

Comprehensive School Health / Health Promoting Schools / Healthy Schools

HIGH QUALITY INSTRUCTION & PROGRAMS

- K-12 Health and Physical Education **curriculum**
- Relevant, high quality teaching/learning materials
- Commitment to **teacher preparation**—preservice and inservice training
- **Empowerment** approaches that consider individual and social contexts, promote **action competence** and:
 - use active and cooperative learning techniques
 - develop health knowledge, attitudes and behaviours
 - emphasize generic skill development (e.g. information-seeking, decision-making, problem-solving, refusal skills, critical thinking, media awareness, coping, personal goal-setting, social skills, building relationships, conflict resolution)
 - encourage students to participate in local **community** action
- Cross-curriculum support for health

COMMUNITY PARTNERSHIPS (SERVICES)

- Health services (e.g. physical, mental, public health)
- Guidance and career education
- Social work
- Psychology
- Child protection
- Police services
- Early identification, assessment, referral, treatment, and follow-up
- Parks and Recreation / Boys and Girls Clubs / YMCAs & YWCAs
- Access to community-based services
- “Healthy School” coordinators (provincial level, school board level, and local school level)
- Government, school board, and school policies/guidelines and funding facilitating access to services

SUPPORTIVE SOCIAL ENVIRONMENT

- Welcoming & positive **environment**
- Supportive relationships
- Clear expectations and limits
- Inclusive environment that celebrates diversity and ensures **equity**
- **Collaborative**, partnership approach with input from students, parents, administration, teachers, and local **community** agencies
- Establishment of **sustainable** processes and mechanisms (e.g. school health committees/teams) to identify and address health issues, and **measure success**
- **Democracy** / involving students in decision-making / active student participation (e.g. in setting classroom rules, on a school health committee, on a student council, in peer leadership)
- High degree of staff participation
- Encouragement of staff and student autonomy
- Role-modelling by parents, teachers, peers
- Mentoring programs
- Universal, non-stigmatizing student nutrition/food programs
- Media reinforcing healthy behaviours
- Government, school board, and school policies/ guidelines supporting health

HEALTHY PHYSICAL ENVIRONMENT

- Clean & hygienic **environment**
- Acceptable air quality and ventilation
- Safe water
- Adequate lighting
- Low allergen environment
- Safe playground equipment and injury prevention measures in the school
- Smoke-free policy enforcement
- Availability of healthy food choices
- Safe food handling practices
- Safe and healthy school policies/guidelines (e.g. prohibiting harassment, discrimination, violence, alcohol and drug use as well as focusing on their prevention)

* The words in bold refer to the 10 key principles of the Health Promoting School concept as identified at the First International Conference for Health Promoting Schools in Greece, 1997: 1. Democracy 2. Equity 3. Empowerment and Action Competence 4. School Environment 5. Curriculum 6. Teacher Training 7. Measuring Success 8. Collaboration 9. Communities 10. Sustainability.



The Ontario Healthy Schools Coalition

The Ontario Healthy Schools Coalition is an Ontario-wide, broad-based coalition, with members from health units, school boards, hospitals, mental health agencies, universities, health-related organizations, education-related organizations, parents and students. Our vision is that every child and young person in Ontario will be educated in a 'healthy school'. A 'healthy school' promotes the physical, mental, social and spiritual health of the whole school community and constantly strengthens its capacity as a healthy setting for living, learning and working.

The World Health Organization is spearheading a Global School Health Initiative and many countries have embraced comprehensive approaches to school-based health promotion, including 43 European countries, Australia, the United States, and Canada. These comprehensive approaches are known under a variety of names, such as Comprehensive School Health, Health Promoting Schools, Coordinated School Health Program, Quality School Health, Healthy Active School Communities, School^{Plus}, Living School and Healthy Schools. There are several key common core components: curriculum; access to services; supportive social environment; healthy physical environment; health-promoting policies/guidelines; partnerships; active participation of all partners (particularly students and staff) in decision-making; mechanisms and processes to identify and address health-related issues in an ongoing, sustainable way; and overall promotion of a healthy, active lifestyle. The OHSC members feel it is essential at this time that Ontario takes steps to make this vision a reality in our province. In partnership with key stakeholders who are committed to promoting the health and learning of the children and youth of Ontario, the OHSC endeavours to:

- raise awareness of the benefits and need for 'healthy schools'
- build the knowledge base and capacity for implementation of a 'healthy schools' approach
- influence policy development and the provision of adequate public funding for 'healthy schools'
- provide a forum to share 'healthy schools' initiatives and best practices across health, education, and related sectors

For more information, please contact Barbara Ronson at ohsc@opha.on.ca or the Ontario Healthy Schools Coalition Co-Chairs: Carol MacDougall (519) 271-7600 x 322 cmacdougall@pdhu.on.ca or Fran Perkins fran.perkins@sympatico.ca

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Useful School Health Web-sites

Pan-Canadian Joint Consortium for School Health <http://www.jcsh-cces.ca/>

Canadian Association for School Health

Safe and Healthy Schools Web-Site: www.safehealthyschools.org

Consensus Statement on Comprehensive School Health

http://www.safehealthyschools.org/CSH_Consensus_Statement2007.pdf

Ontario Healthy Schools Coalition / Ontario Public Health Association

www.opha.on.ca/ohsc

Physical and Health Education Canada [PHE Canada, formerly CAHPERD]

www.phecanada.ca. For "Partners for Health" key document, see

www.cahperd.ca/eng/health/documents/PartnersForHealth.pdf

U.K. Healthy Schools Programme <http://home.healthyschools.gov.uk/>

Ontario Ministry of Education "Foundations for a Healthy School"

<http://www.edu.gov.on.ca/eng/healthyschools/foundations.html>

World Health Organization

http://www.who.int/topics/school_health_promotion/en/

European Network of Health Promoting Schools

www.euro.who.int/eprise/main/WHO/Progs/ENHPS/Home

Australian Health Promoting Schools Association

<http://www.ahpsa.org.au/>

Achieving Health Promoting Schools

http://www.iuhpe.org/uploaded/Publications/Books_Reports/HPS_GuidelinesII_2009_English.pdf