



This tool provides a checklist of actions school system leaders can take to support the development of healthy schools and healthy school systems. It is part of an interconnected series of checklists intended to spark ideas and encourage thoughtful reflection, conversations, planning and action around healthy school development among school system leaders across Canada.

CHECKLIST #6: SUPPORT HEALTHY SCHOOL LEADS/CHAMPIONS TO USE A STRENGTHS-BASED APPROACH

The Canadian Healthy School Standards can help schools to build on existing strengths and assets within school communities. School system leaders can help their in-school teams to move from one-off health-related activities towards a comprehensive, system-wide approach to creating an environment that supports wellbeing across a school or school system by leveraging the “bright spots” within each school community.

As a School System Leader/Administrator I can...

- ⇒ **Implement the Foundational and Implementation Standards in a strengths-based and inclusion-informed way.**
- ⇒ **Ensure students are meaningfully engaged in planning processes and their views are included in any Healthy School plans or activities that are developed.**
- ⇒ Share the microphone, amplify student and family voice, share decision-making, consult, and collaborate.
- ⇒ Listen and learn about the school community’s culture (e.g., through an [appreciative inquiry](#) approach).
- ⇒ Invest in process as much as outcome. Expect the relationship-building and collaborative planning process to take time. View trust, engagement, and collaboration as valuable outcomes.
- ⇒ Support meaningful collaboration with local community-based organizations and actively invite them into Healthy Schools processes.
- ⇒ Take advantage of the wealth of knowledge in many local Public Health units across Canada, including expertise in Healthy School approaches. Clarify the roles of education and health partners and how they will work together.
- ⇒ Learn about asset-based community development, inclusion-informed community engagement, youth engagement and youth empowerment models, etc.