

Healthy Kids = Better Learners



“Schools can do more than any other institution in society to help young people live healthier, longer, more satisfying, and more productive lives.”

—Carnegie Council on Adolescent Development

About the JCSH Healthy School Planner

The JCSH Healthy School Planner is an online tool designed to help Canadian schools create healthier environments. It offers individual schools a way to assess the overall state of their environment as well as the choice to zero in on one or more specific topics such as healthy eating, physical activity or tobacco.

Schools can use the JCSH Healthy School Planner at any point in time to assess and build a plan for improving the health of their school. The Planner guides schools through a step-by-step process that includes:

- a series of questions to determine the school’s current health status;
- an assessment of the school’s results along with help interpreting those results;
- a planning process to help develop goals and an action plan for making improvements;

- links to resources to help develop and implement the action plan; and
- a comprehensive feedback report which includes the school’s assessment results, action plan, and recommendations and resources for those areas selected for action.

Working with a Team

Completing the assessment and making changes is much easier if a supportive school team leads the way. An ideal team would represent various perspectives within the school—teachers, administrators, food service directors, health representatives, parents, community members, and (for middle and high school) student representatives. The improvements made will be more meaningful, more widely accepted, and much easier to implement and sustain if the schoolwork with a representative team.

Finding the JCSH Healthy School Planner

Go to the Joint Consortium for School Health’s website at www.jcsh-cces.ca, and click on Access the Healthy School Planner.

The Online Factor

The Planner’s online format offers a host of benefits, including;

- automatic scoring – no more time spending copying and calculating;
- ability to make edits electronically;
- immediate access to the school’s assessment, plus instant feedback on any necessary corrections;
- ability to share the feedback report with multiple team members in multiple locations; and
- direct links to key online resources.

Who’s Eligible?

Any Canadian school, whether public, private or charter, is allowed to use the Healthy School Planner, at no cost.

Is It Worth It?

Research shows a correlation between positive health behaviours and increased student achievement. Using the Planner can help create a healthy school environment where all students can achieve their full academic potential.



How to Use the Healthy School Planner

Form a Team

Form a Team

- Bring together representative team of school staff, students, community representatives and administrators to assess and plan the health of the school. A team approach is critical to achieving success. It will make the assessment and planning more meaningful, be more widely accepted, and much easier to implement.

Assess your school environment

Assess

- Take a look at your school—to identify strengths as well as areas for improvement. The assessment has both big-picture and topic-specific questions. It also provides information and feedback on your school's current status.

Plan & Act to make it better

Plan & Act

- With a complete picture of your strengths and areas of need, your school will be ready to set meaningful goals and to plan and implement actions that support those goals. The planning module walks you through effective planning steps and provides a convenient way to document your progress.

Celebrate your achievements

Celebrate

- Acknowledging your achievements is motivating and can energize your school to continue making improvements.

Check your progress, or assess new topics

Assess Again

Assess Again

The assessment is designed to allow you to take it again and again (as many times as you like). Reviewing the same topic areas is a good way to check your progress. You can see how much your assessment score improved due to changes you made. Or you may wish to assess new topic areas.

About the Joint Consortium for School Health

The JCSH Healthy School Planner is brought to you by the Joint Consortium for School Health, a partnership of federal, provincial and territorial governments from across Canada, working together to make schools healthier.

About Comprehensive School Health

The JCSH Healthy School Planner is based on an internationally recognized framework known in Canada as comprehensive school health (CSH). CSH is a planned, integrated holistic approach that allows schools to address their own priorities, and has proven to be an effective way for schools to build a healthier environment.

CSH is not just about what happens in the classroom. Rather, it encompasses the whole school environment with actions addressing four distinct but inter-related pillars that provide a strong foundation:

- social and physical environment;
- teaching and learning;
- healthy school policy; and
- partnerships and services.

When actions in all four pillars are harmonized, students are supported to realize their full potential as learners – and as healthy, productive members of society.

For more information visit www.jcsh-cces.ca and click on Access the Healthy School Planner.

