

SCHOOL DISTRICT No. 23 HEALTH PROMOTING SCHOOLS COMMITTEE

COMPREHENSIVE HEALTH PROMOTING SCHOOLS ACTION PLAN



Comprehensive school health is an internationally recognized framework for supporting improvements in students' educational outcomes while addressing school health in a planned, integrated and holistic way (From the Joint Consortium for School Health).

MAIN GOALS FOR 2010 - 2011

1. Create an updated District Health Promoting Schools (HPS) Assessment and Planning Tool that aligns with the District HPS Plan.
2. Make this assessment a comprehensive tool by garnering feedback from other relevant committees within the District.
3. Each school will identify its school based Health Promoting Schools Committee (and/or School Planning Council) and establish and support a healthy schools lead teacher (at each elementary school), or a lead staff member (at each middle/secondary school).
4. 100% of the District schools will complete either the updated District HPS Assessment and Planning Tool or the Joint Consortium of School Health – Healthy School Planner by the end of 2011 and develop a plan to support comprehensive health promotion at their school.

INDICATORS OF DISTRICT ACHIEVEMENT IN HEALTH PROMOTION FOR 2010 - 2011

1. 100% of schools will utilize and complete either the updated District HPS Assessment and Planning Tool or the Joint Consortium of School Health – Healthy School Planner to support comprehensive health promotion at their school.
2. 100% of schools will identify their Health Promoting Schools Committee (and/or School Planning Council) along with their healthy schools lead teacher or lead staff member and will report out to the Health Promoting Schools Coordinator at least two times per year in order to demonstrate and maintain ongoing accountability.
3. 100% of middle and secondary school Home Economics programs will meet the trans-fat free guidelines as reported out by Home Economics teachers to the Health Promoting Schools Coordinator.
4. 100% of schools will meet the Guidelines for Food and Beverage Sales in BC in their vending machines, school stores, and PAC fundraisers.
5. 100% of elementary schools will implement the daily physical activity initiative (DPA), and all middle and secondary schools will be provided with DPA support through communication between the school based Health Promoting Schools Committee (and/or School Planning Council) and the Health Promoting Schools Coordinator.
6. Funding will be secured to establish a breakfast program for hungry children in two of our most vulnerable schools (currently we have one program being piloted).

OVERVIEW OF KEY COMPONENTS

Social and Physical Environment:

1. To have all schools/worksites strive to promote a social environment that supports caring and respect, positive relationships, and a sense of belonging.
2. To have all schools/worksites strive to promote a physical environment that supports a healthy and safe place to learn and work.

Teaching and Learning:

3. To continually strive at all levels (administrators, teachers, support staff, students, and parents) to become more knowledgeable in the Health Promoting Schools area; and to support best practice guidelines and utilize resources that reflect evidence based research for use in the District.
4. To continually foster, support, and promote individual school and/or worksite health promotion initiatives.

Healthy School Policy:

5. To have all decisions made with consideration of the known health and wellness effects these decisions have on our students, staff, and the broader community. Whenever reasonably possible, these decisions will be made in the best interests of the health and wellness of our students, staff, and the broader community.
6. To allocate resources, fiscal and human, to achieve the mandate of the Health Promoting Schools Policy, and to implement the District Health Promoting Schools Plan.
7. To allocate resources, fiscal and human, to achieve the mandate of the Employee Wellness Policy, in order to promote the health and wellness of all employee groups in the District.
8. To have each school address their health promoting schools goals and accomplishments on an annual basis in their School Planning Council Report and to utilize this information at the District and Board level when developing the yearly budget and District goals.
9. To monitor, support, and review the BC Ministry of Education Provincial Healthy Schools initiatives and District Health Promoting Schools initiatives on a yearly basis and to report to the Board of Education.

Partnerships and Services:

10. To liaise and partner with other District Committees and Staff to support health promotion within the District.
11. To foster, facilitate, and maintain strong partnerships with health and community services at the District level and to promote similar relationships at the school level.

SOCIAL AND PHYSICAL ENVIRONMENT

Description

The social environment is:

- The quality of the relationships among and between staff and students in the school.
- The emotional well-being of students.
- Influenced by relationships with families and the wider community.

The physical environment includes:

- The buildings, grounds, play space, and equipment in and surrounding the school.
- Basic amenities such as sanitation and air cleanliness.

Key Components	Strategies and Structures	Projects/Tasks	Year 1 2010	Year 2 2011	Year 3 2012	Ongoing
1. To have all schools/worksites strive to promote a social environment that supports caring and respect, positive relationships, and a sense of belonging.	Support mental health and social environment issues.	Establish a mental health sub-committee, with representation from Student Support Services, that reports back to the HPS Committee.	X			
		Complete an inventory of School District No. 23 best practice classroom and comprehensive health programs, including their relevant grade levels, currently existing within the District for Social Emotional Learning (SEL), Mental Health Promotion, and Mental Illness prevention.	X			
		Use completed inventory of School District No. 23 best practice classroom and comprehensive health programs to assess any gaps and/or needs and recommend additional resources.	X			
		Share this comprehensive inventory with each school based HPS Committee and all other relevant staff/partners. Keep this list posted on the HPS website.	X			
		Raise awareness of the link between social emotional learning, positive mental health, and academic achievement with each school based HPS Committee and all other relevant staff/partners by use of presentations, the HPS website, electronic information, and workshops.		X		
		Raise awareness of the role of the social environment to promote mental health with all schools with each school based HPS Committee and all other relevant staff/partners by use of presentations, workshops, and the HPS website.			X	
		Record district use rates of SEL classroom based programs.			X	
2. To have all schools/worksites strive to promote a physical environment that supports a healthy and safe place to learn and work.	Support physical environments at all schools and worksites that are safe, and that support and promote healthy behavior, whenever reasonably possible (i.e. places to eat, healthy food services).	Research expert recommendations for ideal health promoting physical environments for learning and share findings with school based HPS committees.		X		
		Continue to liaise with the Director of Operations and the District Health and Safety Manager on the known best practices for healthy and safe physical environments.				X
	Support school based Health Promoting Schools Committees with the implementation of student based projects at each school.	Work with school based HPS Committees at each school to develop or continue a lead project for their school related to how their physical space can be improved to support and promote best practices for health and safety (i.e. school garden projects).				X
	School based HPS Committees report back to the HPS Coordinator each year on their projects, and the HPS Coordinator shares the schools' accomplishments via the HPS website.				X	

TEACHING AND LEARNING

Description

- Resources, activities and provincial/territorial curriculum where students gain age-appropriate knowledge and experiences, helping to build the skills to improve their health and well-being.

Key Components	Strategies and Structures	Projects/Tasks	Year 1 2010	Year 2 2011	Year 3 2012	Ongoing	
3. To continually strive at all levels (administrators, teachers, support staff, students, and parents) to become more knowledgeable in the Health Promoting Schools area; and to support best practice guidelines and utilize resources that reflect evidence based research for use in the District.	Increase the number of teachers accessing and implementing the services and recommendations of the HPS Committee, the HPS Coordinator, Interior Health Public Health Nurses, and other community partners to support curriculum implementation.	Regularly update and advertise print, electronic, and audio visual resources, grant opportunities, and partnership opportunities for teachers and administrators via the All Staff conference on First Class and the HPS website.				X	
		Work with principals and school based HPS Committees to establish and support a healthy schools lead teacher at each elementary school, and a lead staff member at each middle/secondary school.	X				
		Create a set of strategies to share with school based HPS Committees on how to best involve public health nurses, parents, and community partners to help reach their school goals.	X				
		Organize and facilitate afterschool professional development workshops for teachers at all levels, including Friends for Life and other SEL programs, SipSmart! BC, and Action Schools! BC.				X	
		Organize and facilitate educational workshops for parents and families on topics such as the HPS Approach, family dynamics, healthy food choices, trans fats, etc.		X			
	Support Home Economics 8-12 teachers with implementation of the provincial Trans Fat Legislation.		Host professional development opportunities for teachers two times per year (October and February).	X			
			Create and provide a list of trans fat free margarines and oils to share on the HPS website.	X			
			Middle and secondary school Home Economics teachers will report out to the Health Promoting Schools Coordinator one time per year on the progress of eliminating man-made trans fats from foods prepared in their programs.	X			
			Provide afterschool meeting time for Home Economics teachers to share successes and challenges with implementation of the Trans Fat Legislation.	X			
			Create a District 8-12 Foods recipe collection to share via All Staff and the HPS website.	X			
	Promote understanding of health promoting schools with all school staff using various methods, including the district Health Promoting Schools website.		Post revised HPS District Plan.	X			
			Review content of the HPS website and gather a list of new web links and resources for updates.				X
			Advertise each month the resource updates added to the District HPS website via the All Staff conference.				X
			Post all school projects related to the four pillars, as developed by lead teachers and staff at each school.		X		
	Support Planning 10 teachers with resources linked to the health related prescribed learning outcomes in this curriculum.		Connect and liaise with our school district virtual school leaders.	X			
			Create and provide a list of Planning 10 resources that support the prescribed learning outcomes.		X		
			Provide an in-service for all Planning 10 teachers on resources available to them in the District (through one Elluminate-Live session)		X		
			Research and purchase Planning 10 resources that meet the provincial learning outcomes (pending funds available).		X		
	Support Health and Career Education K-9 teachers with resources linked to the health related prescribed learning outcomes in this curriculum.		Create and provide a list of Health and Career Education K-9 resources that align with the prescribed learning outcomes.		X		

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Continued....Teaching and Learning

Key Components	Strategies and Structures	Projects/Tasks	Year 1 2010	Year 2 2011	Year 3 2012	Ongoing
<p>... (3 continued) To continually strive at all levels (administrators, teachers, support staff, students, and parents) to become more knowledgeable in the Health Promoting Schools area; and to support best practice guidelines and utilize resources that reflect evidence based research for use in the District.</p>	Support Physical Education K-12 teachers with resources linked to the health related prescribed learning outcomes in this curriculum.	Create and provide a list of Physical Education K-12 resources that align with the prescribed learning outcomes.		X		
	Encourage implementation of the six best practice recommendations related to school lunch and nutrition breaks.	Post the six best practice recommendations on the HPS website and post a reminder of these practices to share with All Admin via First Class.	X			
		Update the research related to the six best practice recommendations and provide links to relevant articles on the HPS website.	X			
	Improve knowledge and understanding of the HPS approach with all school administrators so that this information can be promoted to our teachers, support staff, school based HPS Committees, students, and parents at each school site.	Create a presentation (i.e. PowerPoint, DVD) that explains the District Health Promoting Schools Policy and the District Health Promoting Schools Plan (i.e. Healthy Kids, Healthy Minds).	X			
		HPS Coordinator and the Director of Instruction will share the presentation with all Principals and Vice-Principals.	X			
		HPS Coordinator and the Director of Instruction will share Healthy Schools Network inquiry projects (from the Network of Performance Based Schools) with all Principals and Vice-Principals at least once per year at a Superintendent's meeting.	X			
	Promote understanding of health promoting schools and provincial policies with parents.	Create a PowerPoint presentation for Principals to utilize with their PACs and for the HPS Coordinator to present to COPAC.	X			
	Support the Health Promoting Schools Coordinator's participation in professional development opportunities to build knowledge of health promoting schools initiatives.	Attend Interior Health Authority 'Healthier Schools, Healthier Students' learning sessions and DASH-BC healthy school leadership symposiums.				X
	Increase the number of schools reporting out on their comprehensive school health progress through the use of the District HPS Assessment and Planning Tool or the Joint Consortium of School Health – Healthy School Planner.	Collaborate with all relevant committees and staff (i.e. Safe and Caring Schools Committee, Human Rights Committee, and Student Support Services) to garner feedback in order to update the HPS Assessment and Planning tool in a comprehensive manner.	X			
		Create an updated District HPS Assessment and Planning Tool that aligns with the four pillars of the Comprehensive School Health Model and the District HPS Plan.	X			
		HPS Coordinator and the Director of Instruction will present an activity with all Principals and Vice-Principals integrating the District HPS Assessment and Planning Tool, dialoguing about best practices, and determining needs at the school level for further improvement.	X			
		100% of District schools will complete a comprehensive school health progress report using either the updated District HPS Assessment and Planning Tool or the Joint Consortium of School Health – Healthy School Planner.	X			

Continued....Teaching and Learning

Key Components	Strategies and Structures	Projects/Tasks	Year 1 2010	Year 2 2011	Year 3 2012	Ongoing
<p>4. To continually foster, support, and promote individual school and/or worksite health promotion initiatives.</p>	<p>Support and promote health promotion initiatives that support student learning.</p>	<p>Promote the following initiatives and services and document the number of schools involved in and using them each year:</p> <ul style="list-style-type: none"> • Action Schools Action Schools! BC: Physical Activity, Healthy Eating, Student Leadership workshops • BC Fruit and Vegetable Nutritional Program • City of Kelowna Transportation: International Walk to School Week; Bike to Work Week; Bike to School Week; Bike Rodeos; Clean Air Day • Directorate of Agencies for School Health (DASH-BC): BC Healthy Schools Network • HeartSmart Kids • Ministry of Education: Daily Physical Activity Requirement • Sip! Smart BC • Smart Risk Injury Prevention Youth Programs • Sport Fit Canada: Sport Fit Days • Other 				X
		<p>Share health promoting schools information with staff through All Staff on First Class.</p>				X

HEALTHY SCHOOL POLICY

Description

- Management practices, decision-making processes, rules, procedures and policies at all levels that promote health and wellbeing, and shape a respectful, welcoming and caring school environment.

Key Components	Strategies and Structures	Projects/Tasks	Year 1 2010	Year 2 2011	Year 3 2012	Ongoing	
5. To have all decisions made with consideration of the known health and wellness effects these decisions have on our students, staff, and the broader community. Whenever reasonably possible, these decisions will be made in the best interests of the health and wellness of our students, staff, and the broader community.	Fill the HPS Committee membership to meet the current HPS Policy requirement.	Recruitment of an Aboriginal Community representative by the Chair of the Health Promoting Schools Committee.	X				
		Discuss recruitment of a school district mental health representative for the Health Promoting Schools Committee.	X				
	Research and liaise with experts to gather, share, and advocate for best practices.	Liaise with experts in an effort to gather information relevant to best practices in all areas of the Comprehensive School Health Model (the four pillars).				X	
		Share expert information gathered on best practices with HPS Committee to evaluate for relevance to our district.				X	
		Advocate for funding to address new initiatives taken from committee discussions on expert opinions for best practices of Comprehensive School Health.				X	
	Advocate for social justice and equality issues related to health and wellness with an emphasis on our vulnerable populations.	Continue to consult with the school district Human Rights Committee.					X
		Revisit the District HPS Policy #423 to ensure that the HPS Committee's mandate addresses issues such as access to safe drinking water and the provision of breakfast programs at schools with identified need.		X			
		Recruit private and/or public resources to support one new breakfast program in a school with identified need (currently being piloted at George Pringle Elementary).		X			
	6. To allocate resources, fiscal and human, to achieve the mandate of the Health Promoting Schools Policy, and to implement the District Health Promoting Schools Plan.	Advocate for continued funding of the Health Promoting Schools Coordinator and resources to support the HPS Program.	Research grant opportunities to support the HPS Coordinator position.				X
7. To allocate resources, fiscal and human, to achieve the mandate of the Employee Wellness Policy, in order to promote the health and wellness of all employee groups in the District.	Continue to support the Employee Wellness sub-committee, in part, through the shared human resources of the Health Promoting Schools Coordinator and the Director of Instruction-Human Resources.	Include the HPS Coordinator in all Employee Wellness sub-committee meetings in order to report back to the HPS Committee.				X	
		Allocate resources to support the monthly publication of an employee wellness newsletter to be posted monthly on the All Staff conference.				X	
	Advocate for continued funding of employee wellness initiatives that are part of the Employee Wellness Plan.	Create an employee wellness survey to post on All Staff to determine the direction of employee wellness initiatives in our District.		X			
		Provide one employee wellness initiative each season (fall, winter, spring). Examples include: pole walking, Tai Chi, yoga, pedometer challenge.					X
		Update the existing list of local businesses that provide a corporate fitness membership rate to confirm discount pricing.	X				

Continued....Healthy School Policy

Key Components	Strategies and Structures	Projects/Tasks	Year 1 2010	Year 2 2011	Year 3 2012	Ongoing	
8. To have each school address their health promoting schools goals and accomplishments on an annual basis in their School Planning Council Report and to utilize this information at the District and Board level when developing the yearly budget and District goals.	Highlight health promoting schools accomplishments on a yearly basis.	Complete an annual review of School Planning Council Reports and provide a report to the Board of Education.				X	
	Increase the number of schools addressing comprehensive school health on an annual basis (using either the District HPS Assessment and Planning Tool or the Joint Consortium of School Health – Healthy School Planner) with the goal of meeting expectations within all four Pillars (Social and Physical Environment, Teaching and Learning, Healthy School Policy, and Partnerships and Services).	Adapt the current District HPS Assessment and Planning Tool performance standards to reflect the four pillars of the Comprehensive School Health Model and the HPS District Area of Focus for 2010-2011.	X				
		Consult with the District technology team about the possibility of aligning the updated District HPS Assessment and Planning Tool with the Skopus/Skovision School Planning Council template.			X		
		HPS Coordinator will collate data collected from the assessment tool and report results to the HPS Committee twice yearly.	X				
9. To monitor, support, and review the BC Ministry of Education Provincial Healthy Schools initiatives and District Health Promoting Schools initiatives on a yearly basis and to report to the Board of Education.	Improve implementation support for the Guidelines for Food and Beverage Sales in BC Schools.	Improve attendance at the Annual Healthy Food Fair by establishing the date in June to provide advance notice of the event.				X	
		Create a Healthy Food Fair advertisement to email to all staff, all admin., and potential vendors.				X	
		Host and facilitate a fall workshop for Parent Advisory Committees, Hot Lunch Coordinators, and School Store Operators.	X				
	Improve implementation support for the Daily Physical Activity (DPA) Requirement.	Lead teachers gather information about the percentage of teachers implementing DPA in their schools and report out once per year to the HPS Coordinator.					
		Monitor and increase the number of schools accessing Action Schools! BC resources.				X	
	Improve support for the use of a comprehensive school health assessment tool for use with School Planning Councils and/or school health teams.	Update the District HPS Assessment and Planning Tool and compare this tool to the Joint Consortium of School Health-Healthy School Planner (currently utilized by the Ministry of Education).	X				
		Facilitate an annual in-service with School Administrators to improve understanding of the comprehensive school health model, the District HPS Policy and Plan, and the use of a healthy school planning tool to share with their School Planning Councils.	X				
	Maintain a Health Promoting Schools District Plan based on an alignment with the Comprehensive School Health Model, annual progress from the action plan, feedback from the District HPS Assessment and Planning Tool or the Joint Consortium of School Health – Healthy School Planner assessments, and ongoing feedback from our annual reviews.	Develop and respond to a three year action plan based on the strategies and structures of this updated HPS.					X
		Provide monthly updates of the action plan at HPS Committee meetings.					X
		Provide an annual report of progress to the Board of Education.					X

PARTNERSHIPS AND SERVICES

Description

Partnerships are:

- The connections between the school and students' families.
- Supportive working relationships within schools (staff and students), between schools, and between schools and other community organizations and representative groups.
- Health, education and other sectors working together to advance school health.

Services are:

- Community and school based services that support and promote student and staff health and well-being.

Key Components	Strategies and Structures	Projects/Tasks	Year 1 2010	Year 2 2011	Year 3 2012	Ongoing
10. To liaise and partner with other District Committees and Staff to support health promotion within the District.	Liaise and partner with the District Health and Safety Manager and District Traffic Safety Officer to support numerous health promotion initiatives such as International Walk to School Day, Bike Rodeos, Bike to School Week, and Bike to Work Week.	Arrange for the HPS Coordinator to meet with these staff members, one time per year, to support the implementation of the HPS Plan.				X
	Liaise and partner with the Safe Schools Committee.	Arrange for the HPS Coordinator to communicate with the committee at one of their committee meetings, one time per year, in order to support the implementation of the HPS Plan.				X
	Liaise and partner with the Human Rights Committee.	Arrange for the HPS Coordinator to communicate with the committee at one of their committee meetings, one time per year, in order to support the implementation of the HPS Plan.				X
11. To foster, facilitate, and maintain strong partnerships with health and community services at the District level and to promote similar relationships at the school level.	Regularly share healthy living resources and grant opportunities with PACs and partners of interest.	At least one time per year, post information and opportunities on All PAC via First Class.				X
	Foster partnerships with local public recreation coordinators to support physical activity opportunities at the schools	Meet in the fall with public recreation coordinators to encourage support for physical activity opportunities at the schools: City of Kelowna District of Lake Country District of West Kelowna District of Peachland				X
	Foster, facilitate, and maintain District partnerships with the following health and community services for the purpose of implementing comprehensive health promotion initiatives in Grades K to 12: <ul style="list-style-type: none"> • Action Schools! BC • BC Agriculture in the Classroom Foundation • BC Cancer Agency Prevention Programs • Breakfast for Learning • Canadian Cancer Society • Central Okanagan Community Gardens Society • Central Okanagan Parent Advisory Council • City of Kelowna Recreation and Cultural Services • City of Kelowna Transportation • Directorate of Agencies for School Health (DASH-BC) • District of Peachland Recreation • District of West Kelowna Recreation • Healthy Eating at School • Interior Health Authority • Interior Health Public Health Nurses • Making it Happen • Ministry of Children and Family Development • Ministry of Education Healthy Schools Staff 	At least one time per year, communicate with the indicated community partners to support the implementation of health promotion initiatives in Grades K-12.				X

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