



Visioning Exercise

Complete together as an Action Team to help establish a shared vision of a healthy school.

Discussion Questions

Champion/Chair records responses on flip chart.

1. What comes to mind when I say the word “healthy”?
2. What images/thoughts do you have when I say “healthy school community”?
3. What affects the health of students?
4. Who or what are the greatest influences on the health of students?
5. What are the current strengths of our school and our school community?

Visioning Activity – What is your vision of a healthy school community?

Imagine our school community two years from now. You are at a Healthy Schools celebration event to celebrate the successes we have achieved. On this piece of paper, take a few minutes to write down all your thoughts and then we will share them together.

- What does our school look like as a healthy and thriving school community?
- What do you see/hear/feel?
- What does the school community look like?
- How do people feel?
- What programs and services are in place?
- What has changed?

Now, based on this exercise and our school survey, choose the three priority areas that you think need to be addressed first.

Break into groups and write your ideas onto flip chart paper and share your priority areas within your group. Choose a group member to present them to the larger group. As a team, we will prioritize them to decide which areas we should address first. Use one colour sticker for the most important issues and another colour sticker for the other choices. This will help organize the focus of the Healthy Schools activities.