



Opportunities for School & Classroom Change

Strategies in the chart below are meant to help children and youth reduce the amount of time they spend being sedentary. Identify strategies that your school already engages in and highlight opportunities for future change. Changes that you identify can be made over time and supported by your Public Health Nurse and the Reducing Sedentary Behaviour Toolkit.

AWARENESS	Staff education about the importance of reducing sedentary behaviour and the role schools can play.	Year round messaging about the importance of reducing sedentary behaviour. E.g., Announcements, Posters, Health Walls and Assemblies.	Year round messaging about the importance of reducing sedentary behaviour to parents. E.g., Newsletters, tweets, website, Facebook.	A Healthy School Committee or health related committee that focuses on planning and implementing activities to promote the reduction of sedentary behaviour.	Parent education about the importance of reducing sedentary behaviour. E.g., Home and School and Parent Council.
CURRICULUM TEACHING & LEARNING	Incorporate movement into lesson plans.	Conduct lessons outdoors.	Provide opportunities for students to stand during class-time.	School staff role model examples of reducing sedentary behaviour.	
SCHOOL & CLASSROOM LEADERSHIP	Teachers commit to classroom activity breaks into the classroom instruction period to allow student opportunities to move. E.g., Take 2 every 30.	School applies for the Healthy Living Champion Award with a priority focus on physical activity.	Teachers provide opportunities for students to lead classroom activities that involve movement.		
STUDENT ENGAGEMENT	Students are given opportunities to lead active activities during the school day.	Students are given an opportunity to create a list of classroom activities to decrease sedentary behaviour.	Students are given opportunities to plan and engage in school-wide activities to decrease sedentary behaviours.	Plan activities for recesses. E.g., rethink your recess, and OUP.	
SOCIAL & PHYSICAL ENVIRONMENTS	Ensure all equipment and resources for physical activity are in good condition.	Enhance the indoor and outdoor spaces to provide opportunities for movement E.g., Tarmac games, hopscotch mat.	Offer a variety of clubs, competitive and non-competitive sports teams, intramurals to encourage movement for all.	Allow all students to participate in recess. In situations of unacceptable behaviour or incompleteness of schoolwork, withholding recess should not be used.	School and classroom rewards are centered around physical activity E.g., Extra recess time, gym time.
HOME, SCHOOL & COMMUNITY	Fundraising opportunities include physical activity focus. E.g., dance a thons, Jump Rope for Heart, Hoops for Heart, Terry Fox Run	Fund transportation for opportunities within the community. E.g., YMCA, Boys & Girls Club, arenas	Incorporate physical activity or movement into special events. E.g., Family Fun Night	Send home information about creative, affordable and interesting ways to decrease sedentary behaviour at home.	Develop partnerships with local community agencies who can provide free or low cost active activities to students and families

If your school is working on other strategies to reduce sedentary behaviour not identified above in the chart, please list what you are actively working on at your school.

Next Steps/Follow Up:
