








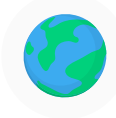



# REFLECTION & ASSESSMENT TOOL

School:  Location:

School Level:  HSC Champion:




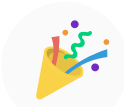




## Components of a Healthy School Community

Review each of the components of a Healthy School Community below. For each component, provide a rating that represents your school's current capacity in regards to developing that aspect of a HSC. From there, reflect on your school's current achievements and identify any opportunities for growth that come to mind.

 Component	 Rating	 Achievements	 Growth Opportunities
 <p><b>Healthy School Policy</b></p>	<input type="checkbox"/> Wow! <input type="checkbox"/> Got It! <input type="checkbox"/> Getting There! <input type="checkbox"/> Not Yet!		
 <p><b>Physical &amp; Social Environment</b></p>	<input type="checkbox"/> Wow! <input type="checkbox"/> Got It! <input type="checkbox"/> Getting There! <input type="checkbox"/> Not Yet!		
 <p><b>Teaching &amp; Learning</b></p>	<input type="checkbox"/> Wow! <input type="checkbox"/> Got It! <input type="checkbox"/> Getting There! <input type="checkbox"/> Not Yet!		
 <p><b>Community Partnerships</b></p>	<input type="checkbox"/> Wow! <input type="checkbox"/> Got It! <input type="checkbox"/> Getting There! <input type="checkbox"/> Not Yet!		
 <p><b>Strong Evidence</b></p>	<input type="checkbox"/> Wow! <input type="checkbox"/> Got It! <input type="checkbox"/> Getting There! <input type="checkbox"/> Not Yet!		

# Fundamental Principles of Healthy School Communities

Review each of the fundamental principles of a Healthy School Community below. For each principle, reflect on the current challenges that are standing in your way in regards to embedding that principle into the way of life at your school. Following that reflection, brainstorm some possible solutions to the identified challenges. Don't be shy to reach out to a colleague or friend to diversify your thinking!

 Principle	 Current Challenges	 Possible Solutions
 <b>Whole School Approach</b>		
 <b>Education &amp; Health Synergy</b>		
 <b>Leadership &amp; Team Champion</b>		
 <b>Planning &amp; Evaluation</b>		
 <b>Planning For Sustainability</b>		

## Healthy School Communities Evidence & Resources

Here is a brief collection of resources to help you get started with developing a HSC at your school!

  
**PHE Canada**  
HSC Concept Paper  
[bit.ly/hscpaper](http://bit.ly/hscpaper)

  
**WHO**  
What is a HPS?  
[bit.ly/whoschools](http://bit.ly/whoschools)

  
**Ever Active Schools**  
The CSH Approach  
[bit.ly/everactivesch](http://bit.ly/everactivesch)

  
**ThePhysicalEducator.com**  
Health Month  
[bit.ly/healthmonthpe](http://bit.ly/healthmonthpe)