

# School Health Improvement Plan



Congratulations! You have completed the *School Health Index (SHI)* self-assessment and are on your way to improved health and safety policies and programs. Your next step is to review and prioritize your School Health Improvement Plan (Action Plan).

**Your Action Plan is a to-do list that shows you the specific steps to take to achieve your goals.**

In your plan, you will find items from your Assessment that your school has marked as not fully in place. As you work toward implementing healthy changes at your school with your team, your Action Plan will keep all your work saved and updated in real-time so you are always aware of your progress and have clear next steps.

## Why use the Action Plan?

Your Action Plan will help you take small achievable steps that contribute to transforming your school into a healthier environment. Each action item includes:

- Implementation strategies to guide your online and offline actions
- Clear examples of what success looks like
- A common place to share notes with your team
- Resources and tools to help effectively achieve your goals
- Win an award and recognition for meeting best practices

## Where do we start?

1. Review your school dashboard which shows you how many items are on your Action Plan for each area of health. The dashboard gives you a high level overview of where there are opportunities to focus your efforts.
2. Select your priority short term goals for the upcoming school year. These may be based on committee interests, existing momentum, amount of effort required and capacity (easy wins vs. more involved initiatives), etc. Your short term goals should include the following:
  - o Timeframe for implementation and completion
  - o Person/committee responsible
  - o Additional resource(s) or training(s) needed
  - o Communication plans, internal to admin and/or staff
  - o Communication plans, external to students and/or parents

*Consider using the Action Plan template provided on page 2 of this document to track your short term goals.*

3. Purposefully plan for sustainability, including:
  - o Ongoing communication and/or orientation for staff, students and/or parents about your wellness culture and efforts.
  - o Put more focus on changes you can make to your school environment than on one-time activities. Changes in your environment are more sustainable.
  - o Add standing agenda items to your Wellness Committee meetings to ensure your action plan is updated regularly and you are accountable for making progress.
4. Provide support to staff and students as needed. Your wellness committee is leading the way and should help engage staff, students and parents in the process of implementation.
5. Consider networking with other schools that are implementing similar strategies.
6. Based on the identified items in your Action Plan, the Healthier Schools website will direct you to resources, implementation strategies and trainings opportunities (when/where available).

