

# Quality School Health Overview Presentation



**CAHPERD**  **ACSEPLD**

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



# Stats and Facts

- Students who are well adjusted at school tend to have good relationships with their parents, to be healthy and happy, and to avoid health-risk behaviours. *King, A.J.C., et al. (1992)*
- Physical activity reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight - and it improves your outlook on life. *Health Canada (2002)*



- Girls who are physically active in sports are 92% less likely to use drugs and 80% less likely to have unwanted pregnancy. *CFLRI (1999)*
- Participation in a school breakfast program improves school performance and reduces absenteeism and tardiness. *Office of Research, Education, and the Center for Nutrition Policy and Promotion (1998)*
- The likelihood that children will never smoke is directly related to the amount of physical activity; more than 80% of Canadians between the ages of 10 and 24 who are active have never smoked. *CFLRI (1999)*



# Who is CAHPERD?

- *Canadian Association for Health, Physical Education, Recreation and Dance* is a national advocacy leader for the healthy growth and development of Canadian children.
- *Vision*: All Canadian children and youth living physically active, and healthy lives.
- *Mission*: Advocate and educate for quality, school-based physical and health education programs, within supportive school and community environments, to achieve the vision.



# Quality School Health (QSH)



... is a CAHPERD initiative promoting a *comprehensive approach* to school-based health education and promotion.



# The QSH Vision

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



# Healthy Schools in Action

CAHPERD is taking action to encourage and support the development of health promoting schools across Canada.

The QSH initiative has identified 3 areas of emphasis:

1. Advocacy & Awareness;
2. Resource Development & Promotion;
3. Teacher Preparation (pre-service & in-service).



# QSH is implementing strategies to:



- Advocate for a comprehensive approach to school health;
- Identifying and providing quality curriculum support resources;
- Recognize exemplary programs and practices;
- Promote teacher training in health;
- Support quality research related to school health;
- Facilitate schools and communities working together on important health issues.



# Getting Started

1. Bring key players together
2. Gain commitment
3. Develop a school health profile
4. Create a vision
5. Develop a school health plan
6. Take action
7. Evaluate
8. Review and adjust

*\* More detailed information available on the QSH Information Pamphlet.*



# Quality School Health ...

- Promotes a *comprehensive approach* to school-based health education and promotion
- Includes a broad spectrum of programs, activities and services
- Affects student health, the school environment and surrounding community
- Focuses on the health issues specific to the needs and concerns of each individualized school community



# Elements of a QSH School Community

1. A health-minded school administration
2. A holistic view of health
3. A safe and healthy school environment
4. Community participation and collaboration
5. Meaningful student involvement
6. A coordinated plan or framework
7. Healthy policies
8. Quality health instruction
9. Access to current, quality health resources
10. Inclusive school health programs and services
11. A spirit of lifelong learning
12. Ongoing evaluation

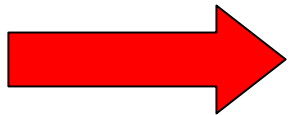
*\* More detailed information available on the QSH Checklist Poster.*



# Components



Health Education



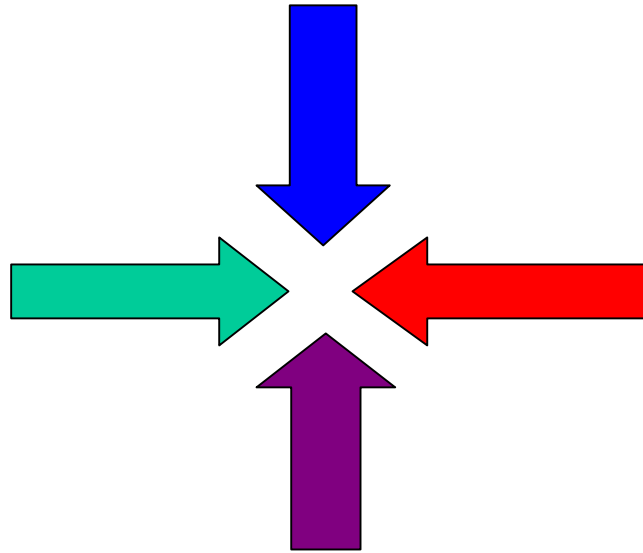
School Services



Community Support



School Environment



- Components are linked
- Focus on health issues specific to the school
- Participation of students, school staff, parents and community partners
- Sustained projects



## Other Phrases and Terms

Comprehensive School Health

Health Promoting Schools

Coordinated School Health

Student Health Model

Healthy Schools

Healthy School Communities

Active Healthy School Communities



# Why Do It?



- Effective way to promote health
- Healthy children learn better
- Schools are an important influence in the lives of children
- Lifestyle patterns developed in childhood are likely to continue in adulthood
- Investment in the future