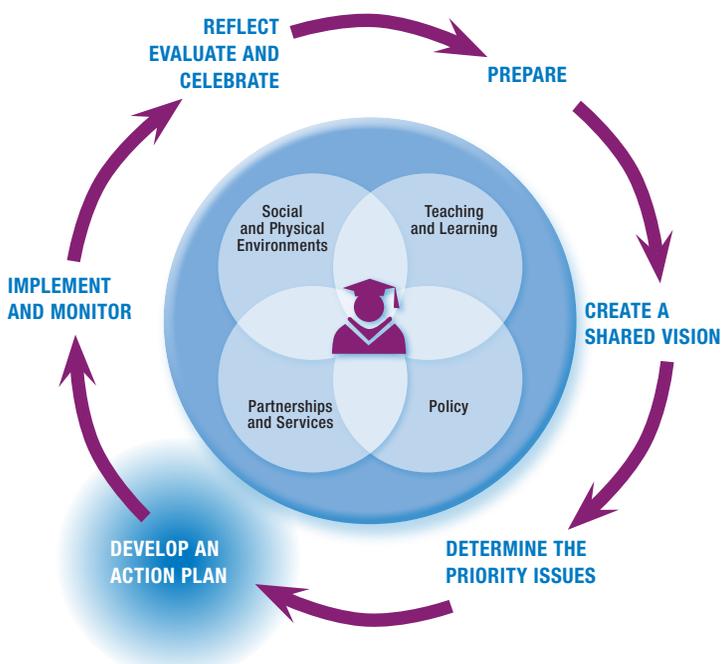


Sample Healthy School Action Plan: Healthy Eating in a High School

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 a high school that has completed a school health assessment¹ and identified healthy eating as a priority. It is intended to provide an example of the actions a school might use to improve healthy eating 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 healthy eating 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, measurable, achievable, realistic and time-bound (SMART).

Outcome: The measurable 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: Healthy Eating in a High School

School Year: 2014-2017

School Name: Healthy Horizon High 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?
Create a healthier school environment by helping students improve their eating habits (3 year plan).

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		Record the actual changes that happened. What did we accomplish? What worked well? What can be improved? (Actual results and reflections)
				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)	
Ensure that foods and beverages sold in the school cafeteria meet the district Healthy Eating Policy by May of 2017 [80% of foods and beverages sold meet the Choose Most Often or Choose Sometimes criteria from the Alberta Nutrition Guidelines for Children and Youth (ANGCY)].	Students School Staff Visitors	<ul style="list-style-type: none"> Meet with cafeteria staff to share the district Healthy Eating Policy and determine strategies to implement the policy Survey all students to determine healthy food preferences and give them a voice in the menu Consult with an AHS Public Health Dietitian for resources and recipe ideas that meet the district Healthy Eating Policy Create a new healthy menu based on survey results and information from the AHS Public Health Dietitian by the end of the 2017 school year 	<ul style="list-style-type: none"> Begin meetings with cafeteria staff in September 2014 (Wellness Leaders) Create healthy food preference survey by October 15, 2014 (HAT) Complete student survey during the first week of November 2014 (homeroom teachers) Analyze survey results by the end of November 2014 (HAT) Meet with an AHS Public Health Dietitian in December 2014 (HAT) Pilot 5 new cafeteria items and gather student and staff feedback by end of 2014-2015 school year 	<ul style="list-style-type: none"> Increase the proportion of healthy foods and beverages available in the cafeteria (increase proportion each year until the district Healthy Eating Policy is met) Comply with the district Healthy Eating Policy Provide a healthy menu based on student input 	<ul style="list-style-type: none"> At least 5 new food choices sold in the cafeteria that meet the ANGCY Choose Most Often or Choose Sometimes criteria (2014-2015) % of foods and beverages sold meet the Choose Most Often or Choose Sometimes criteria from the ANGCY. This will be measured annually 	<ul style="list-style-type: none"> At the beginning of the school year, 25% of food choices in the cafeteria met the district Healthy Eating Policy. Now (March 2015), 35% of food choices in the cafeteria meet this policy Consultation with cafeteria staff, students and an AHS Public Health Dietitian was very effective in creating new menu options. Students appreciated that their food choices were on the menu. We may need to examine ways to lower the price of healthier food options in order to increase purchases of healthy choices.

Sample Action Plan: Healthy Eating in a High School

School Year: 2014-2017

School Name: Healthy Horizons High 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?
Create a healthier school environment by helping students improve their eating habits (3 year plan).

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		Record the actual changes that happened. What did we accomplish? What worked well? What can be improved? (Actual results and reflections)
				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)	
Ensure that foods and beverages sold in school vending machines meet the district Healthy Eating Policy by May of 2015 (80% of foods and beverages sold meet the Choose Most Often or Choose Sometimes criteria from the Alberta Nutrition Guidelines for Children and Youth (ANGCY).	Students School Staff Visitors	<ul style="list-style-type: none"> Replace Choose Least Often items with Choose Most/ Choose Sometimes items in vending machines at the beginning of January 2015 	<ul style="list-style-type: none"> Consult with a local AHS Public Health Dietitian in September 2014 for resources and food items that meet the ANGCY Choose Most Often or Choose Sometimes criteria (grade 11 health class and HAT representatives) Meet with vending company representative in October 2014 to share the district Healthy Eating Policy and decide on a process to improve vending machine items based on suggestions from the AHS Public Health Dietitian (Wellness Leaders) Communicate plan to change vending machine options to school community at parent/ teacher interview night and wellness fair in November 2014 (grade 11 health class) 	<ul style="list-style-type: none"> Increase the proportion of healthy foods and drinks in vending machines and maintain sales/profits Comply with the district Healthy Eating Policy Promote the availability of nutritious options 	<ul style="list-style-type: none"> % of food choices sold in the vending machine that meet the ANGCY Choose Most Often or Choose Sometimes criteria. 	<ul style="list-style-type: none"> At the beginning of the school year, 15% of food choices in vending machines met the ANGCY. Currently 80% of the food choices in the vending machines meet the ANGCY. The vending company was supportive.

Sample Action Plan: Healthy Eating in a High School

School Year: 2014-2017	School Name: Healthy Horizons High School	Plan created by: Health Action Team (HAT) and Wellness Leaders (include key contributors)				
<p>Goal: Over the course of the coming year, what are the changes that we are aiming to achieve? Create a healthier school environment by helping students improve their eating habits (3 year plan).</p>						
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		Record the actual changes that happened. What did we accomplish? What worked well? What can be improved? (Actual results and reflections)
				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)	
Increase the availability of nutrition information over the course of the school year to raise awareness of healthy food choices.	Students School Staff Parents Community Visitors	<ul style="list-style-type: none"> Order AHS Healthy Eating Starts Here posters and other nutrition promotion items from the local AHS Public Health Dietitian Use resources to create a nutrition and wellness display for the cafeteria, make regular announcements, and design posters for the cafeteria and vending machines Survey students to determine awareness of nutrition and healthy food choices 	<ul style="list-style-type: none"> Create healthy eating pre- and post- survey by beginning of October 2015 (HAT students) Carry out the student pre-survey by end of October 2015 (homeroom teachers, HAT students) Create healthy eating display to be revealed in December 2015 (HAT students) Create and make weekly announcements with nutrition tips (HAT students) Create healthy eating posters on a monthly basis (HAT students, students in Health & Physical Education) 	<ul style="list-style-type: none"> Students develop awareness and understanding of the benefits and ways to choose healthy food at school and at home 	<ul style="list-style-type: none"> Comparison of pre- and post- survey data to assess improvements in student awareness of nutrition and healthy food choices 	<ul style="list-style-type: none"> Comparison of surveys showed that the majority of students were more knowledgeable at the end of the year about nutrition and are able to make healthier food choices It helped to have a display that was visually appealing and interactive Involving a broad range of students in creating posters led to a wide variety of nutrition messages and more buy-in from those students

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School Name: Healthy Horizon High School

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Goal: Over the course of the coming year, what are the changes that we are aiming to achieve?
Create a healthier school environment by helping students improve their eating habits (3 year plan).

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		Record the actual changes that happened. What did we accomplish? What worked well? What can be improved? (Actual results and reflections)
				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)	
			<ul style="list-style-type: none"> Carry out student post-survey by end of May (each year) (homeroom teachers, HAT students) 			<ul style="list-style-type: none"> Surveys showed that students' knowledge about sugar sweetened beverages is still lacking. This type of information may need to be provided in other ways. We will consult with the local AHS Public Health Dietitian for resources and ideas. We plan to work on better communicating healthy eating messages to families.

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

- 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!