



# The Ontario Public Health Standards - Implementation considerations for school settings

Presentation for the Ontario Public Health Standards Roll-Out -  
Chronic Disease Prevention and Family Health Program Training

November 17, 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.
- To discuss implementation opportunities, challenges and supports.

# 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
- promote understanding of, and support for, the concept and benefits of comprehensive school health initiatives.
- For more information, go to [www.jcsh-cces.ca](http://www.jcsh-cces.ca)



**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
- 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

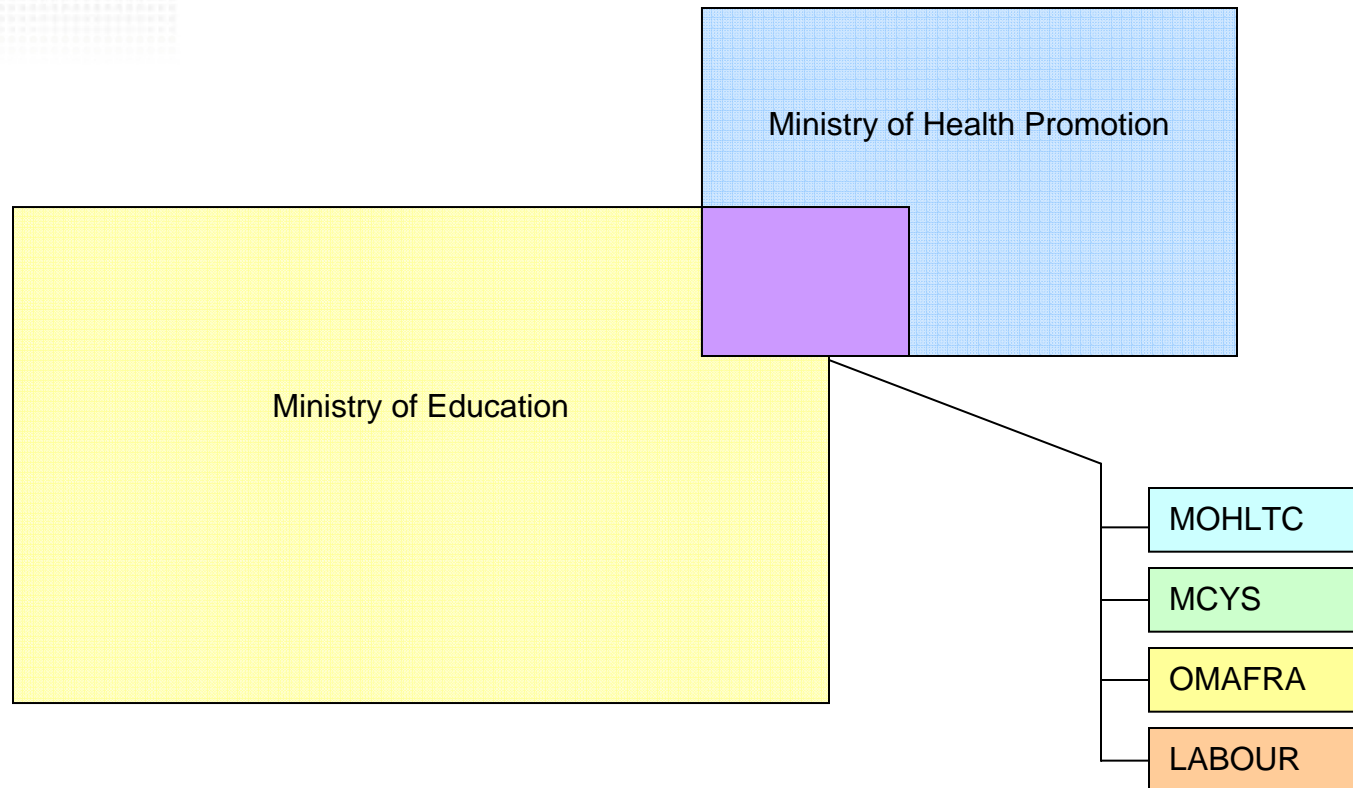
## Ontario Public Schools

- 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

# Provincial government structures



# "School health" in the OPHS

## Chronic Disease Prevention Requirement #3:

*"The board of health shall work with school boards, and/or staff of elementary and secondary and post-secondary educational settings, using a **comprehensive health promotion approach**, to influence the development and implementation of **health policies** and the creation or enhancement of **supportive environments** to address healthy eating, healthy weights and physical activity. These efforts shall include: **assessing the needs** of the educational settings and assisting with the development and/or review of **curriculum support**."*

Plus....

- **Child Health** -- Oral health/oral health surveillance
- **Sexual Health** -- promotion of healthy sexuality and access to services
- **Vaccine preventable diseases** -- Immunization of School Pupils Act; school-based clinics

Plus....a potential partner for:

Injury and Substance Abuse Prevention  
Infectious Diseases Prevention and Control  
Health Hazard Prevention

Reproductive Health  
Sexual Health  
Emergency Preparedness

# Provincial initiatives

## Comprehensive Approach



- Foundations for a Healthy School framework
- Healthy Schools Recognition Program
- Health and Physical Education (H&PE) curriculum

## Health Policies



- Healthy Food For Healthy Schools Act
- Trans Fat Regulation
- Healthy Foods and Beverages in Elementary School Vending Machines - PPM 135
- Daily Physical Activity (DPA) - PPM 138
- Sabrina's Law: An Act to Protect Anaphylactic Students

# Provincial initiatives

## Supportive Environment



- Secondary School Student Environment Engagement
- Active and Safe Routes to Schools
- Smoke-Free Ontario
- Eat Smart
- Northern Fruit and Vegetable Pilot Project

## Assessment



- School Health Environment Survey

## Curriculum Support



- DPA Guides & e-learning module
- Anaphylaxis Resource Kit and e-Learning module
- Eating Well Looks Good on You
- Swim to Survive
- Curriculum and School Based Health Resource Centre (Ophea [www.ophea.net](http://www.ophea.net))

Components	High-Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
<p><b>Descriptions</b></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"> <li>✔ Daily Physical Activity</li> <li>✔ Specialist Teachers</li> <li>✔ Swim to Survive Program</li> </ul>	<ul style="list-style-type: none"> <li>✔ Vending machines with healthy foods and beverages</li> <li>✔ Anaphylaxis prevention</li> <li>✔ Eat Smart Cafeteria program (MHP)</li> </ul>	<ul style="list-style-type: none"> <li>✔ Fruit and Vegetables in Northern Communities (MHP)</li> <li>✔ Smoke Free Ontario (MHP)</li> </ul>	<ul style="list-style-type: none"> <li>✔ Community use of school facilities</li> <li>✔ Active and Safe Routes to School (MHP)</li> </ul>
<p><b>Health-Related Topics</b></p>				
<p><b>Healthy Eating</b></p>	<ul style="list-style-type: none"> <li>• Establishing a school-wide healthy eating month</li> <li>• Coordinating the healthy eating lessons taught in each grade</li> <li>• Having teachers, school administrators, and student representatives attend a healthy eating conference</li> </ul>	<ul style="list-style-type: none"> <li>• Establishing a healthy menu for the school lunch program</li> <li>• Purchasing a refrigerator for storing healthy food during the school day</li> <li>• Starting a school garden and planting fruits and vegetables in it</li> </ul>	<ul style="list-style-type: none"> <li>• Developing healthy eating guidelines</li> <li>• Including healthy eating tips in each month's school newsletter</li> <li>• Offering a healthy lunch/snack program</li> </ul>	<ul style="list-style-type: none"> <li>• Establishing a subcommittee of the school council to focus on making healthy foods and beverages a priority in the school</li> <li>• Offering a breakfast program in cooperation with the local grocery store</li> <li>• Having a public health nurse or dietician provide a lunch-and-learn session for staff and parents on packing healthy lunches and snacks</li> </ul>
<p><b>Physical Activity</b></p>	<ul style="list-style-type: none"> <li>• Providing staff training on physical activity during a professional development day</li> <li>• Developing class timetables that include daily physical education for all classes in the school</li> <li>• Providing programs that include a wide range of physical activities</li> </ul>	<ul style="list-style-type: none"> <li>• Providing physical activity equipment for all classes to use outdoors during recess and lunch breaks</li> <li>• Converting an unused room in the school into a physical fitness centre</li> <li>• Purchasing bicycle racks and painting lines on the playground pavement for games (such as hopscotch) to promote an active lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>• Organizing intramural programs for the students</li> <li>• Training student leaders to lead other students in physical activities during breaks</li> <li>• Organizing school events that require physical activity (e.g., a fitness day)</li> </ul>	<ul style="list-style-type: none"> <li>• Coordinating a "walking Wednesday" program with support from school staff, students, and community partners (e.g., a seniors' group)</li> <li>• Partnering with a local high school to offer a physical fitness club</li> <li>• Establishing a partnership with a local university to research the impact of the physical activity program on student achievement</li> </ul>
<p><b>Bullying Prevention</b></p>	<ul style="list-style-type: none"> <li>• Adopting a school-wide bullying prevention program</li> <li>• Embedding the program within the school improvement and Student Success planning processes</li> <li>• Purchasing new resources that meet the needs of the school</li> </ul>	<ul style="list-style-type: none"> <li>• Making the playground a bully-free zone</li> <li>• Allocating supervision to high-risk areas of the school</li> <li>• Creating a mural to affirm the school as a bully-free zone</li> </ul>	<ul style="list-style-type: none"> <li>• Establishing a diversity club to provide students with an opportunity to discuss ways to make all students feel welcome in the school</li> <li>• Creating a process whereby all students can feel safe reporting bullying incidents</li> <li>• Hosting an event for staff and board officials to celebrate students' artistic presentations of bullying prevention messages</li> </ul>	<ul style="list-style-type: none"> <li>• Partnering with the local youth centre to provide programs in conflict resolution and development of self-esteem</li> <li>• Providing training on bullying prevention to parents at the school council meeting</li> <li>• Coordinating community volunteers as mentors for students</li> </ul>

# 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](#)

[GO](#)



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](http://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

# Opportunities, challenges, necessary supports

- What are the greatest opportunities currently regarding public health work with schools?
- What are the greatest challenges currently regarding public health work with schools?
- What supports are needed to allow for appropriate and optimal public health service delivery in schools?