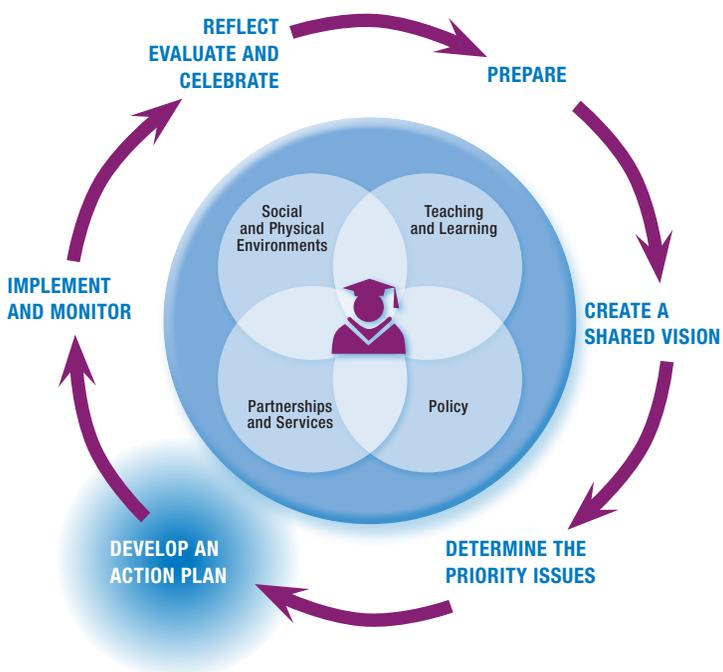


Sample Healthy School Action Plan: Positive Mental Health in a High School

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 positive mental health as a priority. It is intended to provide an example of the actions a school might use to improve positive mental health 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 positive mental health 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 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: Positive Mental Health in a High School

School Year: 2014-2015

School Name: WC High School

Plan created by: Health Action Team (HAT) and Supervisors
(include key contributors)

Goal: Over the course of the coming year, what are the changes that we are aiming to achieve?
This year, we would like students to feel more connected to the school by increasing school spirit.

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)	
<p>Increase the number of school spirit events by 25% by the end of 2015.</p> <p>Increase the number of students participating in school spirit events to 25% by the end of the school year.</p>	<p>Students</p> <p>School Staff</p> <p>Parents</p> <p>Community</p>	<ul style="list-style-type: none"> Consult with neighbouring schools to discuss successes in school spirit events Create a survey to ask students to rank different types of spirit activity ideas Organize and host 3 new school spirit events based on survey results 	<ul style="list-style-type: none"> Arrange meeting with representatives from neighbouring school health teams to share successes and lessons learned with school spirit events (HAT) Present ideas to the school administrator for approval by end of October (HAT Team and Supervisors) Rank activities by first week of November (all students) Create 3 groups to organize and plan activities (HAT students lead, interested staff/students) Hold one event by the end of January, and two more by the end of the school year 	<ul style="list-style-type: none"> Students feel connected and show school pride by participating in school spirit events that are based on their input Provide a variety of school spirit activities that interest students Increase school spirit and involvement in other school events and activities 	<ul style="list-style-type: none"> # of ideas for new spirit activities/events % of students participating in spirit events Attendance and participation rates at other school events and activities: <ul style="list-style-type: none"> Sporting events Assemblies Performances 	<ul style="list-style-type: none"> We have gathered 16 additional spirit event ideas from consultations with other schools. The average student participation rate was 27% for the 3 spirit events (pep rally, student art fundraiser and dinner theatre, learn a new physical activity day). The events were well received but were planned in too short of a time period. Extra volunteers would have been helpful. Participation rates at other events haven't been counted yet but teachers are saying that school spirit overall has improved. We will continue to count participation rates at spirit events next year.

Sample Action Plan: Positive Mental Health in a High School

This resource was adapted from the Healthy Students Learn Better Health Champion Tool Binder, Alberta Health Services Central Zone Comprehensive School Health Program, 2009.

School Year: 2014-2015 School Name: WC High School Plan created by: Health Action Team (HAT) and Supervisors
(include key contributors)

Goal: Over the course of the coming year, what are the changes that we are aiming to achieve?
This year, we would like students to feel more connected to the school by increasing school spirit.

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"> Survey students about types of school spirit activities that would interest them (HAT and homeroom teachers) 			

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!