**Date:** September 29, 2012

**School Name:** Healthy Schools Elementary

**School District:** 25

**Contact Name/Number/Email:** Ms. Health/604-123-1234/mhealth@sd25.bc.ca

**What health topic do we want to focus? Why?**

(E.g. physical activity because the students think that is what is most important to their peers)

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| We want to focus on Healthy Eating because this is something the students wanted to focus on initially, and after our assessment using the HLPS Matrix, healthy eating was identified as an area for improvement. After further discussion with the students and taking into consideration results from the full-length Healthy Schools Assessment, we will focus on improving the food in the school cafeteria, making it healthier and more affordable so students don’t go ‘off-campus’ to get food. |

**What’s our goal?**

(Think about who, what, & when. E.g. To increase physical activity in grade 11/12 girls by June)

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| For all students be able to have the opportunity to purchase healthy food at the school cafeteria by March. We also want students to enjoy the cafeteria food and be excited about what’s available. |

**What’s our inquiry question?**

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| How can we increase the popularity of the school cafeteria by involving the students? |

**How do we want to get there? What steps should we take? How will we know we’ve had an impact?**

(E.g. conduct a survey to find out what activities would motivate the girls to be more active; more girls enrolled in grade 11/12 PE next year)

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| 1) We need to conduct a survey to find out what types of healthy foods students want in the cafeteria and determine a range of how much money they would like to spend on lunch. We also need to determine how many students currently access the cafeteria, how many buy lunch off-campus and the general attitude towards the cafeteria (pre-testing).  2) We need to try to find out how we can make food less expensive by partnering with local grocery stores or local farms to access healthy, local and less expensive food. We can also partner with a local Dietitian from the Health Authority for extra support.  3) We need to improve the engagement of the culinary, home economics and foods classes with the school cafeteria to increase the number of students involved with the cafeteria.  4) We need to ensure the environment of the school cafeteria is welcoming and student-friendly by involving the arts classes to help ‘decorate’ the cafeteria with student art.  5) We need to increase promotion of the school cafeteria (e.g. posters, announcements, specials, etc.).  6) We need to ensure the food we offer in the school cafeteria meets the Guidelines for Food and Beverage Sales in BC Schools.  7) We need to provide continuous opportunities for student feedback and input in the school cafeteria and conduct post-testing in March to see if more students access the cafeteria and enjoy what’s available. |