



FACILITATION STARTER KIT



Congratulations! By participating in the Champlain School Facilitation Pilot program, you are demonstrating your commitment to establishing a healthy school environment where children can make healthy food choices and be physically active every day.

PRIORITY AREAS:

- 1 SCHOOL NUTRITION** Fostering policy and program interventions that increase learning, access to and consumption of healthy foods in schools.
- 2 SCHOOL TRAVEL PLANNING** Fostering policy and program interventions that increase walking and cycling to and from school.
- 3 ACTIVE PLAY** Fostering policy and program interventions that increase opportunities for physical activity and play in schools.

**CHAMPLAIN SCHOOL
FACILITATION PILOT
PROGRAM 2013-2014**



WORKING TOWARDS A HEALTHY SCHOOL

The Champlain School Facilitation Pilot program is being implemented by the *Champlain Cardiovascular Disease Prevention Network (CCPN)*, in partnership with the *Heart and Stroke Foundation*, and the *Propel Centre for Population Health Impact at the University of Waterloo*, to support healthy eating and physical activity among school-aged children. The school facilitator will work with your school, along with 15 other schools from across the Champlain region, providing ongoing support and assisting your school in developing and executing a 2013-2014 School Action Plan related to one or more of the three priority areas.

Comprehensive School Health (CSH) is an internationally recognized approach for supporting health promotion in schools. It is not just about what happens in the classroom, but rather in the whole school environment that will create a healthy school.¹ Through the Ontario Ministry of Education, the CSH approach is articulated by the Foundations for a Healthy School framework. In creating your 2013-2014 School Action Plan, be sure to address activities in all four pillars of the framework.²



FOUNDATIONS FOR A HEALTHY SCHOOL FRAMEWORK

High-Quality Instruction & Programs

- provide students with a wide range of opportunities to learn, practice, and demonstrate knowledge and skills
- offered during the instructional day and often lay the foundation for other activities
- includes professional learning opportunities for teachers and school staff

Healthy Physical Environment

- improves the conditions for learning
- e.g. school building and grounds, routes to and from the school, materials and equipment used in school programs

Supportive Social Environment

- has a positive impact on students' learning
- may be formal (e.g. school policies, rules, clubs or support groups)
- or informal (e.g. unstructured peer interactions, free play)

Community Partnerships

- provide access to resources and services available to support staff, students and families
- e.g. Public Health, Parks and Recreation, Community and parent partnerships

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

2. Ontario Ministry of Education <http://www.edu.gov.on.ca/eng/healthyschools/foundations.html>

STEPS TO SUCCESS!

These seven steps will help you successfully implement your 2013-2014 School Action Plan and be on your way to a healthier school environment. Engage with your facilitator along the way!

1 Getting started!

Commit to the Champlain School Facilitation Pilot program. Select one or more priority area(s) to focus on for the 2013-2014 school year.

2 Gather a healthy school committee.

If you already have a healthy school committee:

Add the Champlain School Facilitation Pilot program to the agenda of your next meeting.

Share the Starter Kit with members.

If you don't have a healthy school committee:

Gather key stakeholders (students, staff, parents, public health and community partners).

Form a committee.

Schedule a kick-off meeting.

3 Establish goals and assess your needs.

Consult with your healthy school committee.

Use assessment tools as required for your priority areas.

4 Create a plan.

Complete the School Action Plan (template to be provided). Set measurable goals aligned with the priority(ies) chosen. Plan actions to reach your goals using the Foundations for a Healthy School framework.

5 Make it happen.

Execute your School Action Plan.

Promote and communicate your plan to the school community to keep them informed of the progress throughout the school year.

- Presenting at school assemblies/meetings, sending e-mails, including inserts in students' backpacks or parent newsletters, and meeting with school councils are good avenues to communicate.

6 Evaluate and celebrate success.

Track your progress (template to be provided).

Celebrate your success with your school community!

7 Keep it going!

Plan activities for next school year.

Stay the course!

CREATING CHANGE TOGETHER!

ROLE OF THE SCHOOL

- : **Actively participate** in the Champlain School Facilitation Pilot program for the full duration (March 2013-June 2014)
- : **Commit** to developing and implementing a 2013-2014 School Action Plan in one of the three priority areas
- : **Form** a school health committee of parents, students, school staff and community members and engage them in your School Action Plan activities
- : **Embrace** your facilitator into your school community and activities related to the pilot program
- : **Partake** in all school-level and student-level evaluation activities
- : **Use** your school seed funding to support implementation activities
- : **Track and Report** on progress throughout the 2013-2014 school year
- : **Capture and share** your successes (e.g. photographs, quotations, videos, etc.)

ROLE OF THE FACILITATOR

- : **Provide** ongoing facilitation and liaison support to schools
- : **Support** and assist the development of a comprehensive 2013-2014 School Action Plan
- : **Mobilize** and engage school communities by supporting a multi-disciplinary school health committee at each school
- : **Facilitate** communication linkages between all program partners
- : **Participate** in school health committee meetings where possible
- : **Engage** in school implementation activities where possible
- : **Link** schools with public health and other relevant community partners
- : **Supply** and/or link schools with the necessary tools and resources to support implementation of their School Action Plan
- : **Coordinate and deliver** presentations to school stakeholders as relevant

THANK YOU TO OUR PARTNERS!



PROPEL
CENTRE FOR
POPULATION
HEALTH IMPACT



EOHU
Eastern Ontario
Health Unit



BSEO
Bureau de santé
de l'est de l'Ontario



THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK

The Champlain Cardiovascular Disease Prevention Network (CCPN): is an alliance of health and community partners from across the Champlain region of Ontario that is working to reduce the burden cardiovascular disease and ensure Champlain residents are the most heart healthy and stroke-free in the province. The Champlain region includes the City of Ottawa, the Eastern Counties of Prescott and Russell and Stormont, Dundas and Glengarry, Renfrew County, and parts of Leeds, Grenville and Lanark Counties.

QUESTIONS? Contact Natalie Martin, School Facilitator at 613-798-5555 ext. 12065 or nmartin@ottawaheart.ca

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