

## Comprehensive School Health Rubric

This rubric is a simple tool that provides a quick snap shot of Comprehensive School Health (CSH) for five given priority areas (healthy eating, physical activity, mental and emotional health, sexual health, and tobacco use). This tool can help your school identify a general priority area in which further assessment can be conducted to develop a CSI goal related to Comprehensive School Health. More in-depth assessment tools are available for each of the specific priority areas that can help your school collect data and identify specific goals and strategies.

Please consult Amanda Northcott, Comprehensive School Health Promoter for further information and support related to Comprehensive School Health ([Amanda.Northcott@cehha.nshealth.ca](mailto:Amanda.Northcott@cehha.nshealth.ca), p: 902-956-2357).

<b>Pillars of Comprehensive School Health</b>					
<b>Priority Area</b>	<b>Teaching and Learning</b>	<b>Social Environment/ School culture</b>	<b>Physical Environment</b>	<b>Community Partnerships and Services</b>	<b>Healthy School Policy/Procedure</b>
<b>Healthy Eating</b>	We acknowledge the link between healthy eating and learning. Healthy eating is reinforced in curricular and extra-curricular activities	Our school fully supports, promotes, and models healthy eating practices. We engage our students in this process	We strive to provide equitable access to healthy food. We provide safe and pleasant eating environments for all students	Our school community engages local partners and collaborates to strengthen healthy eating	Our school has policies that help us achieve the pillars of CSH as they relate to healthy eating (e.g. <i>Food and Nutrition Policy, Breakfast Program Standards, etc.</i> )
<b>Physical Activity</b>	We acknowledge the link between physical activity and learning. Active living is learned and reinforced in curricular and extra-curricular activities	Our school fully supports, promotes, and models active living. We engage our students in this process	Our school buildings, grounds, and equipment are safe and conducive to physical activity. We offer a broad range of physical activity opportunities for all abilities	Our school community engages local partners and collaborates to enhance physical activity opportunities for all abilities	Our school has policies that help us achieve the pillars of CSH as they relate to physical activity (e.g. related to Daily Physical Activity, active transportation, community use of schools, etc.)

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<b>Mental and Emotional Health</b>	Our school provides opportunities for students to learn and practice social skills and use their strengths and interests in planning activities. We support autonomy through student voice	Our school fosters a safe, accepting and caring environment. We ensure that students feel connected to their school and provide opportunities for students to build healthy relationships with peers and adults	Physical spaces in and out of the classroom are arranged to be inclusive and promote peer and staff interactions for all students	Our school community engages local partners to support mental health promotion and strengthen healthy relationships	Our school has policies/procedures that help us achieve the pillars of CSH as they relate to mental health promotion (e.g. procedures related to restorative approaches, SEL, bullying prevention, etc.)
<b>Sexual Health</b>	We fully implement our sexual health curriculum and provide opportunities for students to learn about sexual health topics including sexuality, sexual relationships, and sexual rights	Our school fosters a safe, supportive and nonjudgmental environment. We engage students in this process as it relates to sexual health promotion	Students have access to comprehensive sexual health information and support at our school. Information is also available about community services/supports	Our school community engages local partners to support sexual health promotion	Our school has policies/procedures that help us achieve the pillars of CSH as they relate to sexual health (e.g. procedures related to discrimination, bullying, etc.)
<b>Tobacco Use</b>	Our school provides opportunities for students to learn about tobacco use and control (e.g. prevention, cessation, protection from second hand smoke, etc.)	Our school fully supports, promotes, and models tobacco-free living. We actively engage students in this process	All forms of tobacco use are prohibited on school property and off school grounds	Our school community engages local partners to promote and support tobacco-free environments and living	Our school has a tobacco-free policy that prohibits all forms of tobacco use by students, staff and visitors on all school property, at events, and in transportation