

## **Comprehensive School Health: School Health Champions Meeting**

Thursday, September 29, 2016

12:30 - 3:00

### ***LEARNING INTENTIONS:***

- Participants will increase their understanding of their role as a school health champion
- Participants will increase their knowledge of resources and information available to support them in their role.
- Participants will build skills and strategies to engage their school community in discussion about priorities and direction related to CSH.

### ***AGENDA***

- 12:30 Welcome and Acknowledgements
- 12:40 Overview of Session and Learning Intentions
- 12:50 What is Comprehensive School Health (CSH) and how do Health Champions fit in?
- What is CSH
  - Connecting to revised curriculum documents
  - Connecting to current school goals
  - Plans for the Year
    - Meeting 1: Overview, engaging staff, building an inquiry question
    - Meeting 2 (Jan 11): Plans to support Inquiry
    - Meeting 3 (May 24): Assessing our work - Telling your school's story.
- 1:05 2016/17 Planning
- Building a process of inquiry
  - Goals/Directions/Outcomes for school CSH plans
  - How to engage staff in priority setting and ongoing support
- 1:30 Sample Process
- All of Us/Some of Us/None of Us\*\*
- 1:50 Background Information and Resources
- Healthyschoolsbc.ca
  - Dashbc.ca
- 2:05 Working Session (individual reflection and level working groups)
- What's already been done in your school (including your thinking from last year)?
  - Who are some partners (school and community) that can be called on to support your school?
  - What might the plan to "engage" your staff in CSH goals look like at your school?
- 2:45 Wrap up and Closure

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## All of Us/Some of Us/ None of Us

### Activity Description:

- Participants are divided up into three groups (multiples of 3 grps depending upon numbers).
- If we have three groups of 4 people, each group receives a different colour felt and keeps that as they rotate places.
- Three stations (or six with repeats) with chart paper set up around the room,
  - Chart One: All of Us
  - Chart Two: Some of Us
  - Chart Three: None of Us
- At each chart, each group contemplates the discussion topic: “When envisioning a whole School approach to health . . .(all of us/some of us/none of us) believe”.
- After three rotations, each group has commented at each station and recorded their thoughts in their felt colour. When you arrive at a new chart:
  - Contemplate the comments already recorded,
  - Write at least one comment/response,
  - Add at least one new item.
- Groups then return to their original station and contemplate the following:
  - One thing that surprised you,
  - One thing that made you more confident,
  - One thing that you want to remember.