

# Health Promotion Facilitators

## *Supporting Student Success*

Did you know that healthier students get better grades, have better attendance, and have better control of their behaviour? By applying a Comprehensive School Health approach to healthy eating, active living and positive mental health, students become healthier and more successful in school! Health Promotion Facilitators from Alberta Health Services can help your school jurisdiction use this evidence-based approach to improve student health and learning.

### Health Promotion Facilitators can help your school jurisdiction:

#### Get Started

Are you looking for ideas, resources or information about school wellness? Would you like to know more about how to improve student success through a Comprehensive School Health approach? Your Health Promotion Facilitator can help you get started.

Let us help you:

- learn more about healthy eating, active living, and mental health by offering professional development opportunities
- assess your needs
- decide on a priority

#### Take Action

Now that you're ready to take action, do you need help identifying what steps to take?

Our team can help your school jurisdiction:

- make an action plan
- build both jurisdiction and school-level wellness teams that draw on the expertise, experience, and enthusiasm of teaching and non-teaching staff, students, parents, and community partners
- create policies that will lead to lasting changes

#### Evaluate & Celebrate

Are you wondering how to measure the success of your wellness initiatives? Are you trying to figure out an evaluation plan that won't break the bank or require more staff time than you can afford?

Let our team:

- plan realistic and useful evaluations
- find ways to celebrate your success along the way

Alberta Health Services staff are available to support all school jurisdictions across the province. Health Promotion Facilitator locations are shown on the map below.



# Strategies We Stand Behind

What does a healthy school community really look like? The lists below provide a few examples of strategies that can be embedded in a whole-school approach to support student health.

## Our Focus Areas

### Healthy Eating

- serve healthy foods in cafeterias, canteens and vending machines
- offer healthy foods at school celebrations, events and fundraisers

### Active Living

- provide Daily Physical Activity
- teach fundamental movement skills
- provide equipment and facilities to support active living
- offer structured and unstructured active living opportunities for all students

### Positive Mental Health

- foster healthy relationships
- teach social and emotional competencies
- build peer mentoring and cross-age buddy programs

## Ways We've Supported School Jurisdictions

- helped educators embed wellness into a variety of subject areas
- developed newsletter content to share with parents
- participated on jurisdiction Wellness Committees and developed health champion networks
- created strategic plans to foster wellness
- planned communication strategies such as wellness pages on jurisdiction websites
- involved parents in wellness committees and projects
- helped plan jurisdiction-wide health initiative evaluations
- supported schools in completing health assessments such as the Joint Consortium for School Health's Healthy School Planner
- offered guidance with writing and updating policies and procedures to support healthy eating, active living and positive mental health
- consulted on wellness grant applications



Health Promotion Facilitators ... ready to help your school jurisdiction plan a wellness strategy that *works!*

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