



### What can **you** do?

**Champion a School Health Team!** Get informed! See websites below, including a detailed paper about healthy school communities. Talk to provincial and national organizations to generate support for healthy school community activities.

### What can **your school** do?

Use a **Whole School Approach** involving staff, teachers, community partners, parents, and students. Communicate with all stakeholders.

### What can **your school community** do?

**Assess** the school community's needs and create a **Plan** for **Sustainability!** Share success stories and **Learn** what works!

### For more information, please contact:

info@phecanada.ca or visit [www.phecanada.ca](http://www.phecanada.ca)

### To read a full concept paper regarding healthy school communities visit:

[www.phecanada.ca/programs/health-promoting-schools/concept-paper](http://www.phecanada.ca/programs/health-promoting-schools/concept-paper)  
[www.propel.uwaterloo.ca/hsc/](http://www.propel.uwaterloo.ca/hsc/)

### Supporting National Organizations:

Physical & Health Education Canada – [www.phecanada.ca](http://www.phecanada.ca)

Pan-Canadian Joint Consortium for School Health – [www.jcsh-cces.ca](http://www.jcsh-cces.ca)

Canadian Association of Principals – [www.cdnprincipals.org](http://www.cdnprincipals.org)

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# THE SCOOP ON BUILDING A HEALTHY SCHOOL COMMUNITY

Healthy school communities promote a culture of wellness among all members: students, staff, administration, parents, and community partners. Together, the school community implements plans to create an environment that supports healthy choices among its members.



**PROPEL**  
CENTRE FOR  
POPULATION  
HEALTH IMPACT

[propel.uwaterloo.ca](http://propel.uwaterloo.ca)

**PHE Canada**  
Physical & Health Education Canada



**EPS Canada**  
Éducation physique et santé Canada

# A MODEL FOR HEALTHY SCHOOL COMMUNITIES

The inner circles represent the 5 core components of a Healthy School Community. The outer blue ring represents the essential principles of a Healthy School Community approach.

## Assess, Plan, Learn

Does your school community need to focus on a particular area (e.g., physical activity, nutrition, tobacco control)? Or building the basic foundations for a healthy school? **Assess** needs and **plan** accordingly. Test what works for your school community and **learn** to adapt.

## Champion and Team

Identify a **champion** and form a healthy school community **team**. It's best to include teaching and non-teaching staff, students, parents, and community partners. Use expertise of stakeholder groups like public health.

## Sustainability

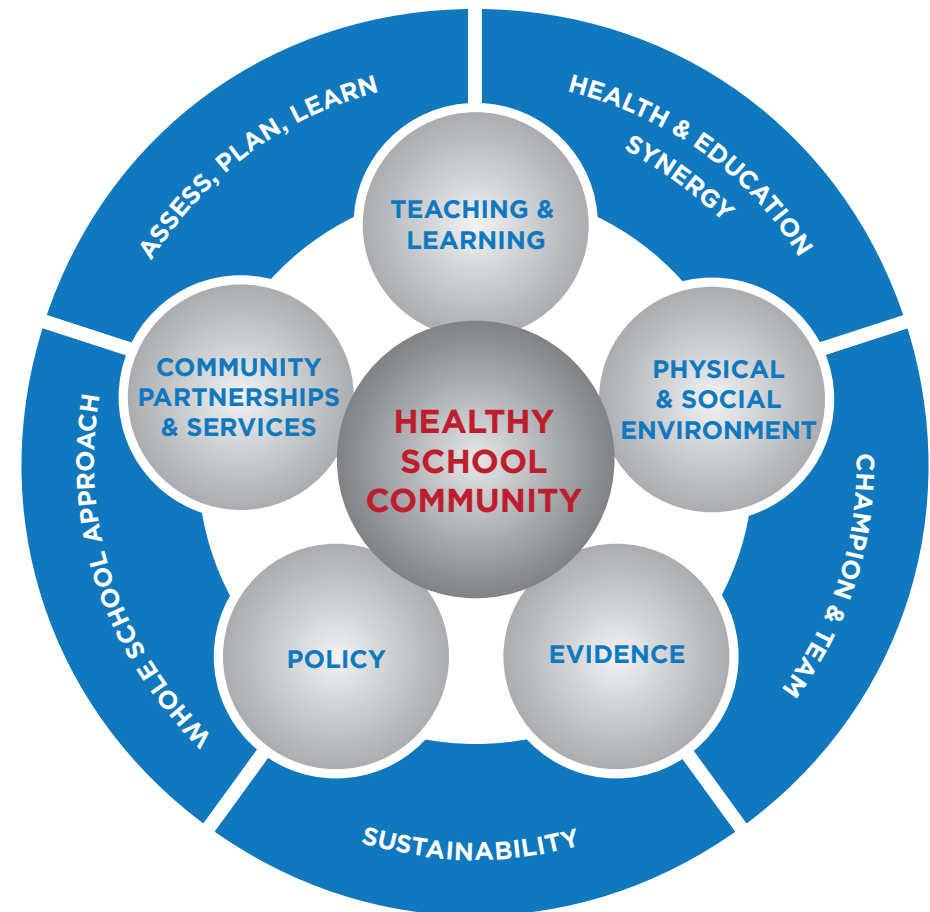
Focus on the long term health of your school community. Plan and implement policies and projects that will lead to lasting changes.

## Whole School Approach

**Whole school approaches** use multiple strategies to promote health and well-being. They focus on the five core components of a healthy school community illustrated in the grey circles of the model: teaching and learning, the physical and social environment, policy, partnerships with the community, and evidence. They consider "HOW" you do something as much as "WHAT" you do and target the **whole school** community.

## Health and Education Synergy

Look for synergy where advancing health can also advance education goals. Engage joint planning and coordinate resources (e.g., funding, time).



## Top 5 Benefits of Building Healthy School Communities

### 1. Greater overall achievement

Students in healthy school communities learn better and score higher on standardized tests and report cards.

### 2. Well-rounded students

Healthy school communities positively impact self-esteem and social well-being. Healthy students have an increased capacity to learn

and develop the values, attitudes and skills necessary to be competent, effective and resilient adults.

### 3. Decreased discipline problems and improved attendance

Healthier school communities experience fewer student behaviour problems and better attendance.

### 4. Improved lifelong health

Healthy kids become healthy adults. Many healthy (or unhealthy) behaviours and habits we develop in school stick with us into adulthood.

### 5. Reduced disparities

Approaches to creating healthy school communities can reduce both health and education disparities.