


Comprehensive School Health: (CSH) (Health Promoting Schools)

An Integrated Approach to Promoting
Wellness in a Healthy School Setting

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Definition (WHO)

A health promoting school is one
that constantly strengthens its
capacity
as a healthy setting
for living, learning and working


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Health promoting schools focus on (WHO)

- Caring for oneself and others
- Making healthy decisions & taking control over life's circumstances
- Creating conditions conducive to health (through policies, services, physical / social conditions)
- Building capacities for peace, shelter, education, food, income, a stable ecosystem, equity, social justice, sustainable development.
- Preventing leading causes of death, disease and disability: helminths, tobacco use, HIV/AIDS/STDs, sedentary lifestyle, drugs and alcohol, violence and injuries, unhealthy nutrition.
- Influencing health-related behaviours: knowledge, beliefs, skills, attitudes, values, support.


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Definition from CASH and CNA:

"A comprehensive school health approach includes a broad spectrum of activities and services that take place in schools and surrounding communities
and enable children and youth
to enhance their health,
develop to their fullest potential,
and establish productive and satisfying
relationships
in their present and future lives."

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Basically.....

promoting skills, values, and healthy
behaviours for everyday living.

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Why target schools for health promotion activities?

- other than family, main source of influence on children
- workplace of 20% of our population (students and educators)
- another 30% of the population (parents) are directly involved with schools through their children

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Canada & CSH

- In 1990.....only 3% of educators and health leaders were familiar with the term

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- By 1998.....
 - 10/12 education ministries
 - 5/12 health ministries
 - 40% of school boards
 - and 53% of Public Health Units

CSHexplicitly support

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Organizations that have officially endorsed the concept of CSH:

○ Canadian Association of Principals [CAP]	○ Canadian Guidance & Counselling Association [CGCA]
○ Canadian Association of School Administrators [CASA]	○ Canadian Home Economics Association [CHEA]
○ Canadian Association for Health, Physical Education, Recreation & Dance [CAPHERD]	○ Canadian Home and School and Parent-Teacher Federation [CHSPTF]
○ Canadian Association for School Health [CASH]	○ Canadian Centre on Substance Abuse [CCSA]
○ Canadian Cancer Society [CCS]	○ Canadian Council on Tobacco Control [CCTC]

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○ Canadian Red Cross [CRC]	○ Canadian Lung Association [CLA]
○ Canadian School Boards Association [CSBA]	○ Canadian Medical Association [CMA]
○ Canadian Teachers Federation [CTF]	○ Canadian Public Health Association [CPHA]
○ Canadian Nurses' Association [CNA]	○ St. John's Ambulance [SJA]
○ Heart and Stroke Foundation of Canada [H&SFC]	

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Components of a CSH Program

1. Instruction
2. Social support
3. Health promoting environments
4. Support services

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Criteria for Instruction

- Active health promotion
- Comprehensive curriculum in the areas of health, physical education, personal development, and family studies
- High-quality teaching/materials
- Appropriate teaching methods using varied learning strategies
- Effective teacher inservice training

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Examples of Instruction Strategies

- Integration of health into other subject areas
- Recognition of formal & informal learning opportunities with peers and parents
- Lifestyle-focused physical education focusing on awareness, decision-making, skill-building, social action, attitudinal & behavioural change

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Criteria for Social Support

- positive school climate
- active student participation
- active parental/family involvement
- involvement of all stakeholders
- community involvement in the school
- community coordination
- formal needs assessment & planning

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Examples of Social Support

- role modelling by school staff
- adult mentorship
- peer support programs/ leadership
- anti-harassment, discrimination, & bullying policies
- appropriate school discipline policies
- comprehensive staff wellness programs
- community involvement
- media cooperation
- healthy public policy from school boards, boards of health & social service agencies

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Criteria for Health Promoting Environments

- Policies/procedures related to behaviours that foster health of individuals & school community
- Policies/procedures related to promoting & maintaining healthy physical environments
- Comply with legislation
- Implement health-related policies
- Involve the school
- Involve the community

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Examples re. Environmental Support

<p>Physical environment</p> <ul style="list-style-type: none"> ○ safety and accident prevention measures in the school and playgrounds ○ environmental health standards for sanitation, clean water, hygiene, lighting, & noise 	<p>Social environment</p> <ul style="list-style-type: none"> ○ anti-harassment, discrimination, & bullying policies ○ healthy food policies, services, programs ○ smoke-free school policies ○ alcohol and drug-free policies
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Criteria for Support Services

- Access to appropriate health & social services and information for students and families
- Inter-agency, inter-ministry, and inter-disciplinary cooperation, coordination of services, & comprehensive policies
- Inter-agency committee
- Inservice training for professionals

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Examples of Support Services:

- student services
- school guidance & counselling services
- child protection
- services for special needs students
- an integrated web of services offering appraisals, early identification, referrals, treatment and follow-up