Foundations for a Healthy School

The Foundations for a Healthy School chart describes the elements of a healthy school and provides a few practical examples of activities you may already be doing, or would want to consider doing to make your school a healthier place to learn. The chart identifies four components of a healthy schools framework. These components are: Quality Instruction and Programs, a Healthy Physical Environment, a Supportive Social Environment, and Community Partnerships.

The sample activities are not meant to be a checklist of what schools should be doing. Also, many of the activities listed could be used for more than one of the elements of a healthy school. For example, a healthy school committee made up of school staff, students, parents, and community partners could focus on initiatives in any of the health-related topics.

Principals are encouraged to consult with staff, students, school council members, parents, and community partners to identify the initiatives they are currently implementing, and to identify health priorities for the school community. This consultation may be organized by creating a Healthy Schools sub-committee or by asking a current sub-committee or team such as Safe and Healthy Schools or Culture to take responsibility for this effort. A school may choose to focus on Physical Activity and Healthy Eating, since these are areas in which they are already participating through government initiatives; however, all healthy schools initiatives will be recognized.

Also, included in this package is a blank of the Foundations for a Healthy School template. It can be used as a self-reflection tool to help schools organize the healthy school initiatives they are currently implementing. The information collected is a good starting point for determining the extent to which a school is “a healthy school”. This template is also intended to help schools to better understand how the current initiatives fit into the new healthy schools framework.