



SD8 Health Promoting Schools Newsletter

Comprehensive School Health (CSH)— What is it and how does your school compare?

CSH is an approach to school health promotion. “It is an internationally recognized framework for supporting improvements in students’ educational outcomes while addressing school health in a planned integrated and holistic way” (Joint Consortium of School Health).

Research shows that healthy students are better learners leading to improved academic achievement and fewer behavioural problems. CSH helps students develop the skills they need to be physically and emotionally healthy for life.

It’s not just about what happens in the classroom. Rather, it encompasses the whole school environment with actions addressing four distinct but inter-related pillars that provide a strong foundation for comprehensive school health. When actions in all four pillars are harmonized, students are supported to realize their full potential as learners— and as healthy, productive members of society.

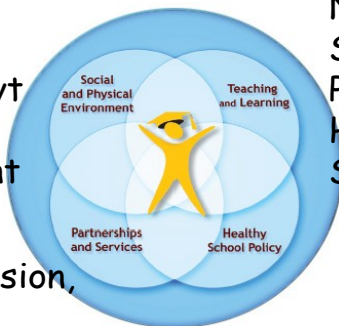
As the Health Promoting Schools Coordinator, I’ll be using this model as the basis for my work with the schools. I hope to help you integrate actions/programs/services into your school model to ensure that all four pillars of health are provided to students to maximize their success in school and life. We’ll be discussing this more in February but in the meantime **take a look at the pillars and their content and see where the programs/actions in your school fit into the model. Are there pillars where you need to add more actions?** There may be programs and services you are already providing to students that are not listed on this model and we can continually add to the model. I look forward to working with you on this Comprehensive School Health Model.

Social and Physical Environment

- Meal and snack program
- Safe eating environment
- Staff wellness
- Physical activity
- Freedom from bullying
- Tobacco Free
- Healthy social and emotional envt
- Family events
- Safe schools, grounds, equipment

Partnerships and Services

- Public Health: nursing, dental, vision,
- Tobacco Reduction, Nutrition
- Aboriginal Bands, Elders
- Mental Health, MCFD
- City and Community Service Groups
- Recreation facilities
- Freedom Quest



Teaching and Learning

- Health behaviours: hand washing, sun safety
- Dental care
- Aboriginal education
- Nutrition, healthy food choices
- Substance abuse
- Physical activity
- Health literacy
- Social and emotional learning

Healthy School Policy

- Safety
- Healthy Foods
- Physical activity
- Tobacco free schools
- Mental Health and Addictions
- Aboriginal Health

