**Express Healthy Schools Assessment Tool**

This assessment tool serves as an express version of the Full Length Healthy Schools Assessment Tool. It was created to help save time while still providing the opportunity to look at what is currently going on in the school to help determine an area of focus. Once you determine an area of focus, you may refer to the full version of the Healthy Schools Assessment Tool to further refine your focus by asking more in-depth assessment questions.

This express assessment is arranged according to the aspects of the Healthy Living Performance Standards (HLPS). The questions provided are intended to help start the conversation around current activities within the school to determine where strengths are as well as areas that may need more attention.

**Healthy Eating**

1. We\* purposely provide knowledge to promote, support and model healthy eating best practices as we acknowledge the link between healthy eating and learning.
2. We actively follow and teach the BC Food and Beverage Guidelines in our school in partnership with the community.
3. We strive to provide equitable access to healthy food and a safe and clean eating environment.

**Active Living**

1. We provide a variety of opportunities for students to be active on a daily basis in a safe environment.
2. We actively promote the link between daily physical activity, active living and successful learning.
3. We model active living and are able to access partnerships to further support daily physical activity in the school community.

**Healthy Practices**

1. We ensure opportunities for understanding and respect for diversity, which leads to an atmosphere of trust, cooperation and empathy.
2. We have policies to support physical and emotional safety as well as a code of conduct that promotes connectedness.

**Healthy Relationships**

1. We create an atmosphere of trust and cooperation.
2. We provide opportunities for all school members to routinely engage in and sustain healthy relationships with peers and adults and embed this practice into everyday learning.
3. We routinely evaluate our action plan for increasing positive connections between students and adults and make necessary evidence-based changes to ensure a safe and caring culture for all.

*\*’We’ refers to all members of the school community, including students, educators, parents and community members.*