

Our school has been successful  
in meeting or exceeding  
all of the criteria listed here for  
Health Promoting Schools.



NAME OF SCHOOL \_\_\_\_\_

SIGNATURES OF:

Safe & Caring School Team Member  
(or Living Healthy School Team) \_\_\_\_\_

School Council Representative \_\_\_\_\_

School Principal \_\_\_\_\_

## HEALTH PROMOTING SCHOOL



Is your school on the path  
to becoming a  
Health Promoting School?

Check out (✓) your school's current accomplishments  
to enhance healthy child development.

# Characteristics of a Health Promoting School

## Healthy Learning Environment - Our School Has ...

- Supported and put into action healthy school policies (i.e. Nutrition Policy, Tobacco Free Policy, etc.)
- Facilitated activities related to healthy living with our staff that models healthy behaviors to students.
- Encouraged or enabled students to participate in the planning and implementation of school health activities.
- Addressed healthy living in our School Development Plan.
- Adhered to (or exceeded) Dept. Of Education recommendations for physical education (6% for K - 6, 5% for 7 - 9) & health curriculum.
- Participated in health events with the community (i.e. Terry Fox Run, Nutrition Month, Stepping Out).
- Offered a wide variety of physical activities to all students (i.e. intramurals, after school activities, Active School Playgrounds, Clean Up Day).

## Supportive Social Environment - Our School Has ...

- An administration that works to create an active healthy environment so that learning is optimized.
- A school council that supports school health initiatives.
- A partnership with health and community to help promote healthy living to families and community members.
- A Safe & Caring Schools Committee (or Living Healthy School Team) to implement healthy initiatives for students.

## Nutritious Environment - Our School Has ...

- Healthy food choices available in school from all four food groups that are highly visible and promoted.
- A Kids Eat Smart Club (for breakfast or for snacks).
- Only beverages, snacks, and lunches that fit the Western School District Nutrition Policy at school functions.
- A group or an individual who ensures that beverages and food items served in school meet the School Food Guidelines throughout the year.