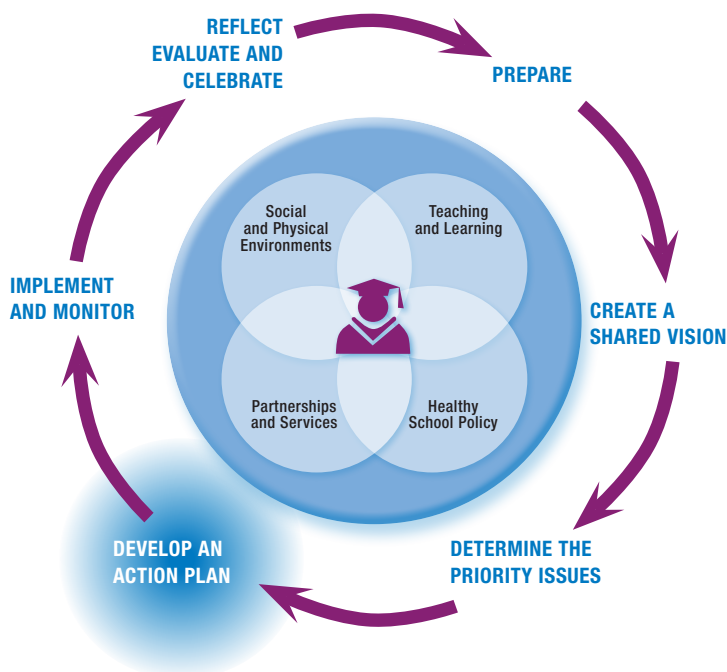


Sample Healthy School Action Plan: Student Leadership in an Elementary School

Purpose

Action planning is one of the steps in the process for building healthy school communities (see diagram below). This resource provides a sample action plan for an elementary school that has completed a school health assessment¹ and identified student leadership as a priority. It is intended to provide an example of the actions a school might use to improve student leadership using a [Comprehensive School Health](#) approach. It is important to note that this is an example. There are many other actions that a school community could take to improve student leadership depending on their specific needs.



Process for Building Healthy School Communities using the Pillars of Comprehensive School Health

(Adapted from the Alberta Healthy School Community Wellness Fund)

For detailed instructions on how to complete a school health action plan and to access a blank action plan template, see the Creating a Healthy School Action Plan resource, <http://www.albertahealthservices.ca/assets/Infofor/SchoolsTeachers/if-sch-csh-creating-a-healthy-school-action-plan.pdf>

Glossary of Terms

Actual results and reflection: Summary of activities that took place, participation rates, changes that occurred and reflections on what worked well and what could be improved.

Goal: A broad statement about what you would like to achieve over the course of this school year.

Indicator: The way(s) in which you will measure the outcome or expected result.

Objectives: Manageable components of the bigger goal that are specific, measureable, achievable, realistic and time-bound (SMART).

Outcome: The measureable and/or observable changes that you want to see in your target group.

Strategies: The new and existing activities that will help you achieve your objectives and outcomes.

Target audience: The people who you intend to reach through strategies specified in the action plan.

Vision: An inspirational and motivating statement that sets the overall direction for the group's work.



¹ For information about school health assessments, and information about the process for building healthy school communities, visit <http://www.albertahealthservices.ca/7123.asp>.

Sample Action Plan: Student Leadership in an Elementary School

School Year: 2014-2015	School Name: ABC Elementary School	Plan created by: Health Action Team (HAT) and Wellness Leaders (include key contributors)				
Goal: Over the course of the coming year, what are the changes that we are aiming to achieve? Increase student involvement so that all students feel connected within the school community.						
What are the measurable changes we will make to achieve the bigger goal? (Objectives)	Who do we want to reach? (Target audiences)	Which strategies will we use to help us reach our goal? These may be existing or new strategies. (Strategies) CHECK: Do the strategies fit the outcomes?	When and where will the strategy take place? Who is responsible for the strategy?	Expected Results Why are we doing this? What changes do we want to see? (Outcomes) CHECK: Do the outcomes fit the strategies?	Record the actual changes that happened. What did we accomplish? What worked well? What can be improved? (Actual results and reflections)	
Increase the number of opportunities that students have to develop leadership skills during the school year.	Students	<ul style="list-style-type: none">Attend the Healthy Active Schools Symposium (HASS) in October to gather ideas about how students can become involved in and lead wellness activitiesSurvey all students to find out the type of wellness activities they are interested inUse the survey results to choose wellness activitiesCreate diverse leadership roles (jobs) within the school that students can formally ‘apply for’	<ul style="list-style-type: none">Attend HASS in October (HAT)Develop survey by October 15th (HAT)Carry out survey with all students by November 1st (classroom teachers)Summarize and discuss results of survey at November 10th HAT meetingShare the wellness activities with staff at the November staff meeting and determine what leadership roles should be offered to students (Wellness Leaders, all school staff)Develop and collect job applications for leadership roles at the staff meeting by December 15th (HAT, classroom teachers)	<ul style="list-style-type: none">Increase leadership opportunities available to studentsIncrease number of students involved in leadership roles and activitiesEnhance student leaderships skills	<ul style="list-style-type: none"># of formal student leadership roles available# of student leadership roles that are filled by students# of students who remain engaged throughout the school yearQualitative data indicating skills developed (student focus group)	<ul style="list-style-type: none">HAT attended HASS and gathered many ideas for school wellness activities.HAT implemented ‘Fitness Fridays’, ‘The Vegetable Challenge’, and also started a recognition bulletin board display.45 formal leadership opportunities were created within the wellness activities.HAT will continue to work on more activities that involve leadership opportunities and revise two activities based in student feedback.15% of students have volunteered for at least 1 initiative during the school this year.
						Strive to have students lead at least 25% of school wellness activities by April.

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What are the measurable changes we will make to achieve the bigger goal? (Objectives)	Who do we want to reach? (Target audiences)	Which strategies will we use to help us reach our goal? These may be existing or new strategies. (Strategies) CHECK: Do the strategies fit the outcomes?	When and where will the strategy take place? Who is responsible for the strategy?	Expected Results Why are we doing this? What changes do we want to see? (Outcomes) CHECK: Do the outcomes fit the strategies? How will we measure these changes? (Indicators)	Record the actual changes that happened. What did we accomplish? What worked well? What can be improved? (Actual results and reflections) <ul style="list-style-type: none">By starting the application process earlier next year, we will be able to involve more students and reach our target of at least 25% as stated in the objective.
			<ul style="list-style-type: none">Interview student 'applicants' in early January (Wellness Leaders)Assign leadership roles to all student applicants by end of January (Wellness Leaders)		

CSH pillars: Which of the following CSH pillars do the strategies address?

☐ Healthy School Policy ☐ Teaching and Learning ☐ Partnership and Services ☐ Social and Physical Environments

Health priorities: Which of the following health priorities do the strategies address?

☐ Healthy eating ☐ Active living ☐ Positive mental health ☐ Other

Settings: Which of the following settings do your strategies reach?

☐ School ☐ Home ☐ Community

WAY TO GO! You are well on your way to creating a healthier school community!