

# Shaping the Future

## Wellness Policy in Alberta Schools – “From Policy to Practice”

### Session Outline

(Health to host: Lorna; Roving Reporters: Libby, Rhonda, Meg)

#### EDUCATION

##### Outcomes of the session:

- Participants will have the opportunity to share successes, obstacles, and insights into the development & implementation of policy.
- Participants will have the opportunity to discuss “accountability”/ “assessment” in relation to health/ wellness policy.
- Participants will have an opportunity to develop an accountability/ assessment tool for health/ wellness policy.

1:00 – 1:10pm	Session Introduction: introduce the goal & outcomes for the session
1:10 - 1:25pm	Review Reflection Questions (pg 4) in groups of 4 – 5: Health & Education
1:30 – 1:50pm	Group Conversations (groups of 4 – 5): Education Only <ol style="list-style-type: none"><li>1. How do we garner support for healthy school policy? Which stakeholders need to be involved?</li><li>2. What accountability measures exist or could be developed to ensure that policy/ procedures are implemented?</li><li>3. How can external partners (eg. Alberta Health Services staff, resources, etc.) be utilized in the development and implementation of policy?</li></ol>
1:50 – 2:00pm	Report Back from Roving Reporters: Reporters will be invited to share any interesting insights or common themes that have emerged  Introduce Nutrition Rubric (to be included in participant packages)
2:05 – 2:30m	Applications: <ul style="list-style-type: none"><li>• Using the example rubric and administrative procedure, discuss applications of how this tool could be used and/ or modified to support efforts in your division.</li><li>• How can AHS Staff support these efforts?</li><li>• Rotate tables after 15 minutes; 2<sup>nd</sup> conversation: 10 minutes</li></ul>
2:35– 2:45pm	Defining your “critical message” and a “personal insight”: <ul style="list-style-type: none"><li>• Discuss and identify one critical message that you want to share with your Education Colleagues (for large group sharing)</li><li>• Discuss and identify one critical message that you want to share with your Health colleagues (large group sharing)</li><li>• In the group, share personal insights that you have gained from today’s conversations and speakers (small group sharing)</li></ul>
2:45 – 3:00pm	Group Share: Groups will have an opportunity to share their “critical messages” for Health and Education
3:00 – 3:10pm	Group Dance

# Shaping the Future

## Wellness Policy in Alberta Schools – “From Policy to Practice”

### Session Outline

(Host: Brian/ Roving reporters – /Tracy/Doug/ Sean)

#### Health

#### Outcomes of the session:

- Provide participants with the opportunity to share successes, obstacles, and insights into the development & implementation of policy.
- Provide participants with the opportunity to discuss tools/ resources/ activities/ strategies that they have used to support school divisions in the development & implementation of policy

1:00 – 1:10pm	Session Introduction: Introduce the goal & outcomes for the session
1:10 - 1:25pm	Review Reflection Questions (pg 4) in groups of 4 – 5: Health & Education
1:25 – 1:45pm	Group Conversations (groups of 4 – 5): Health Only <ol style="list-style-type: none"><li>1. Share/ discuss the tools/ resources/ presentations/ strategies that you have used to support schools/ divisions as they have moved from development to the implementation of policy/ administrative procedures?</li><li>2. What have been some stumbling blocks or barriers?</li><li>3. How have you overcome these stumbling blocks/ barriers? Discuss your “critical learnings”.</li></ol>
1:45 – 1:55pm	Change tables to review notes & make additions (groups of 4 – 5)
2:00 – 2:05	Report Back from Roving Reporters: Reporters will be invited to share any interesting insights or common themes that have emerged
2:05 – 2:25	Using the administrative procedure titled “Healthy School Communities and Workplaces”, develop a checklist or menu of tools/ items (resources, services, presentations, strategies, etc.) that “Health” could provide to that school division to support the development and/ or implementation of school health policy.  Note: the resources identified during this conversation will be shared with CSH Resource Working Group (Alberta Health Services) – can this message be shared by Alison
2:25 – 2:35pm	Defining your “critical message” and a “personal insight”: <ul style="list-style-type: none"><li>• Discuss and identify one critical message that you want to share with your Education Colleagues (for large group sharing)</li><li>• Discuss and identify one critical message that you want to share with your Health colleagues (large group sharing)</li><li>• In the group, share personal insights that you have gained from today’s conversations and speakers (small group sharing)</li></ul>
2:40	Health re-joins Education Group
2:45 – 3:00pm	Group Share: Groups will have an opportunity to share their “critical messages” for Health and Education  Roving Reporters: one roving reporter from each group to provide insights on behalf of their groups  Session Hosts to extend a big “thank you” to participants and reporters... next steps?
3:00 – 3:10pm	Group Dance

