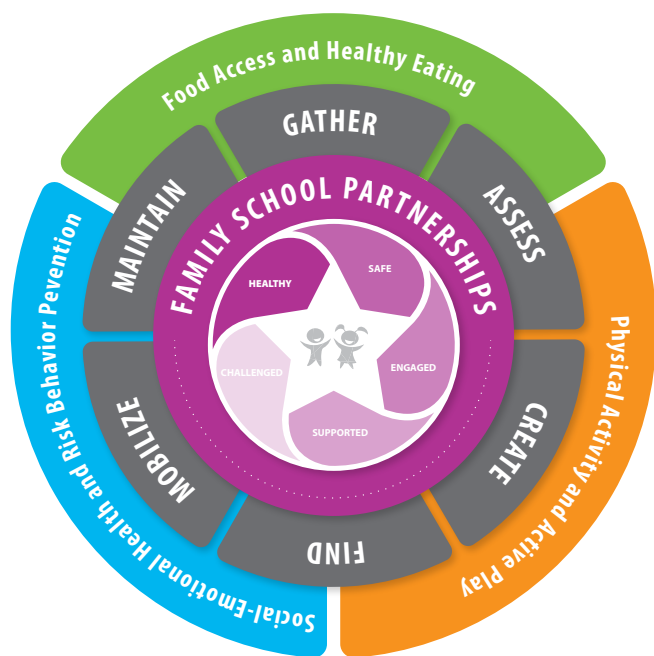


6-Steps to Healthier Schools

The Action for Healthy Kids 6-step framework for healthier schools helps you leverage family-school partnerships to build safe and supportive learning environments where children can play, learn, and grow. We believe that healthy schools are built through strong Family-School Partnerships. Effective family-school partnerships bring together district leaders, school staff, and families to create healthier communities by identifying barriers to family engagement and specific child health needs, then developing and implementing effective and equitable solutions as a team.



TIPS for Building a Foundation of Trust:

- **Seek out input from parents and caregivers** — and be prepared to listen and incorporate their feedback — about their cultures, concerns, needs, and relationships with schools.
- **Provide a welcoming climate to families and outside organizations**, and always check in with your principal, school administration, and family leaders to ensure you're on the same page.
- **Bring a solution-focused mindset to the work and find common values.** Establish core values and bring them to the forefront of every meeting.

STEP 1 Gather Your Team — School Health Teams work to rally forces to make schools healthier places for children.

- Recruit 5–10 members from different groups of your community.
- Develop a team vision statement and group norms.
- Plan reoccurring meetings that fit everyone's schedules.

STEP 2 Assess & Track Progress — Understanding your school's strengths and areas of opportunity help to build sustainable and clear action plans.

- Assess your school's health using the School Health Index (SHI) www.actionforhealthykids.org/school-health-index.
- Ask members of the team which areas they are most passionate about.
- Align your team vision statement with your SHI results and team input to pinpoint focus areas.

STEP 3 Create and Implement an Action Plan — Creating an Action Plan provides a clear and concise outline and timeline of how you will achieve your vision and which group members are responsible for different tasks.

- Brainstorm and identify 3-5 areas of opportunity or health topics your team wishes to focus on.
- Establish a process for tracking and delegating tasks.
- Revisit your action plan throughout the school year to assess progress.

STEP 4 Find Resources — Finding resources to support your action plan will allow you to delegate work to other team members and learn more about different health topics.

- Build on pre-existing resources and health programs in your school.
- Leverage student groups and school leaders to help with events, poster creation, etc.
- Visit the AFHK Resource Library for health activities and tip sheets.

STEP 5 Mobilize Your Community — Building community partnerships promotes consistent messages about healthy behaviors and provides access to additional resources and volunteers.

- Seek out and incorporate input and feedback from parents/caregivers
- Involve community organizations by asking them to your team's events.
- Invite wellness experts and community members to a team meeting.

STEP 6 Maintain Momentum — Recognizing your accomplishments can help your community maintain momentum and support for school and student health.

- Identify wins, no matter how big or small and celebrate as a team!
- Share successes on your school's social media and website, in newsletters and at school events.
- Reflect on challenges and additional opportunities to plan for the next year.

Visit the Action for Healthy Kids Resource Library at actionforhealthykids.org/game-on-activity-library for more resources.

Healthy Kids. Better World.

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