



Hamilton

INFORMATION REPORT

TO: Mayor and Members Board of Health	WARD(S) AFFECTED: CITY WIDE
COMMITTEE DATE: June 17, 2013	
SUBJECT/REPORT NO: School Program Services (BOH13021) (City Wide)	
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Council Direction:

Not Applicable

Information:

Background and Evidence

Next to family, schools are the most important setting influencing the lives of children and youth. Children spend about one third of their weekdays in school. Childhood is a time when health behaviours are learned and adolescence is a period when health behaviours are adopted. Supporting school health programs provides the opportunity to promote good health practices during these developmental stages to prevent chronic diseases and injuries. Working with schools is an opportunity to reach not only the children, but also the school staff and parents of the children.¹

The World Health Organization recognizes a successful school health program can be one of the most cost-effective investments a nation can make to simultaneously improve education and health.¹

OUR Vision: To be the best place in Canada to raise a child, promote innovation, engage citizens and provide diverse economic opportunities.

OUR Mission: WE provide quality public service that contribute to a healthy, safe and prosperous community, in a sustainable manner.

OUR Values: Accountability, Cost Consciousness, Equity, Excellence, Honesty, Innovation, Leadership, Respect and Teamwork.

There is substantial evidence to support the link between health and education. Healthy children have more capacity to learn and develop values, attitudes and skills to become competent and resilient adults.² Education as a key determinant of health also influences employment, income level, housing, social status and how people engage the health care system.¹

The link between health and education led to the formation of a collaborative partnership between the Ministries of Education and Health Promotion. One outcome was the release of the 'Foundations for a Healthy School Framework' in 2006 (See Appendix A - Foundations for a Healthy School). A comprehensive healthy schools approach has been adopted by many Ontario Public Health Units in partnership with their local school boards. The focus is on addressing school health in an integrated and holistic way, while supporting improvements in students' educational outcomes.¹

Targeted Service Delivery Model

The School Program has two levels of service: targeted and universal. Targeted services involve a specific assignment of Public Health Nurses (PHNs) to identified schools using the comprehensive healthy schools model. These schools are designated as Health Promoting Partnership Schools (HPPSs).

In Hamilton, the teams currently support 47 elementary and 29 secondary schools (See Appendix B – School Program Health Promoting Partnership Schools) using this approach. Given that the number of elementary schools exceeds 150, the School Program works with the Boards of Education to identify target schools based on level of need, readiness and capacity to engage as a HPPS. Since the last Board of Health update provided in 2007, the School Program has increased the number of HPPSs from 67 to 76. This was accomplished by shifting resources based on best evidence and service uptake as it applied to program delivery. An example is the reduction of sexual health classroom sessions offered to elementary schools (i.e. eliminating classroom presentations for students in grades 5 and 6).

PHNs assigned to elementary HPPSs provide one half day of service per week, while those assigned to secondary HPPSs provide one full day of service per week. In these schools, PHNs act as members of a school committee often referred to as a Health Action Team (HAT) where they support the team in:

- Assessing school strengths and needs;
- Prioritizing the identified needs;
- Planning, implementing, and evaluating health promotion activities and strategies to address the school's needs using the Foundations for a Healthy School framework to guide this process;
- Capacity building to sustain successful programming; and
- Celebrating successes.

Other members of the school HAT include school staff, students, parents and community partners (See Appendix C – School Program Community Partners). Public Health Services (PHS) works with individual HPPSs and the Boards of Education to establish and maintain meaningful engagement of youth/students as members of these school HATs.

The priority health needs currently being addressed by elementary HATs are: healthy eating, physical activity and bullying prevention. For secondary school HATs mental health promotion is the identified priority need. These needs are identified by the school HAT following an assessment. This process varies across individual schools. In the health promoting school model, this may include input from the principal/vice principal, teachers/school staff, students, parents, PHS and community partners.

The majority of elementary HPPSs (36 of 47) and all secondary settings receive training and funding from the Ministry of Health and Long Term Care’s (MOHLTC) Smoke Free Ontario for HAT projects. This is part of the PHS Healthy Living Division’s Youth Engagement Strategy (Unfiltered Facts Project). Participating elementary schools receive \$500 per year and secondary school settings receive \$1,000. Training, resources and support for HATs is provided through the annual Unfiltered Facts Youth Summit, Youth Leadership Quest and Unfiltered Facts Officer Programs. The following table depicts a summary of the HAT initiatives for the 2011-12 school year.

	# Youth	# Adult Allies	# Projects
Elementary	244	62	64
Secondary	359	134	145

As a result of these initiatives, approximately 34,858 students were impacted. Some of the outcomes reported by participating schools include:

- Increased knowledge in the areas of tobacco, physical activity, fitness and nutrition and mental health stigma;
- Positive adult-youth relationships, positive changes to school environments and increased school and community connectedness;
- Developing personal and life skills; and
- Adopting a healthy lifestyle.

Examples of how HPPSs are achieving success in creating healthier school communities are identified in Appendix D – Foundations for a Healthy School: School Examples.

Universal Service Delivery and Other School Program Services

In addition to the programs described thus far, the School Program also provides the following universal and non-mandated services that align with Ontario Public Health Standards (OPHS) 2008 to all schools across the City of Hamilton:

- Healthy Schools website <http://old.hamilton.ca/phcs/teachers/hps/>
- Healthy Kids Newsletter (will be transitioning to an electronic-only newsletter and expanding to include secondary schools later this year).
- Incredible Years Parenting Series for parents of children aged 5-12.
- THINK FIRST – an interactive assembly aimed at preventing injuries for students in grades 6-8.
- Sexual Health classroom sessions for students in grades 7-9. These sessions support the OPHS 2008 to create supportive environments to promote healthy sexuality and access to sexual health services, and are implemented in collaboration with the school boards. PHNs address the following topics: male and female reproduction, abstinence, sexually transmitted infections and pregnancy prevention methods. This work aligns with the City of Hamilton Healthy Birth Weights Strategy's goal of teen pregnancy prevention.
- Bug Busters Clinics (for head lice) are drop-in clinics for families. These weekly clinics are located at Cathy Wever School and East Hamilton Kiwanis Boys' and Girls' Club. This program is not included in the OPHS 2008; however, it provides an important resource for families dealing with this issue. In 2012, 1,365 clients (including parents, children and teens) accessed service at a Bug Busters Clinic.
- Anaphylaxis Training and Support – a response to local need not referenced in the OPHS 2008. We provide annual education sessions for Hamilton-Wentworth District School Board (HWDSB), the Conseil Scolaire de District Catholique Centre-Sud (CSDCCS) and the Conseil Scolaire Viamonde (CS Viamonde); currently under review.

The School Program also has a Secondment Agreement with Arrell Youth Centre and provides service to the Hamilton East Kiwanis Boys & Girls Club.

Collaboration

Partnerships between PHS and the HWDSB, the Hamilton-Wentworth Catholic District School Board (HWDCSB), CSDCCS, CS Viamonde have been established and fostered for more than 20 years. To facilitate on-going communication and planning between PHS and the school boards, the School Program coordinates five liaison meetings per year. The purpose is to provide a collaborative forum for PHS and representatives from the four Boards of Education (English and French) to share information and develop coordinated programs on relevant school health issues such as those outlined in the OPHS 2008 and in the Ministry of Education's Ontario Curriculum.

In addition to sharing information, the group discusses emergent issues or challenges and identifies recommendations to address resolution.

As an example of a successful partnership initiative, the School Program was a lead in the development, implementation and evaluation of a two day Ontario Healthy Schools Coalition Forum entitled, "Mental Wellbeing: Building School Capacity". This was done in collaboration with PHS Healthy Living Division staff, Halton Region Public Health, Region of Niagara Public Health, Brant County Health Unit, HWDSB, HWCDSB, Halton District School Board, Halton Catholic District School Board, CS Viamonde and CSDCCS. There were over 300 delegates in attendance, making this the most well attended forum in the 10 year history of this annual event.

In the school setting, school PHNs act as PHS resources to the school community. They facilitate linkages between schools and PHS colleagues, other City Departments, and community partners (See Appendix B – School Program Community Partners). They also work and consult with other PHS Healthy Living Division programs including Chronic Disease Prevention, Injury Prevention and Tobacco Control in the development and implementation of evidence-based programming, policy, education, and advocacy. These programs consist of multi-disciplinary teams of Dietitians, Nutritionists, Health Promotion Specialists, Physical Activity Specialists and PHNs. They provide expertise to support the programs delivered in school settings.

The School Program is continually striving to identify opportunities for new or enhanced collaboration. In order to do this the program will:

- Continue to build partnerships with the Neighbourhood Development Strategy (NDS). This strategy is seeking to "engage residents to improve conditions for everyone in the neighbourhoods where we live, work, learn and play."³ Next to the family, the school exerts the most influence on the lives of children and youth.¹ Therefore, the School Program PHNs working in the identified neighbourhoods will engage the Neighbourhood Community Development workers to collaborate on priority health issues that are shared by both the school HAT and the neighbourhood.
- Explore working with post-secondary educational settings. The Board of Health is mandated to work with school boards and/or staff of elementary, secondary and post-secondary educational settings, using a comprehensive health promotion approach. With Ontario teens entering post-secondary education a year earlier, and the increasing pressures and challenges youth face, there is an opportunity to partner with post-secondary educational settings to collaborate using a comprehensive health promoting school approach.
- Work with the PHS Surveillance Unit to map out all schools and highlight HPPSs with respect to the NDS, the Code Red areas, school populations and future school closures to assist with strategic planning and decision making.

- Continue to work with the PHS Applied Research & Evaluation Program to identify School Program Service Outcome Indicators.
- Continue to respond to Councillors' requests as they relate to the school community. Currently, the process involves the Councillor contacting the PHS Healthy Living Division Director who then refers that concern to the appropriate PHS Healthy Living Division program(s) for response. Regardless of whether the school is designated as an HPPS or not, it is the same process.

Conclusion

Hamilton PHS is mandated by the MOHLTC to work with partners, such as the Boards of Education, to meet the 2008 Ontario Public Health Standards. The School Program has worked extensively with these Boards over the past 20 years to sustain collaborative relationships. This partnership has resulted in the successful implementation of the Health Promoting School Model over the last 6 years.

The HPPS model of service delivery assists schools with planning, implementing and evaluating health promotion activities. PHNs provide schools with access to PHS resources and best evidence to assist them in developing action plans to address their priority health needs.

Through community collaboration the School Program has made significant progress toward improving the health of children and youth; thus assisting the City of Hamilton to reach its vision of being the best place in Canada to raise a child.

Appendices

Appendix A – Foundations for a Healthy School

Appendix B – School Program Health Promoting Partnership Schools

Appendix C - School Program Community Partners

Appendix D – Foundations for a Healthy School – School Examples

References

1. Ministry of Health Promotion, Standards, Programs and Community Development Branch. School Health Guidance Document. May 2010
2. Bassett-Gunter, R., Yessis, J., Manske, S., Stockton, L. (2012). Healthy School Communities Concept Paper. Ottawa, Ontario: Physical Health and Education Canada. Retrieved April 26, 2013 from <http://www.phecanada.ca/programs/health-promoting-schools/concept-paper>.
3. Brown, S. (2012). Hamilton Neighbourhood Action Planning. Hamilton, Ontario: City of Hamilton. Retrieved April 26, 2013 from http://www.hamilton.ca/NR/rdonlyres/95B062BC-C4CA-496C-A6D3-BCFE8AD6999C/0/NAP_Brochure_Web.pdf.

Ideas and Shared Practices

FOUNDATIONS FOR A HEALTHY SCHOOL



Components	High-Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
Descriptions	<p>Quality instruction provides students with a wide range of opportunities to learn, practise, and demonstrate knowledge and skills related to living a healthy life. Programs offered during the instructional day often lay the foundation for other activities done outside instructional time.</p> <p>Quality programs also include opportunities for teachers and school administrators to participate in professional learning opportunities.</p>	<p>A safe and healthy physical environment improves the conditions for learning. The physical environment includes the school building and grounds, routes to and from the school, and materials and equipment used in school programs.</p>	<p>A supportive social environment has a positive impact on students' learning. Many practices within a school foster such an environment. Students, teachers, and parents can benefit from the support provided, which may be formal (e.g., school policies, rules, clubs, or support groups) or informal (e.g., unstructured peer interaction or free play).</p>	<p>Community partnerships provide access to resources and services available to support staff, students, and families in the development and implementation of healthy schools initiatives. Various organizations can deliver services within the school setting, including public health.</p>
Current Ministry of Education and Ministry of Health Promotion Initiatives	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Daily Physical Activity <input checked="" type="checkbox"/> Specialist Teachers <input checked="" type="checkbox"/> Swim to Survive Program 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Vending machines with healthy foods and beverages <input checked="" type="checkbox"/> Anaphylaxis prevention <input checked="" type="checkbox"/> Eat Smart Cafeteria program (MHP) 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Fruit and Vegetables In Northern Communities (MHP) <input checked="" type="checkbox"/> Smoke Free Ontario (MHP) 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Community use of school facilities <input checked="" type="checkbox"/> Active and Safe Routes to School (MHP)
Health-Related Topics				
Healthy Eating	<ul style="list-style-type: none"> • Establishing a school-wide healthy eating month • Coordinating the healthy eating lessons taught in each grade • Having teachers, school administrators, and student representatives attend a healthy eating conference 	<ul style="list-style-type: none"> • Establishing a healthy menu for the school lunch program • Purchasing a refrigerator for storing healthy food during the school day • Starting a school garden and planting fruits and vegetables in it 	<ul style="list-style-type: none"> • Developing healthy eating guidelines • Including healthy eating tips in each month's school newsletter • Offering a healthy lunch/snack program 	<ul style="list-style-type: none"> • Establishing a subcommittee of the school council to focus on making healthy foods and beverages a priority in the school • Offering a breakfast program in cooperation with the local grocery store • Having a public health nurse or dietician provide a lunch-and-learn session for staff and parents on packing healthy lunches and snacks
Physical Activity	<ul style="list-style-type: none"> • Providing staff training on physical activity during a professional development day • Developing class timetables that include daily physical education for all classes in the school • Providing programs that include a wide range of physical activities 	<ul style="list-style-type: none"> • Providing physical activity equipment for all classes to use outdoors during recess and lunch breaks • Converting an unused room in the school into a physical fitness centre • Purchasing bicycle racks and painting lines on the playground pavement for games (such as hopscotch) to promote an active lifestyle 	<ul style="list-style-type: none"> • Organizing intramural programs for the students • Training student leaders to lead other students in physical activities during breaks • Organizing school events that require physical activity (e.g., a fitness day) 	<ul style="list-style-type: none"> • Coordinating a "walking Wednesday" program with support from school staff, students, and community partners (e.g., a seniors' group) • Partnering with a local high school to offer a physical fitness club • Establishing a partnership with a local university to research the impact of the physical activity program on student achievement
Bullying Prevention	<ul style="list-style-type: none"> • Adopting a school-wide bullying prevention program • Embedding the program within the school improvement and Student Success planning processes • Purchasing new resources that meet the needs of the school 	<ul style="list-style-type: none"> • Making the playground a bully-free zone • Allocating supervision to high-risk areas of the school • Creating a mural to affirm the school as a bully-free zone 	<ul style="list-style-type: none"> • Establishing a diversity club to provide students with an opportunity to discuss ways to make all students feel welcome in the school • Creating a process whereby all students can feel safe reporting bullying incidents • Hosting an event for staff and board officials to celebrate students' artistic presentations of bullying prevention messages 	<ul style="list-style-type: none"> • Partnering with the local youth centre to provide programs in conflict resolution and development of self-esteem • Providing training on bullying prevention to parents at the school council meeting • Coordinating community volunteers as mentors for students

Ideas and Shared Practices

FOUNDATIONS FOR A HEALTHY SCHOOL



Components	High-Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
Health-Related Topics				
Personal Safety and Injury Prevention	<ul style="list-style-type: none"> Coordinating a school-wide presentation on water safety Planning monthly safety presentations to address specific issues throughout the year (e.g., water safety in May) Having students write and perform skits about safe practices to encourage them to use safe practices 	<ul style="list-style-type: none"> Inspecting facilities and equipment for safety. Highlighting safe practices by displaying posters depicting them and installing signs in high-risk areas of the school Establishing the parking area as a no-idling zone 	<ul style="list-style-type: none"> Training peer mediators who are accessible inside and outside the school Communicating safety messages at school assemblies and over the PA system Establishing a consistent set of safety procedures and resources 	<ul style="list-style-type: none"> Providing information on a range of safe practices for the home, school, and community on the school website Establishing a school committee to identify key safety messages and community partners who can provide support in specific safety areas Providing students with the resources to work with parents and other family members to develop and implement a fire safety plan for their home
Substance Use and Abuse	<ul style="list-style-type: none"> Developing consistent messages for implementing a school-wide substance use and abuse program Presenting age-appropriate information on the effects of drug use at an assembly for a specific grade Providing in-service training for teachers and administrators on signs of drug use and appropriate responses 	<ul style="list-style-type: none"> Establishing an action plan/protocol to monitor school areas for signs of drug use Using resources and learning materials that depict healthy choices. Putting up posters in the school to promote the advantages of substance-free living. 	<ul style="list-style-type: none"> Identifying resources available for students to enable them to seek help for themselves and others Empower students to organize and run a smoking cessation program at the school Implementing discipline strategies that provide support for students with addictive behaviours 	<ul style="list-style-type: none"> Developing and enforcing a school drug policy in collaboration with public health personnel and other community partners Providing an opportunity for students to spend a day at a regional centre for a presentation on substance use and abuse Offering a parents' night in collaboration with the police to address issues concerning substance use
Healthy Growth and Development	<ul style="list-style-type: none"> Participating in a school board project on the implementation of resources on healthy growth and development Developing a committee to discuss effective teaching methods for encouraging healthy growth and development Inviting public health nurses to help teach lessons on healthy growth and development 	<ul style="list-style-type: none"> Developing guidelines to ensure that materials used and presented in the school are representative of the diverse makeup of the school Providing students with a safe area where they can discuss concerns with a trusted staff member Designing change room facilities, with student input, that take into account dignity and self-esteem 	<ul style="list-style-type: none"> Organizing a parent evening to discuss topics related to healthy growth and development and their connection with the curriculum Reviewing school guidelines related to growth and development to ensure that they are current and that they meet the diverse needs of the students Communicating information on healthy growth and development to students and parents about available programs and support. 	<ul style="list-style-type: none"> Working cooperatively with community partners to provide adequate services regarding child welfare Providing information to parents about the services in the community that are available to support personal learning Providing information to parents about the topics covered in the curriculum prior to the teaching of the unit
Mental Health	<ul style="list-style-type: none"> Identifying areas of the curriculum where mental health can be taught throughout the year Providing staff in-service training on recognizing signs and symptoms and using appropriate intervention strategies when dealing with issues about mental health Providing programming that does not stigmatize mental disorders and that promotes positive healthy behaviours 	<ul style="list-style-type: none"> Establishing an area in the school for students to participate in physical activity and clubs, especially during the winter months Developing a resource section in the library for teachers/parents with a range of books and materials about mental health Establishing a school-based health centre 	<ul style="list-style-type: none"> Providing students with information and training on mental health and with an opportunity to plan and organize a committee to address mental health issues in the school Sending out a student and/or parent survey to establish the areas of mental health that need to be focused on in the school Establishing a protocol to ensure that mental health resources used are consistent with the messages of the school and board 	<ul style="list-style-type: none"> Establishing a school council committee to discuss and coordinate mental health initiatives in the school and community Providing information from community partners in the school newsletter for parents Providing access to researchers to examine mental health issues and support available in the school
Other	<ul style="list-style-type: none"> Identifying areas of the curriculum that are related to healthy living topics, and introducing health concepts in all areas of the curriculum Providing a summative assessment task for students that focuses on their ability to make healthy choices in health related scenarios 	<ul style="list-style-type: none"> Establishing an information bulletin board in the school to promote monthly health themes, upcoming school events, and community programs 	<ul style="list-style-type: none"> Establishing a student club made up of representatives from each grade to provide input and suggestions on health-related topics in the school Training Student Success teams to address issues related to wellness and health 	<ul style="list-style-type: none"> Establishing a healthy schools committee made up of the principal, teachers, students, parents, and community partners Hosting an annual wellness fair with student presentations on health-related topics and with booths and presentations from community partners

School Program Health Promoting Partnership Schools 2012-2013

Ward	School (HPPS)	School Board
1	Strathcona Elementary School	Hamilton Wentworth District School Board
1	St. Mary Catholic Secondary School	Hamilton Wentworth Catholic District School Board
1	Westdale Secondary School	Hamilton Wentworth District School Board
1	Columbia International College*	Private
1	Georges P. Vanier	Conseil Scolaire Viamonde
2	St. Lawrence Catholic Elementary School	Hamilton Wentworth Catholic District School Board
2	Bennetto	Hamilton Wentworth District School Board
2	Central (City) Elementary School	Hamilton Wentworth District School Board
2	Dr. J. Edgar Davey Elementary School	Hamilton Wentworth District School Board
2	Hess Street Elementary School	Hamilton Wentworth District School Board
2	Queen Victoria Elementary School	Hamilton Wentworth District School Board
2	Sir John A. Macdonald Secondary School	Hamilton Wentworth District School Board
2	Wilma's Place	Hamilton Wentworth Catholic District School Board
3	Holy Name of Jesus Catholic Elementary School	Hamilton Wentworth Catholic District School Board
3	St. Ann (Hamilton) Catholic Elementary School	Hamilton Wentworth Catholic District School Board
3	St. Brigid Catholic Elementary School	Hamilton Wentworth Catholic District School Board
3	St. Patrick Catholic Elementary School	Hamilton Wentworth Catholic District School Board
3	Adelaide Hoodless Elementary School	Hamilton Wentworth District School Board
3	Cathy Wever Elementary School	Hamilton Wentworth District School Board
3	Prince of Wales Elementary School	Hamilton Wentworth District School Board
3	Ecole Notre-Dame	Conseil Scolaire de Catholique Centre-Sud
3	Cathedral High School	Hamilton Wentworth Catholic District School Board
3	Parkview Secondary School	Hamilton Wentworth District School Board
4	St. Eugene Catholic Elementary School	Hamilton Wentworth Catholic District School Board
4	Hillcrest Elementary School	Hamilton Wentworth District School Board
4	Parkdale Elementary School	Hamilton Wentworth District School Board
4	Queen Mary Elementary School	Hamilton Wentworth District School Board
4	Roxborough Park Elementary School	Hamilton Wentworth District School Board
4	W.H. Ballard Elementary School	Hamilton Wentworth District School Board
4	Woodward Elementary School	Hamilton Wentworth District School Board
4	Delta Secondary School	Hamilton Wentworth District School Board
4	Sir Winston Churchill Secondary School	Hamilton Wentworth District School Board

School Program Health Promoting Partnership Schools 2012-2013

Ward	School (HPPS)	School Board
5	St. Agnes Catholic Elementary School	Hamilton Wentworth Catholic District School Board
5	St. Luke Catholic Elementary School	Hamilton Wentworth Catholic District School Board
5	Elizabeth Bagshaw Elementary School	Hamilton Wentworth District School Board
5	Lake Avenue Elementary School	Hamilton Wentworth District School Board
5	Sir Isaac Brock Elementary School	Hamilton Wentworth District School Board
5	Sir Wilfrid Laurier Elementary School	Hamilton Wentworth District School Board
5	Bishop Ryan Catholic Secondary School	Hamilton Wentworth Catholic District School Board
5	Glendale Secondary School	Hamilton Wentworth District School Board
6	St. Kateri Tekakwitha Catholic Elementary School	Hamilton Wentworth Catholic District School Board
6	Barton Secondary School	Hamilton Wentworth District School Board
6	Académie catholique Mère-Teresa	Conseil Scolaire de Catholique Centre-Sud
6	Sherwood Secondary School	Hamilton Wentworth District School Board
6	Richard Beasley Elementary School	Hamilton Wentworth District School Board
7	Our Lady of Lourdes Catholic Elementary School	Hamilton Wentworth Catholic District School Board
7	St. Michael Catholic Elementary School	Hamilton Wentworth Catholic District School Board
7	Cardinal Heights Elementary School	Hamilton Wentworth District School Board
7	Eastmount Park Elementary School	Hamilton Wentworth District School Board
7	Franklin Road Elementary School	Hamilton Wentworth District School Board
7	Helen Detwiler Elementary School	Hamilton Wentworth District School Board
7	Lawfield Elementary School	Hamilton Wentworth District School Board
7	Ridgemount Elementary School	Hamilton Wentworth District School Board
7	Hill Park Secondary School	Hamilton Wentworth District School Board
7	St. Jean de Brebeuf Catholic Secondary School	Hamilton Wentworth Catholic District School Board
7	Pauline Johnson Elementary School	Hamilton Wentworth District School Board
8	Annunciation of our Lord Catholic Elementary School	Hamilton Wentworth Catholic District School Board
8	Regina Mundi Catholic Elementary School	Hamilton Wentworth Catholic District School Board
8	Monsiegeur De Laval	Conseil Scolaire de Catholique Centre-Sud
8	Mountain Secondary School	Hamilton Wentworth District School Board
8	St. Thomas More Catholic Secondary School	Hamilton Wentworth Catholic District School Board
8	Sir Allan MacNab Secondary School	Hamilton Wentworth District School Board

School Program Health Promoting Partnership Schools 2012-2013

Ward	School (HPPS)	School Board
8	Westmount Secondary School	Hamilton Wentworth District School Board
8	Westwood Elementary School	Hamilton Wentworth District School Board
8	Westview Elementary School	Hamilton Wentworth District School Board
9	St. David Catholic Elementary School	Hamilton Wentworth Catholic District School Board
9	Green Acres Elementary School	Hamilton Wentworth District School Board
9	Cardinal Newman Catholic Secondary School	Hamilton Wentworth Catholic District School Board
9	Saltfleet District Secondary School	Hamilton Wentworth District School Board
10	St. Francis Catholic Elementary School	Hamilton Wentworth Catholic District School Board
10	Orchard Park Secondary School	Hamilton Wentworth District School Board
12	Ancaster High Secondary School	Hamilton Wentworth District School Board
12	Bishop Tonnos Catholic Secondary School	Hamilton Wentworth Catholic District School Board
13	Highland Secondary School	Hamilton Wentworth District School Board
13	Parkside Secondary School	Hamilton Wentworth District School Board
15	Waterdown District Secondary School	Hamilton Wentworth District School Board

School Program Community Partners

Hamilton Wentworth District School Board (HWDSB)
Hamilton Wentworth Catholic District School Board (HWCDSB)
Conseil Scolaire Viamonde (CS Viamonde)
Conseil Scolaire de District Catholique Centre –Sud (CSDCCS)
Private Schools
Faith institutions
YMCA/YWCA
Hamilton East Kiwanis Boys & Girls Club
Bullying Advisory Coalition
Hamilton Public Libraries
Royal Botanical Gardens
North Hamilton Community Health Centre
Boy Scouts & Girl Guides of Canada
De dwa da dehs nyes Aboriginal Health Centre
Niwasa
Ontario Early Year's Centres
Affiliated Services for Children and Youth (ASCY)
Hamilton Police Services
Eat Local
Neighbour to Neighbour
Children's Aid Society (CAS)
Catholic Children's Aid Society (CCAS)
Hamilton Community Garden Network
McMaster University
Mohawk College
Hamilton Health Sciences
Centre for Addiction and Mental Health (CAMH)
Street Youth Collaborative
Volunteer Hamilton
Youth Employment Network
Workforce Planning Hamilton
Social Planning & Research Council (SPRC)
Youth Outreach Workers Hamilton (YOWH)
Living Rock Ministries
Wesley Urban Ministries
AIDS Network
Crisis Outreach and Support Team (COAST)
St. Charles Continuing Education
Alternatives for Youth (AY)

Hamilton Regional Indian Centre
Mothers Against Drunk Driving (MADD)
Living Works
Suicide Prevention Community Council of Hamilton
Community Care Access Centre
Sexual Health Network
Birthright
Banyan Community Services - Arrell Youth Centre
Hamilton Roundtable for Poverty Reduction
Bullying Advisory Coalition
New Generation Youth Centre (NGEN)
Community Organizations Reaching Everyone - CORE
Hamilton Youth Collaborative (HYC)
Beanstalk Project
Healthy Communities-Healthy Youth Flamborough
Environment Hamilton
Green Venture
Good Shepherd Centres (Notre Dame House)
John Howard Society
Hamilton Police Services
Hamilton Fire Department
City of Hamilton Community Services, Public Works Department
Hamilton Community Foundation (HCF)
Hamilton Partners in Nutrition (HPIN)
Hamilton Police Services
Hamilton Community Garden Network
Ontario Students Against Impaired Driving (OSAID)

Note- this is not an exhaustive list

Foundations for a Healthy School – School Examples

Cathedral High School				
Healthy-Related Topic	High Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
Healthy Eating	<ul style="list-style-type: none"> -Student-led cafeteria supported by the High Skills Major (HSM) courses/programs and co-op students -Youth apprentice program partnership with Mohawk College -Safe food handling modules provided by Public Health Services (PHS) are taught by specialist teachers at the beginning of each semester -Changes to school cafeteria policy occurred prior to the introduction of HWCDSB Food and Beverage Policy -‘Bake It Up’ PHS publication used as a “textbook” for HSM courses and is used for baking menu items in the cafeteria 	<ul style="list-style-type: none"> -Student-led school cafeteria and a Juice Box smoothie bar created by students -Consultation with Public Health Dietitian and Public Health Inspector -Food Handling certificates obtained by proxy from PHS Health Protection Division -Growing herbs in school greenhouse to use in cafeteria recipes 	<ul style="list-style-type: none"> -Breakfast program coordinator is a HAT student member -Hot and cold breakfast menu items served daily to approximately 60 students -Cafeteria menu/policy changes began 6 years ago -Healthy menus are offered at low cost to students 	<ul style="list-style-type: none"> -School PHN/PHS -Use of local suppliers for cafeteria -The Juice Box received an award at the 2011 PHS Unfiltered Facts Youth Summit -The HAT cafeteria and bullying prevention initiatives were recognized by a site visit: <ul style="list-style-type: none"> - from the Chief Medical Officer of Health, PHS, and CEO of Hamilton Community Foundation - from Ministry of Education representatives, Board of Education Superintendents and Public Health -Student-led Bistro style smoothie bar supported by PHS High School Grant funds http://youtu.be/0vx-BOAo5zc -Cafeteria has been recognized for its innovation within the HWCDSB and Ministry of Education.

Cathedral High School				
Healthy-Related Topic	High Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
Bullying Prevention	<ul style="list-style-type: none"> -Bullying prevention and awareness has been a HAT priority for the past 3 years. Initiatives run throughout the year -School surveys relating to bullying done in Religion classes -Working towards embedding this into the School Improvement Plan 	<ul style="list-style-type: none"> -Classrooms signed a Pink Shirt cut-out poster with an anti-bullying pledge (developed by the HAT) which is displayed in the school 	<ul style="list-style-type: none"> -‘You Go Girls’ student-led video assembly and discussion groups for grade 9 girls on Girl Social Bullying; Chair of the committee is a HAT student leader -Creation and presentation of bullying awareness and prevention video announcements; include call to action challenges. One example of a video created by Cathedral students can be viewed at the link below: http://www.youtube.com/watch?v=idtIXvPtzDY -Bullying Prevention and Awareness Week assembly. This included guest speakers (Travis Price-Founder of Pink Shirt Day/School Liaison Police Officer and discussion of support services (e.g. School PHN, School Social Worker). -Grade level assemblies with various forms of bullying awareness/prevention information -Review of school policies and expectations; HWCDSB Code of Conduct 	<ul style="list-style-type: none"> -School PHN/PHS -The HAT presented at the 2012 PHS Unfiltered Facts Youth Summit and showcased their bullying prevention initiatives -Student HAT members participated in PHS Leadership Quest; networked with other students and developed their leadership skills

Saltfleet District Secondary School				
Healthy-Related Topic	High Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
Bullying Prevention	<ul style="list-style-type: none"> -Enhancing gr. 10 curriculum using Talking About Mental Illness (TAMI) presentation -Safe Talk training with interested students, parents, staff -Applied Suicide Intervention Skills Training (ASIST) for interested staff -Youth Advocacy Training Institute (YATI) Training on how to create effective health action campaigns 	<ul style="list-style-type: none"> -Sidewalk chalking “love not hate” (<3notH8) messages at school -<3notH8 banner Student thumbprints and name pledging against cyber bullying -<3notH8 permanent mural in the school atrium 	<ul style="list-style-type: none"> -2013 campaign has evolved into pro kindness/positive school climate -Students have participated in: Pay it Forward Day, World Kindness Week, Pink Shirt Day -“Tip Off” application - an anonymous Smart Phone app to report safety issues on the school premises -Facebook page - HAT branded jackets integrated into the school culture - Increased student HAT members from all grades; increase in male members - Students have recognized the leadership opportunities available to them; sharing stories about how HAT has improved their lives 	<ul style="list-style-type: none"> -School PHN/PHS -Local businesses participated in HAT community fair, donated prizes -Royal Bank provided funding toward HAT campaign -Jer’s vision (Canada’s Youth Diversity Initiative) provided monetary award for HAT campaign -Hamilton Spectator front page article of YMCA Peace Medal Winner -<3notH8 campaign -Stoney Creek News coverage of Saltfleet Day of Pink article -Mayor Bratina, Chief of Police, school Police Liaison Officer attended Day of Pink -Celebrities wearing the <3notH8 thumb ring: Cash Connors, Cast of Coronation Street, Cheryl Hickey ET Canada, film director Warren Sonoda -The <3notH8 message adopted by other schools in Hamilton and across the province HAT Presentations: <ul style="list-style-type: none"> -Ontario Healthy Schools Coalition Forum -PHS Unfiltered Facts Youth Summit -YATI

St. Michael Catholic Elementary School

Healthy-Related Topic	High Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
Healthy Eating	<ul style="list-style-type: none"> -Provide links to the school community garden when teaching healthy eating curriculum within each grade -Teachers, school administrators and students attended a healthy eating conference led by a local organic farmer 	<ul style="list-style-type: none"> -Establishing a healthy menu for the school snack program -Obtaining a milk machine to ensure milk is available every day -Starting and maintaining a school community garden; planting fruits and vegetables -Students raise plants from seedlings started in the classroom; planted in the garden -Building and completion of an outdoor classroom in the garden area -Providing sun hats and encouraging all gardeners to wear them when gardening 	<ul style="list-style-type: none"> - Establishing March as a school-wide healthy eating month -Including healthy eating tips in school Newsletter and PA announcements -Offering a healthy snack program 3 days per week (in alignment with the HWCDSB Nutrition Policy) -Great Big Crunch: an annual school-wide event where everyone in the school ‘crunches on’/eats an apple or vegetable at the same time -Offering student interest clubs e.g Green Thumb (parent led) and Eco Program -School Improvement Plan: the community garden is a targeted action in the school’s Faith pillar and Catholic Community, Culture and Service pillar. The garden is connected to the Principles of Catholic Social Teaching, particularly Stewardship of Creation and Preferential Option for the Poor and Vulnerable. -To celebrate the success of the garden, the school had a ceremony to bless and name the garden. 	<ul style="list-style-type: none"> -Establishing a School Community Food Garden to include partners from Public Health Services (School PHN, Public Health Dietitian, Health Promotion Specialist), parents, teachers, Neighbour to Neighbour (N2N) -Exploring funding for a healthy cooking club and food preparation demonstrations -Linking with Hamilton Partners in Nutrition (HPIN) to offer a healthy snack program -School PHN provides sessions for kindergarten parents on healthy eating -Providing families with garden growing education sessions and hands-on experience (N2N) -Throughout the summer, parents, volunteers, Community Garden Interns, and Focus on Youth Summer Campers, came together to water, weed, harvest, distribute and enjoy the abundance of food that was grown. Through all the hard work of these various partners, there was also a surplus of food that was donated to the N2N Food Bank.