

Shaping the Future

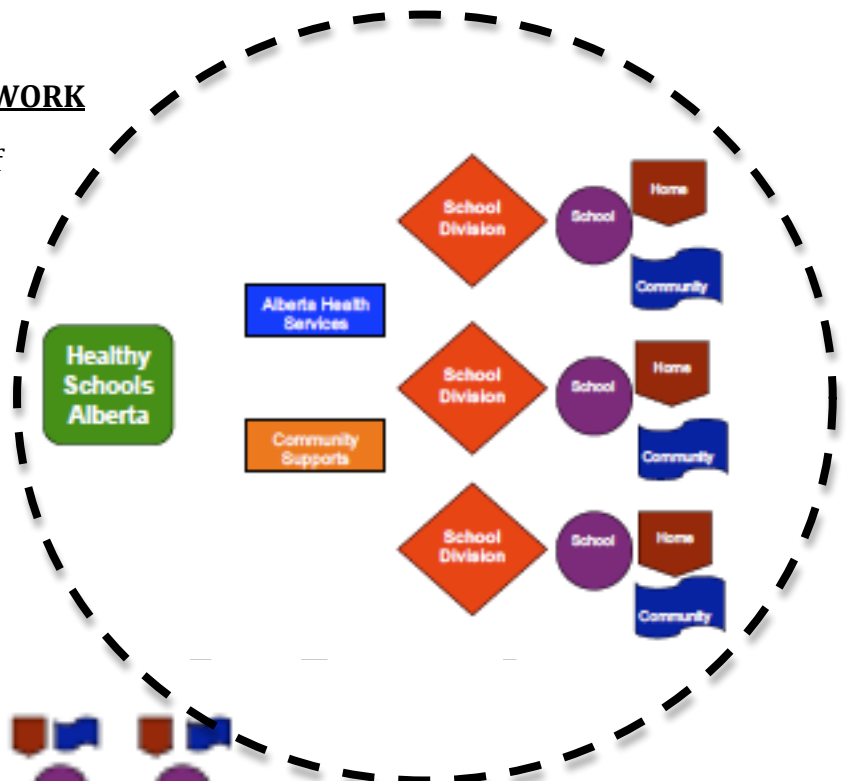


**Creating a Shared Vision
For
Comprehensive School Health
In Alberta**

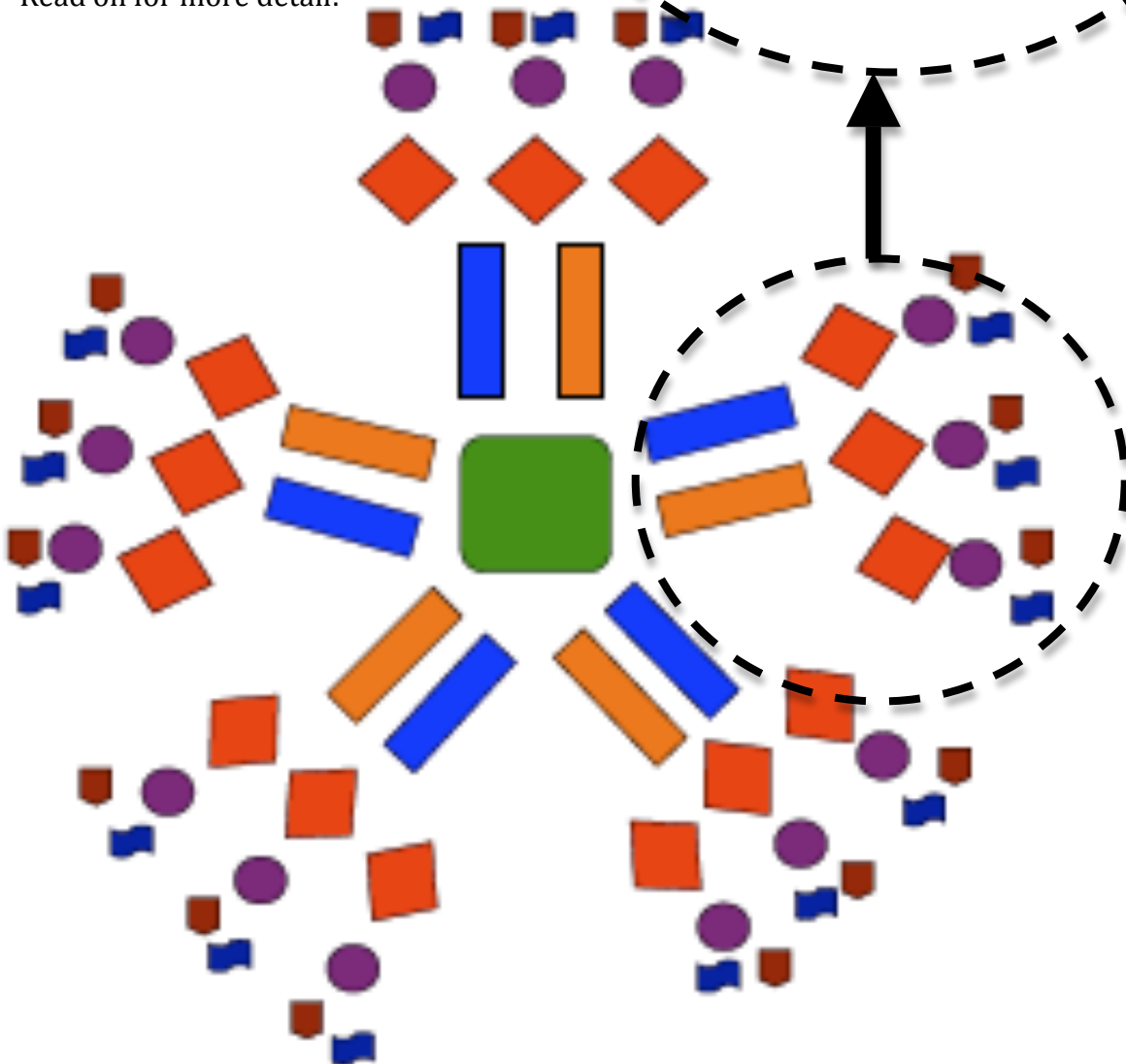
February 8, 2010

Healthy Schools Alberta FRAMEWORK

This diagram is a representation of what a provincial implementation framework for Comprehensive School Health could look like. Not all school divisions, schools etc. are shown for sake of clarity. The large circle to the right illustrates the relationship that could exist between the stakeholders involved in creating and supporting a healthy active school community.



Read on for more detail!



Let's Shape the Future together!

The framework shared on page 2 (a partial representation of the provincial framework) is intended to stimulate discussion and provide opportunities for input, feedback and comments as we search for an effective implementation framework for comprehensive school health in Alberta. Rather than muddy up a diagram with arrows and more spatial representation, each area found in the framework is described in greater detail below. Feel free to suggest alternate designs, ask questions, state your opinion – the more detailed the better! Please send your input to doug@everactive.org.

All contributions will be collected, read, analyzed and used to provide ongoing input into a proposed provincial implementation framework for comprehensive school health.

Background

The ***Healthy Schools Alberta*** framework is based on the Ever Active Schools program and springs from the partnership and research involved in the ***Battle River Project***. **HSA** is the next evolutionary step of Ever Active Schools and allows us to build on the current structure, funding, partnerships and infrastructure in an efficient manner. The framework concept has evolved through conversations with many partners from education, health, and the community from around the province. The plan is not presented here as a final framework, but rather, as a working prototype to be molded and designed into an effective way to ensure that: **Alberta students live, learn and play in healthy, active school communities!**

Many partners and stakeholders have been, and must continue to be involved in this framework. These include:

Provincial: Government Ministries, Ever Active Schools, Alberta Health Services, Be Fit for Life Network, Provincial Sport Organizations, Alberta Recreation and Parks Association and the Alberta Coalition for Healthy School Communities

System: School Authorities, Health Zones, Regional partnerships

Local: Schools, Community organizations, Parent groups, Municipal Organizations

Potential Outcomes of the HSA Framework

- Increased continuity of services and supports for CSH in Alberta
- A communal network for sharing, learning, resource development and support for wellness curricula
- A central database of initiatives, promising practices and resources
- Decreased duplication of services and supports
- An increased recognition of the connection between health and education
- Increased “uptake” of the CSH approach and the positive effects for a school community.
- A common language and framework for CSH across the province

Healthy Schools Alberta

HSA serves as a hub for the implementation of CSH in Alberta and effectively connects the education, health and community sectors. Services and supports are provided to school communities in the areas of **physical activity, healthy eating, positive social environments and student leadership**. HSA would provide a common framework for all school divisions/districts/boards to follow and implement locally. This framework could either follow the 4 E's or the 4 Pillars:

4 E's (EAS)

Education
Environment
Everyone
Evidence

4 Pillars (JCSH)

Teaching and Learning
Social and Physical Environments
Partnerships and Services
Healthy School Policy

HSA will provide leadership and direction in the following areas:

- **Education:** developing and delivering CSH related education opportunities to educators, health professionals, parents and community members; supporting the implementation of wellness curricula; planning and coordinating events to support Alberta schools; developing and promoting resources for CSH and wellness curricula.
- **Implementation:** services and supports around a common CSH framework; assessing the capacity of schools to promote health; development of common outcomes for healthy schools; support for the creation and implementation of action plans; training and networking for district champions (education, health and community)
- **Communication:** web based information, communication and resource network; database of school initiatives and promising practices; networking and advocating for CSH approach
- **Research:** promoting, conducting and monitoring of CSH research in Alberta, linking with key CSH research, promoting evidence based practice and evaluation of HSA. This role could potentially be supplemented by and contributed to by the ongoing work of the School of Public Health (U of A) through APPLE Schools and REAL Kids Alberta.

HSA would include a Board (current Steering Committee) consisting of key partners from across the province such as government funders, education and health stakeholders and community partners. An Advisory Committee would also provide a venue for further stakeholder input to HSA and would include key partners from a variety of levels. Funding for HSA would continue from Education; Health and Wellness; Tourism, Parks and Recreation with the potential of new government funding partners (AHS, Agriculture, Children's Services, Aboriginal Affairs, Justice etc.).

Alberta Health Services

Each zone of AHS would connect to the school divisions within their zone. In this way, the Health Promotion Coordinators and other AHS health professionals could connect directly with the Healthy School Coordinators within each district. Resources and supports could be developed jointly with HSA and other partners and be implemented locally and shared provincially.

Currently, there are several models working within AHS to support healthy schools – for example:

- In AHS Central zone there is a CSH program where a School Health Facilitator (SHF) is assigned to a school division. The SHF's role is to support both school based and division based health promotion initiatives. Health Action Committees are established at both the school and division level. The SHF supports the school based team. The SHFs and team coordinator also support the division teams. The SHF connects with all 10 school divisions (and the SHF connect with each other on a regular basis for PD and sharing).
- In AHS Calgary Zone there are Public Health Nurses available to support all schools in health promotion. This promotes the partnership between health and education. The PHN is an integral part of the Health Action Team in these schools and supports the schools "Teaming Up for Healthy Learners". I would like to see AHS public health nurses as a more integral part of this model to partner with the schools and health promotion consultants. PHN's have a broad base of knowledge and support. The connection with community resources is valuable to promote communication and connections with the school communities.

This framework could allow for a variety of models accompanied by research and evaluation to determine effectiveness.

Community Supports

This area includes a wide variety of organizations, services and individuals that have resources and supports pertinent to the creation and support of healthy active school communities. This includes, but is not limited to:

- Be Fit For Life Centres
- Provincial Sports Organizations
- Recreation Partners (ARPA, Municipal, County, Private)
- Joint Use Agreements
- Private organizations

Work will need to be done to determine how to best access the supports and services available from the community partners in a collaborative and effective manner.

School Divisions/Boards/Districts

Potentially, School Divisions could hire a Healthy Schools Coordinator (FTE dependant on number of schools – potentially funded by Alberta Education?) to implement the HSA framework locally. This person will connect with their counterpart in AHS and together they could work with individual schools and provide support for implementation at a local level. HSA will identify a staff person to liaise with each division for continuity and stability. HSA will bring together all the HS Coordinators and AHS counterparts two to three times a year for training, resource development and networking. The potential of regional division level meetings also exists (ACHSC model). Divisions could also be part of an APPLE Schools research project utilizing a number of different implementation strategies and funded privately.

Healthy school policy would be developed locally and shared between School Divisions.

Schools

Individual schools would be supported by their school divisions, HS Coordinator and AHS staff in a variety of ways. School champions would be identified and assisted through time and money (depending on the school division and the chosen model). Schools would implement district policy and ensure that the CSH framework is part of the way they do business. Using a common framework, sharing resources and networking with other schools and divisions through a centralized process will maximize efficiency and avoid duplication.

Key Questions

What do we want our healthy school communities to look like in 10 years?

2020 VISION!

Who is already involved and who needs to be included?

How does this model fit with both *Healthy Kids Alberta* and *Healthy Alberta School Communities*?

How can we (Alberta) lead the way for effective provincial implementation of CSH?

What evidence do we need to be gathering to make this happen?

What pieces are missing?

DRAFT