for basketball, gym for stretching, etc. 			X	X	X
<p>Provide a supportive social environment for staff and students, including community partnerships</p> <ul style="list-style-type: none"> • Host a physical activity challenge (e.g., Physical Activity Counts Challenge) • Contact local gyms and fitness facilities about offering employee or group discounts • Investigate interest in and availability of onsite fitness opportunities. Identify and 	X			X	X

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<p>encourage participation of members of the school community (e.g., parent baseball coach or teacher trained in yoga)</p> <ul style="list-style-type: none"> • Start meetings with active ‘energizers’ or take stretch breaks (i.e. Energize Your Workplace - Stretching Exercises for the Active Workplace) • Encourage informal active clubs in the workplace, such as walking or running clubs (e.g., Starting a Walking Club) • Encourage access to local forests, hiking trails and conservation parks. Bird walks, outdoor skating and other activities are available for adults and children (e.g., YorkScene: Things to do in York Region) 					
<p>Empower student leadership</p> <ul style="list-style-type: none"> • Ask students to brainstorm and investigate activity ideas • Encourage leaders to engage other students and communicate key messages • Ask students about activities and ideas that interest them and how they could get involved 			X	X	
<p>Safety First! Remember that safety is the most important message when promoting physical activity — use the Safety First posters and get your school to pledge to be safe</p>			X	X	