

Building Healthy Environments

Providing healthy environments is important for everyone, especially for children as they grow to develop healthy habits. As a community, we must create environments where making a healthy choice is the easy choice.

What is your organization doing to make the healthy choice the easy choice for children and youth?

How to use this chart:

1. Read through the chart and use the legend to track how you have built a healthy environment and what you will continue to work on.
2. Set a goal to make improvements in one or more areas.
3. Involve parents, children, businesses and other organizations to help you to reach the goal.
4. Share the goal with the community to gain support.
5. Look for resources to support your goals on www.burlington.ca and www.iparent.ca
6. Revisit the chart often.





Building Healthy Environments in Schools

Water Does Wonders	Choose to Boost Veggies and Fruit	Run. Jump. Play. Everyday.	Power Off and Play Reduce Screen Time	General Good Practices for Creating Healthy Environments
The importance of water and the reduction of sugar sweetened beverages is emphasized year round and actively promoted with children and parents.	The importance of vegetables and fruit is emphasized year round and actively promoted.	Provide opportunities for children to learn why it is important to move our bodies everyday.	Limit idle time at screens and desks. Allow for active seating and stretch breaks.	Rewards are always non-food items and may involve opportunities to be physically active.
Students are allowed water on their desks or access in the classroom at all times.	Provide opportunities for children to learn about the importance of veggies and fruit for our bodies.	Ensure students are receiving 20 minutes of Daily Physical Activity.	Provide opportunities for children to be outside for both learning and physical activity.	Replace junk food fundraisers with vegetable and or fruit sales or non-food fundraisers
Cold drinking water is available at all hosted events, programs, meetings etc. either in jugs, pitchers or coolers.	Provide opportunities for students to learn about where their food comes from (e.g.. Farm trips, gardening, window sill growing).	Create opportunities for students to engage in physical activity at recess.	Promote active seating or standing desks. Encourage movement breaks every hour.	When serving food at activities or events, offer more healthy options than not.
Sugar sweetened beverages, including 100% juice are not available at any event where there are children. Water and or white milk are available.	Provide opportunities for children to learn how to grow food.	Provide equipment and train Playground Activity Leaders.	Eliminate screen time during indoor recesses and find opportunities for children to be active in small spaces.	Healthy food drives - encourage families to bring in items from the Healthy Food Drive List.
Bottled water is available at events only where access to tap water is not possible.	Provide opportunities for children to prepare vegetables and fruit.	Ensure that Physical activity games allow for maximum participation - students do not sit out as part of the game.	Discuss the importance of limiting screen time at home and in free time.	Provide training for staff on healthy behaviours.
Install water bottle refill stations to increase access to water.	Provide opportunities for children to try new vegetables and fruit.	Make physical activity fun to increase enjoyment and participation. Reduce competition as a sole motivator.	Eliminate recreational screen time during lunches.	Connect with parents about healthy behaviours through bulletin boards, events and electronic communications.
Staff role model healthy behaviours by drinking water in front of children and not sugar sweetened beverages.	Provide vegetables and fruit in the school's healthy snack program.	Support and encourage active transportation to and from school.	Promote proper posture when using technology.	Create school policies about providing supportive environments around health. (e.g. screen time use, food and beverages at events, role modeling)
Sugar sweetened beverages are not made available at staff meetings or gatherings. Tea, coffee and water are available.	Staff role model healthy choices by choosing healthy foods in front of students.	Staff participate in physical activities where possible as good role models.	Staff role model good technology use by staying off of personal devices around students.	
	Offer veggies and fruit at celebrations and reduce or eliminate celebrating with unhealthy foods.	Offer training to staff and students to introduce new games.	Create a campaign for families to stay within recommended screen time limits, turn screens off at meals and before bed, replace screen time with other activities and for adults to be good role models of these behaviours.	
		Allow children outside at recess in all weather (while following board guidelines).		

Legend	Use the following markings to track where you are with each good practice.
Check Mark	We have implemented this good practice.
Circle	We are sometimes implementing this practice and are continuing to work on it.
X	We rarely or don't implement this good practice but would like to make changes in this area.

