



The Ontario Public Health Standards - Implementation considerations for school settings

Presentation for the Ontario Public Health Standards Roll-Out -
Prevention of Injuries and Substance Misuse Program Training

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November 19, 2008

Session objectives

- To situate the OPHS requirements pertaining to school-based settings within the provincial landscape.
- To describe considerations for implementing the Ontario Public Health Standards in schools.

Promotion of School Health

“An effective school health program can be one of the most cost effective investments a nation can make to simultaneously improve education and health”.
(World Health Organization)

Joint Consortium for School Health

The **Joint Consortium for School Health (JCSH)** is a consortium of governments that brings together, within each province and territory along with the federal government, key health and education representatives responsible for school health. The JCSH serves as a catalyst to:

- strengthen cooperation among ministries, agencies, departments and others in support of healthy schools
- build the capacity of the health and education sectors to work together more effectively and efficiently



Joint Consortium for School Health
Governments Working Across the Health and Education Sectors

Provincial Government Mandates

Ministry of Health Promotion

Help Ontarians lead healthier lives by delivering programs that promote healthy choices and healthy lifestyles.

Priorities:

- Support Public Health
- Chronic Disease Prevention
- Prevention of Injury & Substance Misuse/Child Health/Reproductive Health
- Promote Healthy and Active Living/Childhood Obesity Strategy
- Sport and Athlete Development
- Mental Health and Addiction Prevention

Ministry of Education

Promote a strong, vibrant, publicly funded education system, focused on three goals:

- high levels of student achievement
- reduced gaps in student achievement
- increased public confidence and support for public education.

The Ontario Education System

Ontario Public Schools

- 72 district school boards:
 - 31 English Public
 - 29 English Catholic
 - 4 French Public
 - 8 French Catholic
- 33 school authorities
- 4,011 elementary, 892 secondary
- 2,104,102 students in publicly-funded schools

In addition:

- public universities (19), OCAD, private training programs (17), colleges of applied arts and technology (24) and others
- approximately 700 private schools

Context for Prevention of Injuries and Substance Misuse

“Community Partners”

“May include but are not limited to....school boards and/or staff, school councils and students of elementary, secondary and post-secondary educational settings”

Requirements:

➤ “The Board of Health shall work with community partners, using a **comprehensive health promotion approach**, to influence the development and implementation of **healthy policies and programs** and the creation and enhancement of **safe and supportive environments** that address: alcohol and other substances, falls across the lifespan, road and off-road safety and may include other areas of health promotion importance for the prevention of injuries as identified by local surveillance....”

Provincial Initiatives

Comprehensive
Approach

Health policies

Safe and supportive
Environments

- Foundations for a Healthy School Framework
- Healthy Schools Recognition Program
- Health and Physical Education Curriculum
- Secondary School Student Engagement

Components	High-Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
<p>Descriptions</p> <p>Quality instruction provides students with a wide range of opportunities to learn, practise, and demonstrate knowledge and skills related to living a healthy life. Programs offered during the instructional day often lay the foundation for other activities done outside instructional time.</p> <p>Quality programs also include opportunities for teachers and school administrators to participate in professional learning opportunities.</p>	<p>Quality instruction provides students with a wide range of opportunities to learn, practise, and demonstrate knowledge and skills related to living a healthy life. Programs offered during the instructional day often lay the foundation for other activities done outside instructional time.</p> <p>Quality programs also include opportunities for teachers and school administrators to participate in professional learning opportunities.</p>	<p>A safe and healthy physical environment improves the conditions for learning. The physical environment includes the school building and grounds, routes to and from the school, and materials and equipment used in school programs.</p>	<p>A supportive social environment has a positive impact on students' learning. Many practices within a school foster such an environment. Students, teachers, and parents can benefit from the support provided, which may be formal (e.g., school policies, rules, clubs, or support groups) or informal (e.g., unstructured peer interaction or free play).</p>	<p>Community partnerships provide access to resources and services available to support staff, students, and families in the development and implementation of healthy school initiatives. Various organizations can deliver services within the school setting, including public health.</p>
<p>Current Ministry of Education and Ministry of Health Promotion Initiatives</p>	<ul style="list-style-type: none"> ✔ Daily Physical Activity ✔ Specialist Teachers ✔ Swim to Survive Program 	<ul style="list-style-type: none"> ✔ Vending machines with healthy foods and beverages ✔ Anaphylaxis prevention ✔ Eat Smart Cafeteria program (MHP) 	<ul style="list-style-type: none"> ✔ Fruit and Vegetables in Northern Communities (MHP) ✔ Smoke Free Ontario (MHP) 	<ul style="list-style-type: none"> ✔ Community use of school facilities ✔ Active and Safe Routes to School (MHP)
<p>Health-Related Topics</p>				
<p>Healthy Eating</p>	<ul style="list-style-type: none"> • Establishing a school-wide healthy eating month • Coordinating the healthy eating lessons taught in each grade • Having teachers, school administrators, and student representatives attend a healthy eating conference 	<ul style="list-style-type: none"> • Establishing a healthy menu for the school lunch program • Purchasing a refrigerator for storing healthy food during the school day • Starting a school garden and planting fruits and vegetables in it 	<ul style="list-style-type: none"> • Developing healthy eating guidelines • Including healthy eating tips in each month's school newsletter • Offering a healthy lunch/snack program 	<ul style="list-style-type: none"> • Establishing a subcommittee of the school council to focus on making healthy foods and beverages a priority in the school • Offering a breakfast program in cooperation with the local grocery store • Having a public health nurse or dietician provide a lunch-and-learn session for staff and parents on packing healthy lunches and snacks
<p>Physical Activity</p>	<ul style="list-style-type: none"> • Providing staff training on physical activity during a professional development day • Developing class timetables that include daily physical education for all classes in the school • Providing programs that include a wide range of physical activities 	<ul style="list-style-type: none"> • Providing physical activity equipment for all classes to use outdoors during recess and lunch breaks • Converting an unused room in the school into a physical fitness centre • Purchasing bicycle racks and painting lines on the playground pavement for games (such as hopscotch) to promote an active lifestyle 	<ul style="list-style-type: none"> • Organizing intramural programs for the students • Training student leaders to lead other students in physical activities during breaks • Organizing school events that require physical activity (e.g., a fitness day) 	<ul style="list-style-type: none"> • Coordinating a "walking Wednesday" program with support from school staff, students, and community partners (e.g., a seniors' group) • Partnering with a local high school to offer a physical fitness club • Establishing a partnership with a local university to research the impact of the physical activity program on student achievement
<p>Bullying Prevention</p>	<ul style="list-style-type: none"> • Adopting a school-wide bullying prevention program • Embedding the program within the school improvement and Student Success planning processes • Purchasing new resources that meet the needs of the school 	<ul style="list-style-type: none"> • Making the playground a bully-free zone • Allocating supervision to high-risk areas of the school • Creating a mural to affirm the school as a bully-free zone 	<ul style="list-style-type: none"> • Establishing a diversity club to provide students with an opportunity to discuss ways to make all students feel welcome in the school • Creating a process whereby all students can feel safe reporting bullying incidents • Hosting an event for staff and board officials to celebrate students' artistic presentations of bullying prevention messages 	<ul style="list-style-type: none"> • Partnering with the local youth centre to provide programs in conflict resolution and development of self-esteem • Providing training on bullying prevention to parents at the school council meeting • Coordinating community volunteers as mentors for students

For More Information

Address <http://www.edu.gov.on.ca/eng/healthyschools/>

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Healthy Schools

Good food, daily physical activity and a healthy environment that supports learning and growth are vital to helping students reach their full potential.

The government is working in partnership with students, teachers, principals, parents and others to help Ontario's students do their best in school. Together, we are also making our schools healthier places for students to learn and grow.

[EATING WELL LOOKS](#)

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MINISTER OF
EDUCATION
**Kathleen
Wynne** >>

OFFICIAL BIOGRAPHIES >>

- [Minister of Education](#)
- [Deputy Minister of Education](#)

Considerations For Service Delivery In Ontario Schools

- Understanding of a comprehensive approach
- Importance of flexible, working relationships with school boards
- Appropriate choice of language and terminology
- Local and regional coordination needs
- Diversity of local/regional approaches
- Acceptance of sector priorities
- Recognition of sector expertise

General Guidance

- Align with Health and Physical Education curriculum and the Foundations for a Healthy School framework (www.curriculumreview.ca)
- Foster relationships with school boards
- Engage school boards early
- Engage administrators/educators
- Support students
- Support parents
- Maintain knowledge of community and provincial services and provide appropriate referrals

Thank You To...

- Laurie Boston, Algoma Health Unit
- Laurie Columbus and Gloria Morris, Region of Niagara Health Unit
- Yvette Laforêt-Fliesser, Middlesex-London Health Unit
- Carol MacDougall, Perth District Health Unit
- Cathy McCallum, Hastings and Prince Edward Health Unit
- Maryan O'Hagan, Ottawa Public Health
- Saralyn Semeniuk, Northwestern Health Unit
- Bonnie Thamm, York Region Community and Health Services - Public Health