

# Healthy Schools Matter

## Healthy School Policy

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# Ophea Is...

**(The Ontario Physical and Health Education Association)**

**A provincial not-for-profit organization dedicated to supporting Ontario schools and communities through quality program supports, partnerships, and advocacy to enable children and youth to lead healthy active lives.**

## Ophea's Vision

**All Children and youth in Ontario value, participate in, and make a lifelong commitment to healthy active living.**

# The Living School Initiative

## a truly comprehensive approach to creating Healthy Schools

### Living School Evaluation

- 2004/05 Pilot Project Evaluation
- 2006 Follow Up Evaluation/DPA Study
- 2007 EQAO Study
- Ophea Program Evaluation

Evaluation results consistently demonstrated that this *Healthy Schools* approach works.

Ophea is committed to actively sharing the knowledge, experience and lessons learned through Living School and to work in partnership with key organizations at the provincial, regional and local levels.

# Ontario Education Landscape

- 5,000 schools in Ontario (approximately 4000 elementary and 1000 secondary)
- 72 School Boards: 60 English (includes French immersion) and 12 French, Public and Catholic
- Educational Priorities: Literacy (EQAO Testing); Numeracy (EQAO Testing); Student Success; Community, Culture, Caring (character education)
- Daily Physical Activity Policy: Grades 1-8 (October, 2005)
- Crowded Curriculum/generalist teachers

# Ontario Education Landscape

## Health and Physical Education Curriculum Policy Renewal

- Ministry of Education will release revised elementary (Grades 1-8) and secondary (grades 9-12) H&PE Curriculum Policies in 2009 and 2010, respectively
- H&PE Curriculum Vision: Children and youth will be physically and health literate and have the comprehension, commitment and capacity to lead and promote a healthy active life in an ever-changing global society

## Renewed Public Health Standards (Nov. 2008)

- Public Health to support school boards and schools to address a number of health related issues using a comprehensive school health approach

# Ontario Education Landscape

## Healthy Schools

- research in the areas of educational improvement and health promotion show that interventions to support student learning and health are most effective when implemented within the context of a comprehensive school health (***Healthy Schools***) approach

## Foundations for a Healthy School

- released by Ministry of Education and Ministry of Health Promotion (2006), provides a philosophy and framework for Healthy Schools

# Process to Initiate and Sustain Healthy Schools

**These steps which are supported through research and best practices including the evaluation of the Living School initiative are:**

## **Community engagement and consultation**

- Shared vision, priorities, assets, goals, commitment

## **Establishment of healthy schools team or workgroup**

- Include representation from students, families, educators, community partners including public health, sport and recreation and others
- Use existing structures e.g. School Councils, Safe Schools Committees, Students Councils, Heart Health Partnerships and others

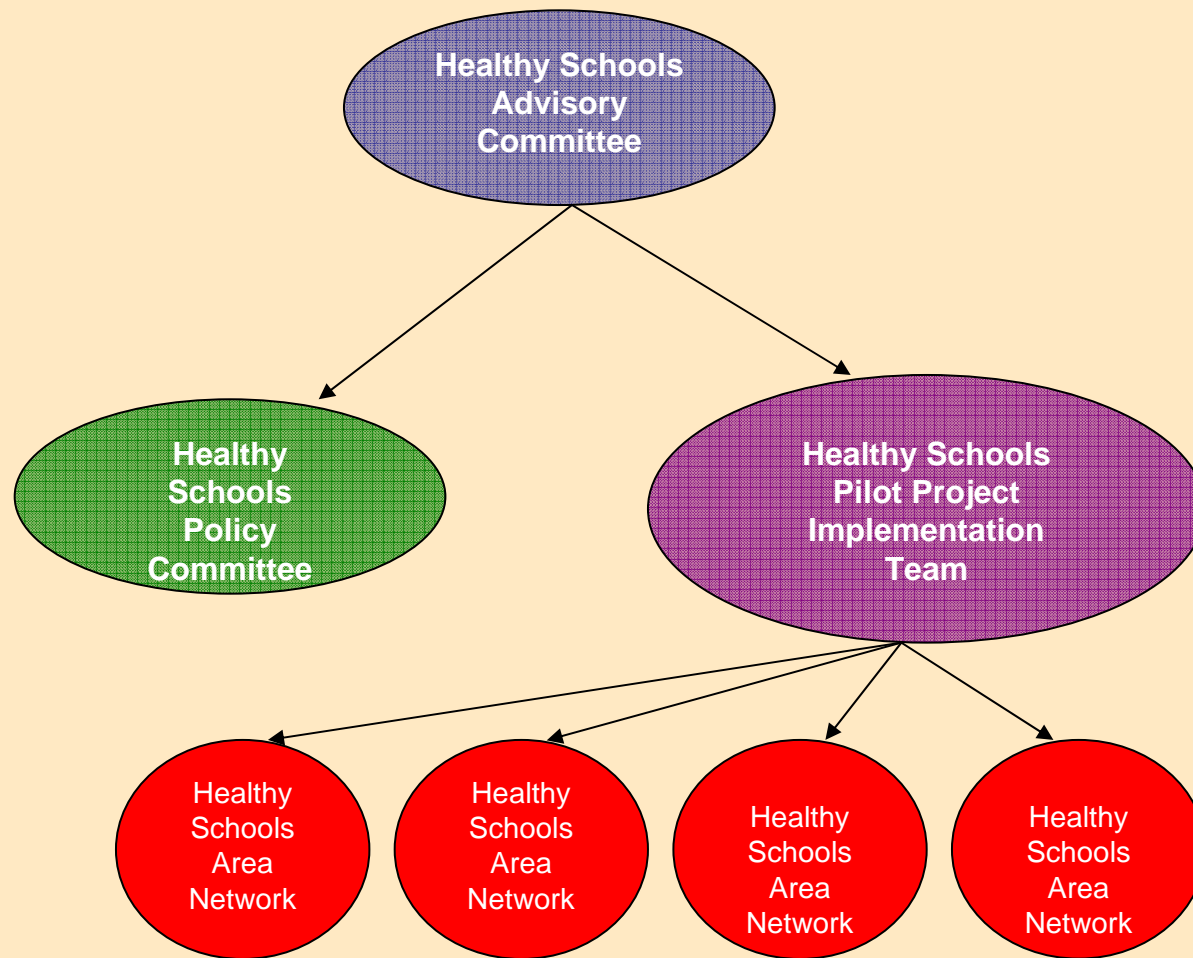
## **Development and Implementation of an action plan**

- Priorities within the Foundations for a Healthy Schools framework
- Existing planning processes such as the School Effectiveness Framework should be leveraged

## **Evaluation and celebration of progress and outcomes**

Healthy Schools Matter: A Discussion Paper on making healthy schools a reality in Ontario

[www.ophea.net/advocacy.cfm](http://www.ophea.net/advocacy.cfm)



# Healthy Schools and Workplaces

## Board Policy #218.0

### Policy Statement

The York Region District School Board believes that a healthy school/workplace climate has a positive impact on student achievement and success. This climate also contributes to employee health, well-being and service delivery and is essential for students and employees to reach their full potential. The Board supports school communities through its Healthy Schools Framework which fosters an integrated approach to healthy behaviours. This comprehensive framework supports students and staff by providing opportunities to observe, learn and sustain positive health habits. The Board believes that all students and staff are entitled to work and learn in healthy environments that are responsive to the needs identified across the system in relation to the Board and School Plans for Continuous Improvement and in accordance with the Ministry of Education and Health Promotion. The Board also offers an employee assistance program to support and healthy school and workplace climate.

**Ophea is committed  
to working with  
various partners  
to support the  
implementation of  
the renewed  
H&PE Curriculum  
within the context  
of a Healthy  
School**

