

Healthy Schools Handouts

Step 3

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Sample goals and success indicators

Now that your Committee has determined a priority topic, the next step is to develop goals. The purpose of your goal is to state what you would like to see within your school community. The goal does not need to include the specific steps you will take to achieve this broader vision.

Next, think about how you will know if you've reached your goal. Ask yourself "what can we measure to know we've been successful?" Use the answers to this question to write success indicators. When writing these success indicators, it is helpful to use the S.M.A.R.T acronym outlined below.

Be S.M.A.R.T. about your success indicators!

S Is your success indicator **specific** your goal?

M Can you easily **measure** your success indicator?

A Is your success indicator **achievable** given your timeframe and resources?

R Is your success indicator **realistic** for your goal?

T What is the **timeframe** to measure your success indicator?

Sample goals and success indicators



Healthy eating

Sample goals

- Become a healthier school by improving knowledge of healthy food and beverage choices.
- Create a supportive school environment that encourages healthy beverage and food choices.

Sample indicators

- From December to June, plan and implement two school-wide campaigns or events that increase staff, student and parent understanding of healthy beverage and food choices.
- By the end of June, 50 per cent of food options brought in by staff for meetings or celebrations will meet maximum nutritional value guidelines.
- Commit to ensuring that all new fundraising activities involve selling non-food related items or healthier food items when planning for next year.



Physical activity

Sample goals

- Increase staff and student movement through the school day.
- Create a supportive school environment that encourages staff, students and parents to be physically active before, during and after school.

Sample indicators

- Students lead the creation of motivational physical activity messages to be shared four times (from December to June) through bulletin boards, Newswire/School Day and/or the school's website and social media accounts. These messages encourage others to get active.
- From December to June, administration will schedule two staff team building activities that encourage physical activity.
- By the end of the year, 90 per cent of classrooms report a 20 minute increase of total weekly DPA time as measured through classroom surveys.



Mental health

Sample goals

- Improve staff, student and parent mental health and wellbeing by improving coping and resiliency skills.
- Increase connectivity and sense of belonging among the school community.

Sample indicators

- From December to June, staff will implement two new activities to encourage regular connection and a sense of belonging, such as Fruit Fridays or Walking Wednesdays.
- By June, there will be a designated "chill zone" created in the school with seating, tables and activities where students can gather daily.
- By the end of the year, 75% of students can identify three coping strategies they can use when faced with a problem if asked in a classroom survey.

For more information visit the Region of Waterloo's [Healthy Schools Website](#).

Communicating about Healthy Schools: sample messages

Below are some sample announcements for each step of the Healthy Schools approach. Adapt and personalize these messages to suit your school's unique needs!



Step 1 – Establishing a Healthy Schools Committee

PA announcement sample

Healthy students = healthy learners = brighter futures! This is what our school is working to achieve. We are excited to announce our school is becoming a Healthy School. This means there is an opportunity for staff, students, parents and community members to join our Healthy Schools Committee and make a difference in the health of our school community. If you would like to learn more about Healthy Schools and how to get involved, contact _____ (Healthy Schools Champion). An information session will be held on _____ (date). Get involved and stay tuned for more updates and exciting events throughout the year. We are on our way to making our school the best it can be!

Newsletter sample

Did you know our school started a Healthy Schools Committee? It is a group of students, teachers, parents and community members working to make our school a healthier place for all! The Healthy Schools Committee will focus on addressing a priority health topic by developing an action plan of activities, events, and initiatives that will support improved health for the whole school community. By working together, we can create a healthier school environment. We encourage students, staff, parents and community members to join the Committee and work with us in building a healthy school. If you are interested in joining or want to learn more, we invite you to the first Healthy Schools Committee meeting, which will be held on _____ at _____. Please contact _____ to get involved. See you soon!



Step 2 – Assessing your school's strengths and needs

Your Healthy Schools Committee is well on its way to developing a plan to improve our school's health, and they need your help! As an important member of the school community, the committee wants your input – What are our school's strengths? What areas can we improve on? Voice your opinion on what we should work on this school year! Contact _____ (Healthy Schools Champion) to share your thoughts.



Step 3 – Determine your priority topic

Your Healthy Schools Committee has decided on a clear focus for this school year! At our last meeting, we reviewed everyone's ideas, looked at our school data and discussed a number of health topics. We are excited to share that our priority topic this year will be _____. We would like to involve the whole school community with activities that will help us meet our goal of improving _____ (priority topic) and our overall school health! Stay tuned for ways you can get involved or contact _____ (Healthy Schools Champion)!



Step 4 – Create your healthy schools action plan

Your Healthy Schools Committee is busy putting together an action plan with ideas to improve _____ (priority topic) in our school community. One activity that we are working on is _____ (Provide details on an activity or promote an event and how staff and students can get involved). Continue to check _____ (Newswire/School Day), the school website and/or social media for information about upcoming activities and events you can participate in!



Step 5 – Monitor your progress

Thanks to your support and participation, we have made excellent steps towards becoming a healthier school! A few examples of our accomplishments this year include _____ (list activities). We know it's important to always take time to reflect and learn from what we've done. One example of what we learned is _____ (Provide an example action the school will take based on what was learned). Congratulations to everyone involved! Let's keep the momentum going by continuing to work together to make our school the healthiest it can be!



Step 6 – Year end celebration

Your Healthy Schools Committee would like to thank the entire school community for the support and amazing participation seen throughout the school year with the many actions we took to improve _____ (priority topic)! We have accomplished a lot, including _____ (list accomplishments). This success would not have been possible without the hard work and input of the Healthy Schools Committee and the entire school community. As we wrap up this year and begin planning for next year, we'd like to invite new faces to join the Healthy Schools Committee. If you're interested in joining the Committee for next year, contact _____ (Healthy Schools Champion). Our Healthy School has a bright future and we're excited to continue this great work with more exciting ideas next year!

For more information visit the Region of Waterloo's [Healthy Schools Website](#).