



Quality School Health

The QSH Vision

Healthy learning environments where all children and youth are supported by their school community to make healthy lifestyle choices.

A QSH Program:

- Is ongoing and involves participation and collaboration from the entire school community - students, parents, school staff and community partners;
- Focuses on the health issues specific to the needs and concerns of each school community;
- Uses a *comprehensive approach* to school health that concentrates on the specific needs and concerns of the school community, including the school curriculum, the physical school environment, and the opportunities to involve community support and school services.

QSH Strands

The strand approach is meant to capture the knowledge, skills, attitudes and behaviours that foster healthy living. QSH has identified eight strands of health:

- Growth and Development
- Nutrition and Healthy Eating
- Physical Fitness and Well-being
- Mental and Social Health
- Healthy Relationships
- Environmental and Community Health
- Personal Safety and Injury Prevention
- Substance Use and Abuse Prevention

The QSH Checklist

12 key elements characterize a healthy school community. Rate your school community by checking the box beside the statements that apply. Measure your score by using the scale provided.

1 A health-minded school administration

- My school holds school-wide activities and events that promote health and supports the health curriculum.
- My school community has a committee or council devoted to school health.
- In-service training in health is provided for teachers.

2 A holistic view of health

- My school's health programs and services address the physical, mental, social and emotional needs of our students.
- Teachers at my school are involved with students in extra-curricular activities, including coaching, mentoring, organizing school plays and musicals.
- My school community has strategies in place to deal with hungry children and students with nothing to look forward to after school.

3 A safe and healthy learning environment

- My school provides clean air, nutritious food, proper sanitation, safe school playgrounds, enthusiastic teachers, and an environment free from discrimination, harassment and intimidation.
- My school community rewards students for their healthy activities and behaviour.
- The consequences of unacceptable behaviour in my school are clear, consistent and meaningful.

4 Community participation and collaboration

- My school has a parent council that is actively involved in promoting school health.
- My school community offers opportunities for informal learning between families, students, school staff and support personnel.
- My school collaborates with our local health unit and other agencies promoting health.
- My school collaborates with other community agencies, such as social services, parks and recreation departments.
- My school has a student wellness center.

5 Meaningful student involvement

- My school has a student council that is involved with activities related to school health.
- Students participate in the decision-making (as age-appropriate) in my school.
- My school community offers peer-led programs, such as media-tion, mentoring and counseling.
- Students help out in the cafeteria, office, and schoolyard.

6 A coordinated plan or framework

- My school plans activities and events that coincide with community-wide health initiatives and related health days/weeks/months.
- My school implements the provincial/territorial health curriculum.

7 Health policies

- My school has policies for clean air, nutritious food, proper sanitation, safe school playgrounds, harassment, and staff wellness.
- Students are involved in promoting healthy school policies.

8 Quality health instruction

- Health education is provided to help develop the knowledge, behaviours and skills (i.e., thinking, decision-making, communication) necessary for healthy living.
- Teachers use a variety of instructional methods that are comprehensive and interdisciplinary.
- My school's health program includes all the QSH strands.
- My school provides Quality Daily Physical Education.
- The teachers teaching the various strands are competent and comfortable with these topics.

9 Access to current, quality health resources

- My school has access to current, quality health resources, either on site or from the community.
 - Teachers are able to access these resources in a timely manner.
 - These resources emphasize a comprehensive approach.
 - Resources related to all QSH strands are available.



10 Inclusive school health programs and services

- Students of all gender, race, religion, culture, physical and mental ability, and socio-economic status are encouraged to participate in school health planning and activities.
- Students of all gender, race, religion, culture, physical and mental ability, and socio-economic status have access to all programs, facilities and services within the school community.

11 A spirit of lifelong learning

- My school community provides opportunities for learning outside the school setting.
- My school has an intramural program.
- My school offers recreational clubs.
- My school provides enrichment opportunities.
- My curriculum programs emphasize lifelong learning.

12 Regular evaluation

- My school community reviews its school health programs and services annually.
- Students, staff, parents and the community all contribute to this evaluation.

How Does Your School Community MEASURE UP?

36 to 40 checkmarks

(with at least one from each of the 12 elements)
Congratulations! Your school community has a QSH program. Your challenge will be in maintaining it. What systems do you have in place to ensure continued success? Perhaps you could share your story with others.

16 to 35 checkmarks

Great! Your school community is on the road to QSH. Have you considered trying out some of the other ideas suggested in the Checklist? Visit www.cahperd.ca for additional on-line QSH tools.

1 to 15 checkmarks

Interesting! Your school community has some of the elements of a QSH program. In addition to visiting www.cahperd.ca, try contacting your regional or local health unit for more information about Comprehensive School Health (CSH) and how your school can work more closely with the community on school health issues.



THE CANADIAN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE
L'ASSOCIATION CANADIENNE POUR LA SANTÉ, L'ÉDUCATION PHYSIQUE, LE LOISIR ET LA DANSE

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