HASS

HEALTHY ACTIVE SCHOOL SYMPOSIA

2014-2015 Provincial Report

Supporting Student Leadership

Ever Active Schools
www.everactive.org

Alberta Government

HPEC Health & Physical Education Council
The Alberta Teachers' Association

Healthy Active School Symposia
Supporting Healthy School Communities in Alberta

2014 - 2015

Evaluation by

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Acknowledgements

The Alberta Centre for Active Living wishes to acknowledge the many individuals that contributed to the 2014/2015 Healthy Active School Symposia (HASS) Evaluation.

- Jessica Walker, Research and Knowledge Translation Assistant, Alberta Centre for Active Living, for critically reviewing and contributing to this evaluation report.

- Brian Torrance, Director, Ever Active Schools, for the opportunity to work with another Active Living Organization supporting Active Living in Alberta.

- Kim Hlewka, Ever Active Schools, for their consultation on the HASS questionnaires and individual school feedback reports.

- Megan Hunka, Ever Active Schools, for the visual design of the evaluation reports.

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Report Summary

The Healthy Active School Symposia (HASS), presented by Ever Active Schools, are events designed to provide Alberta school communities with the knowledge, skills, and resources to enhance school health. HASS are a catalyst for sustained change within the participating school communities. The events focus on inspiring student leadership by developing 21st century competencies needed to become engaged thinkers and ethical citizens with an entrepreneurial spirit, through a Comprehensive School Health approach. This evaluation examined the success and impact of HASS on Alberta school communities.

School Communities Value Health and Wellness

According to School Health Teams, a healthy school community:

- Promotes healthy minds, bodies, and souls;
- Fosters academic and educational advancement;
- Educates students on the importance of health and wellness; and
- Aids in developing lifelong healthy skills and habits.

School Satisfaction with HASS

Consistent with the previous year's evaluation, HASS participants really enjoyed their event. School Health Teams extended numerous positive comments of appreciation and encouragement to Ever Active Schools for hosting HASS across Alberta.

- **94%** of adults thought HASS was well **organized**;
- **94%** of School Health Teams would **return** to HASS in future years; and
- **95%** of School Health Teams would **recommend** the HASS events to others.

Healthy School Action Plan

1. ***Development***

School Health Teams created Healthy School Action Plans with **clear steps** and **achievable goals**. The Healthy School Action Plan focussed on implementing and enhancing:

- healthy eating initiatives;
- physical activity opportunities; and
- positive social environments.

School Health Teams:

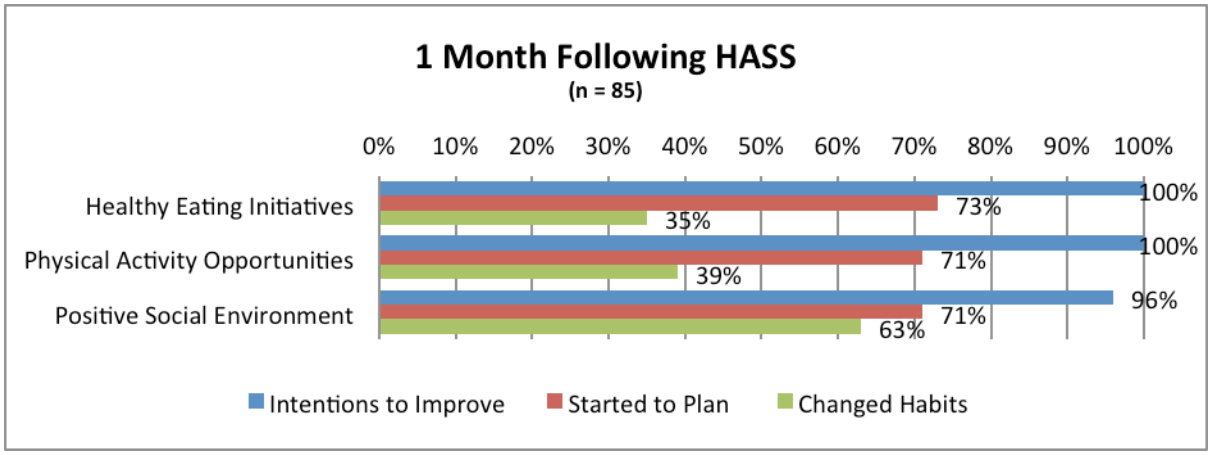
- **contributed** to the development of their School's Healthy School Action Plan;
- were **confident** in their ability to implement their Healthy School Action Plan following HASS; and
- **intended** to use the information and resources gained.

2. ***Use***

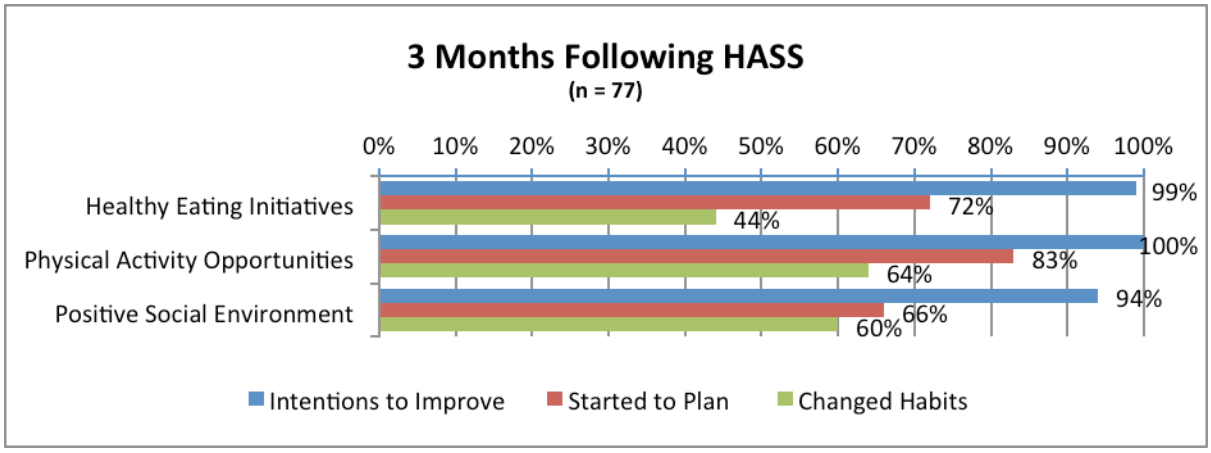
Intentions to improve healthy eating, physical activity, and positive social environments remained very strong both 1 and 3 months following HASS. At the 1 month follow-up, schools had equally started to plan initiatives for all three healthy behaviours. The largest change in school habits was shown in creating a positive social environment. Three months following HASS, schools had reported starting to plan more physical activity opportunities and had changed more physical activity habits within the school compared to healthy eating initiatives or creating positive social environments. In fact, schools reported a decline in their planning of creating positive social environments between 1 and 3 months

following HASS. This could possibly be due to positive social environments within the schools being a newer health focus and resources may therefore not be as readily available as healthy eating or physical activity resources.

See Graphs 1 and 2 on healthy behaviour intentions, planning, and changes within the schools.



Graph 1. Intentions, Planning, and Changes to Healthy Behaviours 1-month Following HASS



Graph 2. Intentions, Planning, and Changes to Healthy Behaviours 3-months Following HASS

3. ***Barriers***

Some barriers to implementing the Healthy School Action Plan included:

- financial;
- lack of resources and time;
- support, buy-in, and participation; and
- space availability.

1 and 3 months following HASS, School Health Teams said they desired assistance with:

- funding;
- time;
- ideas and free resources; and
- support and education.

<u>Student Leadership and Alberta Education Skill Development</u>

92% of adolescent felt that HASS **taught** them how to be a leader.
89% of youth felt that HASS **taught** them how to be a leader.

Students and teachers felt that HASS helped develop 21st century **competency skills** for:

- thinking critically;
- identifying problems;
- communicating their ideas; and
- identifying and applying career and life skills.

Conclusion

"Education is about more than preparing our children and youth for work. It must encourage learners to discover and pursue their passions; make successful transitions to adulthood; and create life-long learners who contribute to healthy, inclusive communities and thriving economies" (Alberta Education, 2010).

According to participants, HASS has been very successful at providing students with the skills and life lessons necessary to become healthy adults through healthy eating, physical activity, and contributing to a positive social environment. Several of the findings from this year's HASS evaluation are consistent with previous evaluations. It is therefore evident that HASS is consistently achieving its goals of providing Alberta school communities with the knowledge and support between the intention and planning phases of generating a Healthy School Action Plan to enhance school health.

Participant comments suggest that more support is needed between the planning and implementation phases of a Healthy School Action Plan. Schools report needing assistance with time, funding, and resources following HASS. To help schools implement their Healthy School Action Plan following HASS, it would be beneficial for Ever Active Schools and other Provincial Active Living Partners to remain in contact with schools to provide resources and facilitate support where it is required.

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Introduction

In August 2014, the Alberta Centre for Active Living was contracted by Ever Active Schools to lead an evaluation on the impact of Healthy Active School Symposia (HASS) events on inspiring, empowering, and engaging student leadership within Alberta school communities.

The data source included a survey completed at three different time points: at HASS, 1-month following HASS, and 3-months following HASS. Participants were asked about:

- health behaviour change with respects to healthy eating, physical activity, and positive social environments;
- student leadership development through the Alberta Education 21st century competencies;
- school connectedness and support; and
- school health policy development.

For each of the three time points, quantitative data were analyzed using frequencies and qualitative responses were organized by commonly reported themes.

The objectives of this evaluation and report are to:

1. Assess the effectiveness of HASS in providing schools with the knowledge, skills, and resources to enhance school health and wellness over the course of the school year.
2. Evaluate and document the participation and experience of HASS.
3. Provide HASS organizing committees with participant feedback and recommendations for future HASS events.
4. Outline the implications that Ever Active Schools is generating towards Comprehensive School Health.

This document reports the methods and findings from the 2014/2015 HASS evaluation.

HASS Event Attendees

Between September 2014 and February 2015, Ever Active Schools hosted 12 different HASS events across Alberta. A total of 1494 participants were invited to participate in a short pen and paper survey at the end of their HASS event. Locations varied across Alberta to capture a wide variety of rural and urban school communities. The survey included questions on participant demographics, healthy school action plan development, health behaviours, student development, and overall HASS experience to learn about the extent HASS helped their school. Age appropriate questions were provided to each of the three participant groups: adult, adolescent (grades 7 to 12), and youth (grades 3 to 6). Table 1 provides the frequency of HASS survey completion according to the age groups and HASS locations. Figure 1 displays the total percent of students from each grade that attended HASS.

Table 1. Total Participant Response to the HASS Survey By Location and Age Group

Locations	Participants			Total
	Youth	Adolescent	Adult	
Calgary	46	68	42	**156**
Camrose	45	56	26	**127**
Edson	12	11	24	**47**

Fort McMurray	51	13	14	**78**
Grande Prairie	30	34	18	**82**
Grimshaw	49	73	21	**143**
High Level	0	5	0	**5**
Lethbridge	0	43	3	**46**
Medicine Hat	45	45	25	**115**
Red Deer County	155	145	91	**391**
St. Albert	105	60	44	**209**
Stony Plain	35	48	12	**95**
Total	**573**	**601**	**320**	**1494**

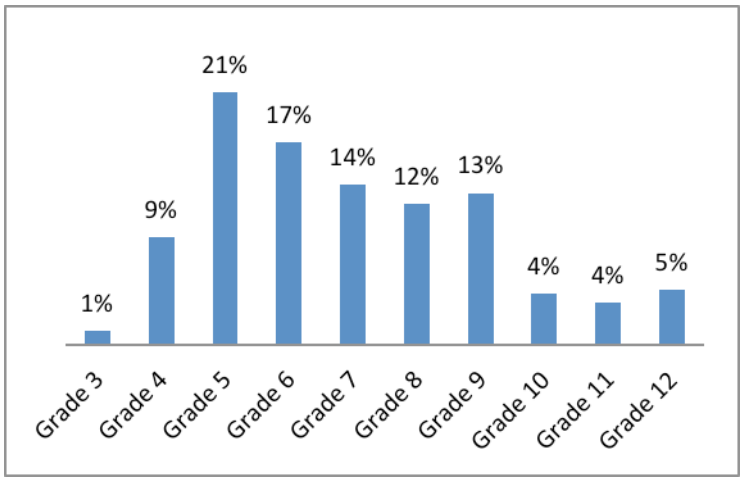

Figure 1. The percentage of students who attended HASS by grade.

Overall, 257 different schools attended HASS with a slightly greater representation from urban communities (54%). The majority of adults attending HASS were female (78%) and 68% were teachers. Figure 2 illustrates the percent of adults in each identified role for all HASS locations. For more detailed information on participant demographics from each of the separate 12 HASS events, see Appendix A.

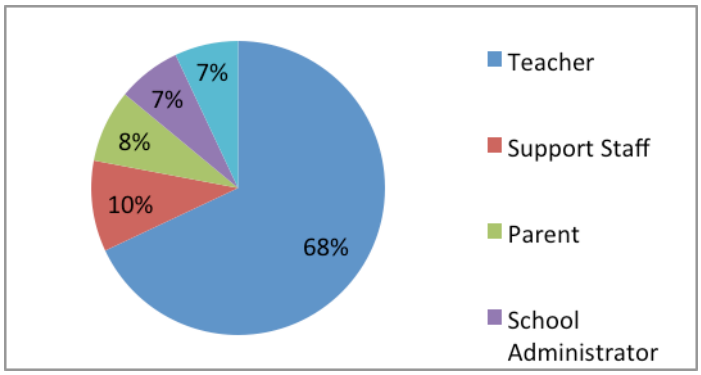

Figure 2. The percentage of adults from 12 HASS locations who reported their role or occupation.

** "Other" roles included B.E.S.T. Success Coach, Central Office Staff, Counselor, Family Resource Worker, Lunchroom Coordinator, Nurse, Practicum Student, School Health Facilitator, and Trustee.*

What We Heard at HASS

Developing and Implementing Healthy School Action Plans

One of the main goals of HASS was to support schools in the development of their own Healthy School Action Plan. The aim of the Healthy School Action Plan is to empower student leadership by creating a healthy school community. Consistently across all 12 HASS locations, participants ***agreed*** that HASS help their school develop **clear steps** towards their Healthy School Action Plan (adult = 80%), and a **useful** Healthy School Action Plan (adolescent = 94%; adult = 82%). Table 2 outlines the percentage of participants by age category and HASS location that agreed with this statement.

Table 2. Percent of Participants by HASS Location Agreeing with HASS Assisting with the Development of Their Healthy School Action Plan

Locations	The HASS helped our school health team develop…		
	clear steps in our school's Healthy School Action Plan.	a **useful** Healthy School Action Plan.	
	Adult	**Adolescent**	**Adult**
Calgary	100%	97%	98%
Camrose	96%	96%	92%
Edson	79%	91%	83%
Fort McMurray	46%	92%	38%
Grande Prairie	89%	100%	94%
Grimshaw	75%	100%	85%
High Level	N/A*	80%	N/A*
Lethbridge	100%	100%	100%
Medicine Hat	83%	91%	88%
Red Deer County	84%	99%	87%
St. Albert	69%	93%	71%
Stony Plain	73%	85%	82%
Total	**80%**	**94%**	**82%**

* No Information Available

Participants felt that learning what other schools were doing to create a healthy school community was useful for the **development** (96%) and **implementation** (93%) of their own Healthy School Action Plan. Additionally, 96% of participants believed that it **provided ideas** on how to improve the health and wellness of their school community. Table 3 outlines these results according to HASS location.

Table 3. Percent of Participants by HASS Location Agreeing that Learning about Other Schools was Useful in the Development and Implementation of Their Healthy School Action Plan

Locations	Learning what other schools are doing to create a healthy school community…		
	was **useful** in the **development** of our Healthy School Action	**gave us ideas** on how we can improve the health and wellness of	will be **useful** for the **implementation** of our Healthy School Action

	Plan.	our school community.	Plan.
	Adolescent	**Adolescent**	**Adult**
Calgary	97%	97%	98%
Camrose	96%	95%	92%
Edson	91%	100%	96%
Fort McMurray	92%	85%	69%
Grande Prairie	97%	100%	100%
Grimshaw	92%	90%	70%
High Level	80%	80%	N/A*
Lethbridge	100%	95%	100%
Medicine Hat	96%	98%	92%
Red Deer County	99%	99%	96%
St. Albert	96%	100%	95%
Stony Plain	96%	94%	100%
Total	**96%**	**96%**	**93%**

* No Information Available

Adults from each HASS location had very strong **intentions** to use the information gained from HASS (95%). Adults were also very **confident** in their healthy school team's ability to implement their Healthy School Action Plan (94%). Table 4 further outlines adult intentions and confidence for each of the 12 HASS locations.

Table 4. Adults Intentions to Use the Information Gained at HASS and Confidence to Implement Their Healthy School Action Plan by HASS Location

Locations	**Intention** to Use Information from the HASS	**Confidence** to Implement Healthy School Action Plan
Calgary	97%	97%
Camrose	96%	92%
Edson	88%	96%
Fort McMurray	85%	85%
Grande Prairie	94%	94%
Grimshaw	100%	100%
High Level	N/A*	N/A*
Lethbridge	100%	100%
Medicine Hat	96%	83%
Red Deer County	92%	97%
St. Albert	98%	95%
Stony Plain	100%	83%
Total	**95%**	**94%**

* No Information Available

Both youth (90%) and adolescent (93%) participants felt they **contributed** to the development of their school's Healthy School Action Plan during HASS. Table 5 outlines HASS participants' involvement in the development of their school's Healthy School Action Plan.

Table 5. Participants' Reported Contribution to the Development of Their School's Healthy School Action Plans by Location and Group

Locations	**Contribution to the Development of Their School's**

	Healthy School Action Plan	
	Youth	**Adolescent**
Calgary	100%	95%
Camrose	98%	96%
Edson	67%	100%
Fort McMurray	75%	92%
Grande Prairie	97%	100%
Grimshaw	92%	95%
High Level	N/A*	60%
Lethbridge	N/A*	93%
Medicine Hat	100%	91%
Red Deer County	88%	97%
St. Albert	89%	76%
Stony Plain	85%	94%
Total	**90%**	**93%**

* No Information Available

Barriers to implementing the Healthy School Action Plan were anticipated by both adult (52%) and adolescent (65%) participants (See Figures 3 and 4).

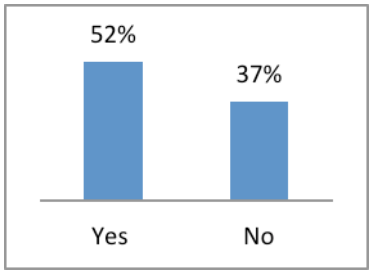

Figure 3. Percent of adults who anticipated barriers for implementing their Healthy School Action Plan.

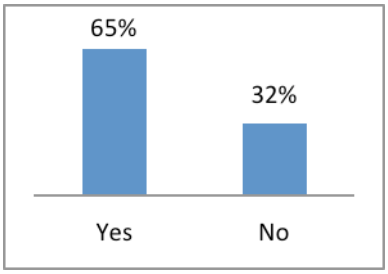

Figure 4. Percent of adolescents who anticipated barriers for implementing their Healthy School Action Plan.

The most common barriers anticipated by adult participants were:

- buy-in and participation from others (n = 81);
- financial (n = 52);
- time (n = 54); and
- resources (n = 11);

Table 6 outlines a sample of adult qualitative responses about anticipated barriers. Appendix B outlines all adult qualitative responses.

Table 6. Sample of Adult Anticipated Barriers for Implementing Their Healthy School Action Plan

Buy-in and Participation from Others • *Getting students/staff on board.* • *Parent resistance to healthy eating plans.*
Financial • *Funding to provide healthy options.* • *Initial start-up cost and setup.*
Time

• *Finding time during the school day to meet and plan as a committee.* • *Time to get students to help out with implementation, time in teaching schedule with lots of other extra-curricular activities.*
Resources • *Accessing some resources may prove to be difficult, and will depend on the support of all teachers/staff.* • *Finding the resources to make it happen.*

Similar barriers were anticipated by adolescent participants:

- support (n=183);
- financial resources (n=139);
- time (n=20);
- space availability (n=11); and
- behaviour change (n = 10).

See Table 7 for a sample of adolescents' qualitative responses of anticipated barriers. Appendix C outlines all adolescent qualitative responses.

Table 7. A Sample of Adolescent Anticipated Barriers for Implementing Their Healthy School Action Plan

Support • *Cooperation and mutual agreement on healthy action plans, teacher willingness to adjust to new ideas.* • *People don't want to just "jump" in or involve themselves especially if someone important (popular) says it's uncool.*
Financial Resources • *Money problems; not enough people in our community to sponsor us.* • *Connecting with school cafeteria for less expensive healthy lunches.*
Time • *It may be difficult to find time to do all the activities that are planned out.* • *The school's timeline will be hard to work around.*
Space Availability • *The kitchen is not certified by health inspectors to cook in, but renovations are coming.* • *Not having enough room or participation.*
Behaviour Change • *People who don't want to be active.* • *Unhealthy fundraisers.*

Healthy Behaviours and My Healthy School Action Plan

Overall, adults agreed that HASS provided **information** about physical activity (90%), healthy eating (81%), and positive social environments (85%). Adults also agreed that HASS provided **resources** about physical activity (80%), healthy eating (78%), and positive social environments (77%). However, adults from Fort McMurray and St. Albert felt they could have received more resources about all three health behaviours.

Tables 8, 9, and 10 show the percent of adults that agreed that HASS provided healthy behaviour information and resources towards developing a Healthy School Action Plan.

Table 8. Adult Satisfaction with the Physical Activity Information and Resources Provided at Each HASS Event

Location	Satisfaction with Physical Activity	
	Information	Resources
Calgary	83%	87%
Camrose	96%	92%
Edson	88%	83%
Fort McMurray	93%	57%
Grande Prairie	100%	94%
Grimshaw	90%	90%
High Level	N/A*	N/A*
Lethbridge	100%	100%
Medicine Hat	80%	75%
Red Deer County	90%	80%
St. Albert	93%	63%
Stony Plain	100%	83%
Total	**90%**	**80%**

* No Information Available

Table 9. Adult Satisfaction with the Healthy Eating Information and Resources Provided at Each HASS Event

Location	Satisfaction with Healthy Eating	
	Information	Resources
Calgary	75%	87%
Camrose	92%	96%
Edson	92%	75%
Fort McMurray	93%	71%
Grande Prairie	94%	89%
Grimshaw	90%	100%
High Level	N/A*	N/A*
Lethbridge	100%	100%
Medicine Hat	84%	75%
Red Deer County	78%	72%
St. Albert	62%	56%
Stony Plain	83%	100%
Total	**81%**	**78%**

* No Information Available

Table 10. Adult Satisfaction with Creating a Positive Social Environment Information and Resources Provided at Each HASS Event

Location	Satisfaction with Creating a Positive Social Environment	
	Information	Resources
Calgary	75%	69%
Camrose	96%	83%
Edson	79%	79%
Fort McMurray	86%	57%
Grande Prairie	94%	94%

Grimshaw	85%	90%
High Level	N/A*	N/A*
Lethbridge	100%	100%
Medicine Hat	84%	75%
Red Deer County	86%	77%
St. Albert	83%	68%
Stony Plain	100%	100%
Total	**85%**	**77%**

* No Information Available

Across all HASS locations, youth and adolescent participants reported very high learning experience in all three health behaviours. See Tables 11 and 12 for youth and adolescent wellness learning experience at each HASS location.

Table 11. Percent of Youth Participants at Each HASS Who Believed They Learned About Different Healthy Behaviours

Locations	Healthy Eating	Be Physically Active	Positive Social Environment
Calgary	98%	100%	100%
Camrose	100%	93%	98%
Edson	100%	100%	100%
Fort McMurray	100%	94%	98%
Grande Prairie	97%	97%	100%
Grimshaw	100%	100%	98%
High Level	N/A*	N/A*	N/A*
Lethbridge	N/A*	N/A*	N/A*
Medicine Hat	95%	100%	96%
Red Deer County	95%	97%	99%
St. Albert	71%	99%	95%
Stony Plain	97%	94%	94%
Total	**93%**	**98%**	**98%**

* No Information Available

Table 12. Percent of Adolescent Participants at Each HASS Who Believed They Learned About Different Healthy Behaviours

Locations	Healthy Eating	Be Physically Active	Positive Social Environment
Calgary	82%	95%	98%
Camrose	89%	91%	91%
Edson	100%	91%	100%
Fort McMurray	69%	69%	92%
Grande Prairie	91%	88%	97%
Grimshaw	97%	90%	96%
High Level	100%	100%	100%
Lethbridge	93%	88%	98%
Medicine Hat	89%	93%	91%
Red Deer County	85%	94%	96%
St. Albert	72%	77%	100%

Stony Plain	79%	83%	98%
Total	**86%**	**89%**	**96%**

Connectedness and Community

Participants reported on their level of connectedness with their own school and with other schools following HASS. Overall, most participants reported feeling very connected to individuals in their own school from their participation in HASS (youth = 80%; adolescent = 95%; adults = 93%). Although connectedness to other schools varied between the different HASS locations, most adolescents (78%) and adults (73%) reported feeling connected to other schools. See Table 13 for levels of connectedness by age category and HASS location.

Table 13. Feelings of Connectedness within the School Health Team and with Other Schools by Age Category and Hass Location

Locations	I feel more connected with **my school health team** because of my participation in the HASS.			I feel more connected with **other schools** because of my participation in the HASS.	
	Youth	**Adolescent**	**Adult**	**Adolescent**	**Adult**
Calgary	78%	95%	93%	84%	69%
Camrose	78%	95%	96%	79%	73%
Edson	83%	100%	95%	91%	73%
Fort McMurray	84%	85%	100%	62%	71%
Grande Prairie	87%	100%	89%	85%	78%
Grimshaw	63%	93%	95%	69%	14%
High Level	N/A*	100%	N/A*	100%	N/A*
Lethbridge	N/A*	95%	100%	58%	100%
Medicine Hat	76%	91%	96%	71%	64%
Red Deer County	82%	95%	93%	83%	85%
St. Albert	81%	93%	89%	77%	77%
Stony Plain	86%	98%	92%	83%	100%
Total	**80%**	**95%**	**93%**	**78%**	**73%**

* No Information Available

Across all HASS locations, participants **agreed** that having a school community that supports **health and wellness is important** (adolescent = 97%; adult = 98%). Participants note that supporting health and wellness within school communities is beneficial for student academic achievement and creating healthy minds, bodies, and souls in the staff and students.

Table 14. Percent of Participants that Agreed in the Importance of a School Community that Supports Health and Wellness by HASS Location

Locations	**Agree a School Community that Supports Health and Wellness is Important.**	
	Adolescent	**Adult**
Calgary	95%	100%
Camrose	94%	96%
Edson	100%	92%
Fort McMurray	85%	100%
Grande Prairie	97%	100%

Grimshaw	99%	100%
High Level	80%	N/A*
Lethbridge	98%	100%
Medicine Hat	96%	100%
Red Deer County	99%	97%
St. Albert	97%	100%
Stony Plain	96%	100%
Total	**97%**	**98%**

* No Information Available

According to youth participants, having a healthy school community is important because:

- it helps to maintain health (n = 107);
- it increases levels happiness (n = 70);
- it promotes fitness (n= 50); and
- it impact everyone's life and longevity (n = 48).

See Table 15 for a sample of youth qualitative responses about the importance of having a healthy school community. Appendix D outlines all youth qualitative responses.

Table 15. A Sample of Youth Feedback on the Importance of a Healthy School Community

Maintaining Health • *It is important to have a healthy school community because you will have a strong and healthy teeth and body.* • *So you can grow in a healthy environment and stay healthy.*
Happiness • *A healthy school is a happy school.* • *A healthy school means happy student.*
Fitness • *So that we can stay in shape.* • *So you can be healthy and have an active life when you are older.*
Impact on Life and Longevity • *If we are healthier now students will take it home and our parents will help accomplish our goals. We can pass it along from generation to generation to live happier better lives and lifestyles.* • *It is important to have a healthy community so that people can live longer.*

Student Development

Alberta Education Skill Development

According to the Ministerial Order on Student Learning, educated Albertans should be able to demonstrate the following 21st century competencies:

- Competency B: thinking critically;
- Competency C: identifying and solving problems;
- Competency H: demonstrating good communication skills; and
- Competency J: identifying and applying career and life skills through personal growth and well-being.

HASS focused on the development of these competencies in relation to health and wellness.

Adults ***agreed*** that HASS helped their students develop skills for

- Competency B: thinking critically (95%);
- Competency C: identifying and solving problems (86%);
- Competency H: demonstrating good communication skills (97%); and
- Competency J: identifying and applying career and life skills through personal growth and well-being (69%).

Although Grande Prairie (83%), Stony Plain (82%), and Medicine Hat (80%) all thought that HASS developed their student's competency in identifying and applying career and life skills through personal growth and well-being, more emphasis could be placed on this competency as only 69% of adults overall felt HASS touched upon it.

Adolescent participants also ***agreed*** that HASS helped them develop competency skills for:

- Competency B: thinking critically (96%);
- Competency C: identifying and solving problems (94%);
- Competency H: demonstrating good communication skills (95%); and
- Competency J: identifying and applying career and life skills through personal growth and well-being (85%).

However, almost half the students in Fort McMurray (46%) did not feel career and life skills were identified or applied. See Table 16 for student competency skill development at each HASS location.

Table 16. Percent of Participants that Agreed Development of Student Competency was Supported by the HASS

Locations	**21st Century Competencies**							
	Thinking Critically		**Identifying and Solving Problems**		**Demonstrating Good Communication Skills**		**Identifying and Applying Career and Life Skills Through Personal Growth and Well-Being**	
	Adolescent	**Adult**	**Adolescent**	**Adult**	**Adolescent**	**Adult**	**Adolescent**	**Adult**
Calgary	96%	95%	94%	83%	96%	98%	93%	69%
Camrose	91%	92%	88%	92%	91%	96%	86%	58%
Edson	100%	91%	100%	86%	100%	95%	82%	73%
Fort McMurray	100%	100%	92%	71%	100%	100%	54%	64%
Grande Prairie	100%	94%	97%	94%	94%	94%	79%	83%
Grimshaw	99%	90%	97%	95%	99%	100%	89%	57%
High Level	100%	N/A*	80%	N/A*	80%	N/A*	100%	N/A*
Lethbridge	100%	100%	100%	100%	98%	100%	95%	67%
Medicine Hat	96%	100%	91%	92%	87%	92%	82%	80%
Red Deer County	97%	96%	97%	86%	97%	99%	85%	70%
St. Albert	92%	91%	90%	77%	93%	93%	60%	66%
Stony Plain	94%	100%	96%	91%	92%	100%	77%	82%

Total	96%	95%	94%	86%	95%	97%	85%	69%

* No Information Available

Student Leadership

Both youth (89%) and adolescent (92%) participants ***agreed*** that HASS taught them skills on how to be a **leader**. Table 17 outlines student leadership skill development at HASS.

Table 17. Youth and Adolescent Leadership Skill Development for Each HASS Location

Location	The Development of Leadership at HASS	
	Youth	Adolescent
Calgary	96%	97%
Camrose	91%	89%
Edson	92%	100%
Fort McMurray	92%	100%
Grande Prairie	100%	88%
Grimshaw	94%	86%
High Level	N/A*	100%
Lethbridge	N/A*	95%
Medicine Hat	98%	86%
Red Deer County	97%	92%
St. Albert	97%	93%
Stony Plain	89%	92%
Total	**89%**	**92%**

* No Information Available

Additionally, adult participants ***agreed*** that HASS provided **information** (91%) and **resources** (82%) on student leadership. Table 18 shows the adult satisfaction with the student leadership information and resources provided by HASS location.

Table 18. Adult Satisfaction with Student Leadership Information and Resources Provided at Each HASS Event

Location	Satisfaction with Student Leadership…	
	Information	Resources
Calgary	93%	82%
Camrose	92%	84%
Edson	92%	83%
Fort McMurray	86%	64%
Grande Prairie	94%	89%
Grimshaw	95%	85%
High Level	N/A*	N/A*
Lethbridge	100%	100%
Medicine Hat	92%	83%
Red Deer County	90%	80%
St. Albert	93%	78%
Stony Plain	100%	100%
Total	**91%**	**82%**

* No Information Available

Participant Perceptions of HASS

In order to provided conference organizers with useful information for planning future HASS events, participants were asked to provide feedback about their satisfaction, experience, and opinions about HASS. For more detailed information on participant evaluations, see Appendices A to D.

As a whole, participants were very satisfied with HASS:

- 99% of youth liked HASS;
- 94% of adults thought HASS was well organized; and
- 88% of adults liked the venue.

For 63% of adults, this was their first time attending HASS. Only 6% of adults had attended HASS four or more times (see Figure 6).

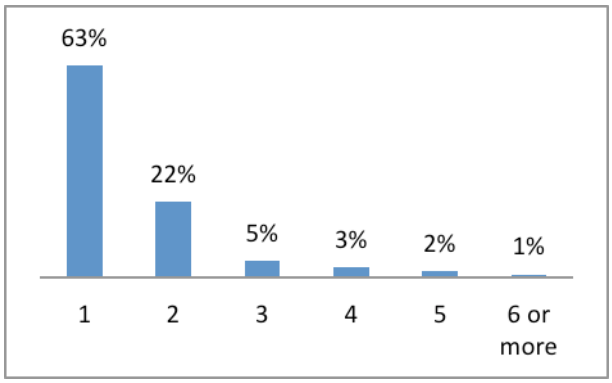

Figure 5. The number of times adults have previously attended HASS.

Youth participants' favourite parts of HASS were:

- physical activities (n = 296);
- presentations, performances and discussions (n = 80);
- learning (n = 39);
- other schools' activities and meeting others (n = 25);
- lunch and snack time (n = 22);
- school action plan (n = 20); and
- positive reinforcements (n = 15).

To highlight participants' enjoyment in attending HASS, several participants said they would not change anything about HASS (n = 227) and like it as is. Suggestions for future HASS events include:

- more physical activities, active breaks, and energizers;
- include a greater focus on mental health and social environment;
- create more hands-on interactive breakout sessions rather than presentation style sessions;
- provide more tangible resources that schools can take back with them; and
- have tailored HASS sessions for high school student leaders.

Consistent across all 12 HASS locations, participants indicated that they would **recommend** HASS to others (adolescent = 97%; adults = 95%), and they will **attend** HASS again in the future (adults = 94%). Participants reported their experience at HASS as being very positive with several participants extending comments of appreciation for HASS being hosted each year (n = 258).

Student Quote:
"Thank you for all your hard work. I appreciate the effort made to have so many schools gather and make an impact on my worldview."

Adult Quote:
"Love the opportunity to get to know/ connect with students outside of a typical school environment. Student focused!"

Adult Quote:
"Thank you so much for everything you do at Ever Active Schools. Attending your events and getting to know your staff has been one of the most positive experiences of my career."

Are Schools Focusing on Health Behaviours 1 Month Following the HASS?

The 1month follow-up web-based survey was completed by 85 schools out of the 257 schools that attended HASS. Schools were asked to report on the **intentions, planning** and **changes** for healthy eating, physical activity, and positive social environments at their schools. Appendix E outlines all qualitative responses provided by schools at this 1month follow-up period.

Here is what the schools had to say 1 month following HASS.

Healthy Eating

- 100% of schools **intended** to support healthy eating activities;
- 73% of schools **started to plan** new healthy eating activities; and
- 35% of schools **changed** healthy eating habits in their school.

Commonly reported items that would help schools implement healthy eating initiatives were:

- funding (n = 16);
- healthy eating initiatives and events (n = 16);
- stakeholder involvement (n = 15); and
- planning stage (n = 11).

Physical Activity

- 100% of schools **intended** to have physical activity opportunities;
- 71% of schools **started to plan** new physical activity opportunities; and
- 39% of schools **changed** physical activity participation in their school.

Commonly reported items that would help schools implement physical activity opportunities were:

- ideas and resources (n = 11);
- support and education (n = 8); and
- time (n = 7).

Positive Social Environment

- 96% of schools **intended** to have activities supporting a positive social environment;
- 71% of schools **planned** new activities supporting a positive social environment; and
- 63% of schools **changed** in positive social environments in their school.

Commonly reported items that would help schools with activities to support positive social environments were:

- ideas and resources (n = 11);
- support and education (n = 8); and
- time (n = 7).

Community Connectedness

- 52% of schools felt other groups or organizations in their community supported their school's health initiatives.
- 63% continued to feel connected to other schools.

The schools reported they have been assisted by the following groups and organizations:

- local community businesses (n = 12);
- parent council (n = 10);
- groups within the school (n = 9); and
- provincial active living organizations (n = 8).

School Development

- 90% of schools felt HASS helped their students become leaders.

Table 19 includes a sample of schools' qualitative responses that highlight continued student leadership development following HASS.

Table 19. A Sample of Comments About Continued Student Leadership Development 1 Month Following HASS

Our leadership group is taking a bunch of the ideas we came up with at the event and putting them to action!
We have some very strong leaders in our group, but the HASS event helped three grade 8's who are up and coming leaders see the possibilities.
The students that attended HASS are very keen to plan and begin implementing healthy eating and healthy activities in the school.
They seem to be more empowered now, to make the changes needed with setting our school on a healthy track.

Policy Development

- 12% of schools reported changes to their school health policies.
- School's reported that no policy changes had been made yet (n = 9) but that they will hopefully be implemented in the future.

Are Schools Focusing on Healthy Behaviours 3 Months Following the HASS

The 3-month follow-up survey was also web-based. 77 schools out of the 257 schools that attended HASS completed the survey. Similar to the 1-month follow-up questionnaire, schools were asked again to report on their **intentions**, **planning**, and **changes** for healthy eating, physical activity, and positive social environments at their schools. Appendix F outlines all qualitative responses provided by schools at this 3-month follow-up period.

Here is what the schools had to say 3 months following HASS.

Healthy Eating

- 99% of schools **intended** to support healthy eating activities;
- 72% of schools **started to plan** new healthy eating activities; and
- 44% of schools **changed** healthy eating habits in their school.

Commonly reported items that would help schools implement healthy eating initiatives were:

- time (n = 19);
- financial resources (n = 11);
- support and buy-in (n = 7); and
- ideas (n = 6).

Physical Activity

- 100% of schools **intended** to have physical activity opportunities;
- 83% of schools **started to plan** new physical activity opportunities; and
- 64% of schools **changed** physical activity participation in their school.

Commonly reported items that would help schools implement physical activity opportunities were:

- time (n = 13);
- financial assistance (n = 6);
- support and buy-In (n = 4); and
- ideas and resources (n = 4).

Positive Social Environment

- 94% of schools **intended** to have activities supporting a positive social environment;
- 66% of schools **planned** new activities supporting a positive social environment; and
- 60% of schools **changed** in positive social environments in their school.

Commonly reported items that would help schools with activities to support positive social environments were:

- time (n = 15);
- financial (n = 4);
- buy-In and support (n = 4); and
- ideas and resources (n = 4).

Community Connectedness

- 64% of schools felt other groups or organizations in their community supported their school's health initiatives.
- 61% continued to feel connected to other schools.

The schools reported they have been assisted by the following groups and organizations:

- groups within the school (n = 11);
- provincial active living organizations (n = 11);
- parent council (n = 7); and
- local community businesses (n = 5).

School Development

- 90% of schools felt HASS helped their students become leaders.

Table 20 includes a sample of schools' qualitative responses that highlight continued student leadership development following HASS.

Table 20. A Sample of Comments About Continued Student Leadership Development 3 Months Following HASS

Students run afterschool clubs and noon hour clubs. They lead monthly assemblies and assist in raising funds to support programs
The students who attended the HASS event take pride in and ownership of school initiatives. They get the opportunity to work with other students in leadership roles and enjoy planning events.
Gain confidence to organize and have new and interesting ideas.
The students who attended came back "pumped" and shared ideas which are being used.

Policy Development

- 11% of schools reported changes to their school health policies.
- Schools reported that healthy school policies are still being developed (n = 5), but current policies existed for healthy eating (n = 4) and increasing student voice and involvement (n = 4).

Conclusion

Health and education are closely linked (Hertzman & Power, 2005). Research has shown that healthy students are better learners and better-educated students are healthier. Employing the Comprehensive School Health approach can effectively improve both health and education outcomes, as well as help students become healthy, lifelong learners. (Alberta Health Services, 2014).

This report speaks to the success of HASS towards sharing health and wellness knowledge and skills with schools across years. The evaluation findings are consistent with previous evaluations and showcase that schools continued to learn about Comprehensive School Health at HASS. In the months following HASS, schools reported that their Healthy School Action Plans were used to develop and carryout new school health and wellness initiatives.

Workshops with a practical and applicable component, such as HASS, support the transfer of information from the workshop to school activities and initiatives. The combination of hands-on learning and the development of an Healthy School Action Plan are useful to make changes in schools. However, HASS participants reported that time, resources, and funding in combination with continued support and communication with Ever Active Schools would be the most beneficial in developing, implementing, and maintaining healthy school initiatives.

1. **Time**

   School staff and teachers often have very busy and overcrowded schedules. Finding time to implement new healthy behaviour initiatives can often feel overwhelming and impossible to fit into the day. Allowing students to take responsibility and initiative in planning and implementing

healthy school activities will both develop their skills and provide assistance to the teacher's timetables. Time barriers can be overcome by:

- Create a wellness club that meets after school or during lunch
- Integrating healthy school activities into the existing curriculum. For instance, have students plan and implement a healthy school event throughout a leadership course that students may be required to take. Examples include:
  - Random Act of Kindness week challenge
  - Leading movement breaks at the school assemblies

2. Health and Wellness Resources

Additional resources tailored for administration, teachers, volunteers, and student use to support schools in the implementation of activities or initiatives from the Healthy School Action Plan would further aid schools carrying out their action plans. Access to resources can be found by a variety of means:

- Requesting support from the local Health Promotion Facilitator through Alberta Health Services
- Communicate with other local schools to share real success stories and learn from one another
- Explore the Alberta Health Services website for free downloadable resources. Such resources include:
  - Healthy Eating for Children and Youth in Schools [http://www.healthyalberta.com/ANGCY-Schools-Aug2012.pdf]
  - Steps to Creating a Healthy School Environment: School Nutrition Handbook [http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-nutrition-handbook.pdf]
  - Sample Healthy School Action Plan: Physical Activity in a K-12 School [http://www.albertahealthservices.ca/assets/info/pf/csh/if-sch-csh-sample-action-plan-pa-k12.pdf]
  - Peer Leadership: A guide to implementing school-based peer leadership programs [http://www.albertahealthservices.ca/AddictionsSubstanceAbuse/if-tch-peer-leadership-manual.pdf]

3. Access to Funding

Providing funding opportunities to schools allows them to access higher quality healthy school programming that yearly school budgets may not be able to sustain. The Alberta Healthy School Community Wellness Fund website provides a compiled list of granting opportunities available to Albertan and Canadian schools [http://www.wellnessfund.ualberta.ca/en/Resources/OtherSourcesOfFunding.aspx]. Other funding sources can be found from local community businesses or local Family and Community Support Service centres.

Suggestions for Ever Active Schools

Participant feedback and suggestions allow organizers to improve the quality of HASS future years. Some suggestions specific to the HASS event were:

- include a greater focus on mental health and social environment;
- create more hands-on interactive breakout sessions rather than presentation style sessions;
- provide more tangible resources that schools can take back with them; and
- have tailored HASS sessions for high school student leaders.

Some suggestions specific for Ever Active Schools were:

- Follow up with schools after HASS and ask what they need help with.
- Post relevant documents that could assist schools in their Healthy School Action Plan under the HASS link on the Ever Active Schools website.
- Send monthly or quarterly e-mails with new ideas for health initiatives, links to resources, or information about grants.
- Host occasional HASS booster sessions, online chat groups for HASS participants, or online training sessions.

Ever Active Schools achieved their HASS goal of "inspiring, empowering, and engaging student leadership in creating a healthy school community". This can be supported by the new healthy initiatives implemented in schools, the development of confident student leaders, and the improvements to student Alberta Education skill development as reported by HASS participants. Further examination of location specific findings should be examined with the local organizing committees to enhance future HASS events.

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Appendix

Appendix A. Participant Demographic Information

Table A1. Rural and Urban Community Represented at Each HASS Location

Locations	Rural	Urban
Calgary	7%	93%
Camrose	68%	32%
Edson	86%	14%
Fort McMurray	21%	79%
Grande Prairie	50%	50%
Grimshaw	86%	14%
High Level	N/A*	N/A*
Lethbridge	33%	67%
Medicine Hat	50%	50%
Red Deer County	43%	57%
St. Albert	23%	77%
Stony Plain	83%	17%
Total	**44%**	**54%**

* No Information Available

Table A2. Adult Participant Gender at Each HASS location

Locations	Female	Male
Calgary	78%	22%
Camrose	81%	19%
Edson	92%	8%
Fort McMurray	86%	14%
Grande Prairie	94%	6%
Grimshaw	86%	14%
High Level	N/A*	N/A*
Lethbridge	N/A*	100%
Medicine Hat	72%	28%
Red Deer County	75%	25%
St. Albert	74%	26%
Stony Plain	91%	9%
Total	**78%**	**21%**

* No Information Available

Table A3. Adult Participant Roles and Occupations at Each HASS

Locations	Teacher	Support Staff	Parent	School Administrator	Other
Calgary	63%	5%	2%	5%	24%
Camrose	65%	4%	19%	12%	N/A
Edson	46%	13%	8%	8%	25%
Fort McMurray	86%	N/A*	N/A*	N/A*	14%

Grande Prairie	72%	17%	6%	6%	N/A*
Grimshaw	67%	24%	N/A*	5%	5%
High Level	N/A*	N/A*	N/A*	N/A*	N/A*
Lethbridge	100%	N/A*	N/A*	N/A*	N/A*
Medicine Hat	48%	20%	16%	12%	4%
Red Deer County	74%	11%	5%	8%	2%
St. Albert	70%	7%	14%	9%	N/A*
Stony Plain	92%	N/A*	8%	N/A*	N/A*
Total	**68%**	**10%**	**8%**	**7%**	**7%**

* No Information Available

Table A4. Adult Participant Perceptions of HASS

Locations	The HASS event was well organized.	I would recommend the HASS event to Others.	I will attend a HASS event in the future.	I like the venue of the HASS event.
Calgary	98%	98%	95%	98%
Camrose	96%	96%	96%	92%
Edson	96%	88%	92%	83%
Fort McMurray	83%	100%	100%	67%
Grande Prairie	89%	89%	89%	94%
Grimshaw	95%	100%	100%	91%
High Level	N/A*	N/A*	N/A*	N/A*
Lethbridge	100%	100%	100%	100%
Medicine Hat	92%	92%	87%	46%
Red Deer County	92%	94%	94%	98%
St. Albert	93%	93%	88%	98%
Stony Plain	100%	100%	100%	80%
Total	**94%**	**95%**	**94%**	**88%**

* No Information Available

Table A5. Youth Participant Satisfaction with HASS Event

Locations	I liked the HASS Event
Calgary	100%
Camrose	100%
Edson	92%
Fort McMurray	96%
Grande Prairie	100%
Grimshaw	100%
High Level	N/A*
Lethbridge	N/A*
Medicine Hat	100%
Red Deer County	99%
St. Albert	98%
Stony Plain	97%
Total	**99%**

* No Information Available

Table A6. Adolescent Participant Perceptions of HASS

Locations	I would recommend the HASS event to others
Calgary	97%
Camrose	94%
Edson	100%
Fort McMurray	92%
Grande Prairie	100%
Grimshaw	99%
High Level	100%
Lethbridge	100%
Medicine Hat	95%
Red Deer County	99%
St. Albert	95%
Stony Plain	92%
Total	**97%**

Appendix B. Adult Qualitative Responses at the HASS Event

* Responses highlighted in red are exceptional and all-encompassing comments related to the theme

Table B1. Reasons for Attending the HASS Event

Involvement in the School's Healthy Action Team (n = 32)
A part of my schools comprehensive school health committee.
As Health Champion Representative
As part of our school Health Action Team
As part of the Apple Team (health champion)
Health Action Team *(n = 4 participant responses)*
Health Champion *(n = 4 participant responses)*
I am a wellness champion to my school, and I believe in it and want to encourage students to be healthy and active
I am Notre Dame's health champ
I am on the healthy bobcat committee
I am one of the health champions at my school.
I am one of the lead leadership (student council) teachers
I am the counsellor at our school and I am part of our Healthy Living Committee.
I am the School Health Facilitator and I feel the more information we can get the better off we can be.
I'm a member of our Wellness Team.
I'm part of the Health and Wellness Team at my school.
I'm the health champion and I heard great things.
I'm the staff leader of our school's Health Action Team.
It is part of my portfolio, but it is also a passion for me.
My school nurse encouraged health committee to attend.
One of teachers organizing student council
Part of school focus on health and wellness and increasing student leadership.
Part of the HAS Team
Participating teacher for healthy eating living team. (I am not a physical education teacher)
Was asked to come as being part of our "Health Champion School Team"
We are part of apple schools
We are part of Ever Active Schools
Recommended, Invited, or Asked to Attend (n = 27)
Asked by another teacher; interest in what we do and say for our school.
Asked to bring students
I was asked by my principal *(n = 2 participant responses)*
I was asked if I would come.
I was asked to *(n = 2 participant responses)*
I was invited because I'm a parent on school council.
Invited and enjoyed it.
Invited by my child's school
Invited from school staff as parent representative.
It was recommended by a fellow teacher.

It was recommended to me
Recommended by apple schools
Recommended by our school division.
Recommended by school division
Teacher at my school suggested it.
Terri-Jean wanted Niton to have a team and she is my boss.
Upon a colleagues suggestion.
Was asked to supervise.
We were invited *(n = 5 participant responses)*
We were invited and loved it last year.
We were invited to present
To Generate and Gather New Ideas (n = 42)
And to learn more about health and wellness ideas we can use.
Contribute to our healthy action plan with new ideas
Develop ideas for a healthy schools plan (year 1)
Find new ideas and show student leaders what can be done
For ideas, resources and activities.
For ideas, support, for our students to access
Fun, SWAT ideas for student leaders.
Gain ideas to create our action plan
Generate ideas for our School Health Team year plan, connect with other schools.
Get ideas to implement in the school
Ideas for our student health and wellness convention.
Ideas of how to implement holistic school health.
Ideas to share and use
Learn new ideas to take back
New ideas to plan our action plan
Planning time, get ideas from other schools.
Resources and ideas to use in our school for wellness
Team building for my SWAT and to give my students an idea of the greater role they can play.
The students love it - get great ideas from other schools.
To bring new ideas back to our school and leadership activity for the students.
To bring our Wellness Team - team building to generate ideas.
To bring together our wellness team and our ideas.
To collect ideas and connect with my Health Champions (students). Hear student ideas, and plan with the team.
To expose my students to the great ideas out there, and to get them thinking about how they can change our school.
To gain ideas and get planning tools
To get energized and get new ideas.
To get ideas and have time to work with our team.
To get ideas for future plans
To get ideas for whole school activities
To get ideas on how to be more active in school and healthy
To get more ideas on bettering our program.

To get new ideas to add to our Healthy School Action Plan.
To get some great ideas to bring back to our school.
To give students opportunities to talk/ learn about what is involved in creating a health initiative - ideas, ideas, and ideas!
To have students involved in ACTION PLAN
To help get ideas for health and activities
To inspire the new health team and see what other ideas we can bring to our school for the betterment of all.
To learn about ideas to implement at school
To promote health and wellness and get ideas to take back to school.
To see what it was all about and get ideas
To start our health committee - 1st meeting to learn and organize ideas
We came as a team to gain more insight and ideas
To Participate in a Great Learning Opportunity (n = 30)
Because I thought it would be a good learning opportunity for my Health in Action Team.
Educate kids on CSH. Get them involved.
Gain more knowledge about health living in our schools.
Information and to assist with the class.
Interested to learn more
It's a great learning experience for our students.
Learn more about health and wellness and encourage students to get involved
Learn more about school wide wellness.
More information on physical literacy and mental wellness
To become more aware
To become more aware of how to efficiently implement healthy living in my school.
To give our school more information on how we can improve our health and wellness
To learn *(n = 2 participant responses)*
To learn about position as Health Champion.
To learn and present
To learn from other schools
To learn how to incorporate comprehensive health into my teaching and school
To learn more about HASS and how to make changes.
To learn more about HASS.
To learn more about improving our school environment.
To learn more about what other schools do.
To learn more information
To learn more to create more opportunities to see what schools do and incorporate them in our own school.
To learn more, get resources, student involvement.
To learn things that we could be doing in our own school.
To present and to learn.
To share what we're doing and learn what others are doing!
To share, and pump up and educate students
We received a Wellness Grant and we wanted to be more informed about health and wellness initiatives

To Encourage Leadership Skills Within Students (n = 26)
Brought my leadership class - motivate them to inspire change.
Build student leadership and have them think of things to do in our school.
I thought it would be a great way for our student leaders to engage and network.
Increase student leadership, involvement and opportunities.
It's a great opportunity for leadership team to help plan for our school.
Leadership option
Promote leadership, health and wellness in my school
Promote student leadership.
This event has been invaluable in developing our Wellness Leadership Team.
To connect with student leaders.
To develop a healthy school and promoter leadership opportunities for the students.
To develop leadership skills in students and include students' input in overall school improvement
To develop student leadership
To encourage student leaders.
To get inspired and kick start a school team to provide more leadership for comprehensive school health.
To help create student leaders.
To help develop our student leadership and support physical and mental health development.
To help my SWAT team with an action plan and create student leaderships.
To help students develop their leadership skills.
To inspire student leaders; gather
To promote school leadership
To provide our students with a leadership opportunity,
To support our leadership (junior high) group.
We thought it would be a great activity to inspire some of our students to go back to school with - leaders to help plan activities to promote health and wellness.
Working with leadership and passionate about healthy living.
To Enhance Support (n = 15)
Better support CSH
Support healthy active living in our school
Support our team
Support school comp health committee, support students coming
Support school goals for CSH
To support a healthy school environment at my school.
To support Brentwood school.
To support my health champion and student reps
To support my school *(n = 4 participant responses)*
To support my school health team. The sharing portion between schools was good but maybe too long.
To support St. Angela and build stronger relationships with health team.
To support students and give time to set goals.
The Importance of Promoting Health and Wellness (n = 20)
Create atmosphere of healthy choices and wellness for students.
Desire a bigger focus on wellness - physical/ mental

Empower students and inspire them to help make changes.
Encourage school team to build a plan and promote health
Feel that health is important in school
Health and wellness is important.
Health/ wellness are an important aspect of my teaching.
Healthy living and healthier students and staff
Highly support physical education and activity and active lifestyle.
I promote and model CSH in our school.
Strong love and interest in health and wellness.
To build capacity within our student body
To encourage our school to be a more healthy and active school.
To help develop a school division plan to promote health and wellness
To help start a stronger health movement in our school
To plan a healthier school.
To promote healthy living in our school and community.
To promote our schools Health and Wellness initiatives.
To promote the health and wellness program at Brentwood.
To promote the notion of a healthy school
To Start a Wellness Team within the School (n = 7)
Development of a SWAT team
Saw a need in our school to start a wellness team.
To begin the work of creating a school wellness committee.
To create a SWAT team
To help get a group started.
To initiate a school health team at school.
To start our own Wellness Team
To Inspire and Encourage Student Participation (n = 13)
Inspire student team.
Student engagement
Student led initiatives
To access student voice for healthy initiatives
To be more involved in my school's culture and promoting a healthy environment
To be more involved with the school hot lunch program
To bring school kids so they can be more involved.
To encourage students participation in health based programs.
To engage our SWAT.
To get students excited about healthy and active schools.
To get students involved.
To help me encourage the kids and get them motivated.
To show students the enthusiasm around health and wellness, allow them to connect with other students that care about their school community.
To Network and Make Connections (n = 11)
Networking with my SWAT team

See what other schools are doing
Team building opportunity for our SWAT team.
To build a relationship with other students and start a committee
To connect and network.
To connect as a school group
To connect with students.
To find out what other students or schools are implementing. To energize our kids (that couldn't come, sadly)
To find out what others are doing
To network and plan year (wellness)
To spend time with the health team at one of my school
Other (n = 34)
As a Trustee I feel we need to be aware of all issues in our schools.
Awesome last year - got kids excited about it!
Awesome, informative event
Being on parent council; having 4 kids of my own at AJ School.
Bus - shared with 2 schools
Bus one and a half hour
Division mandated it.
Encourage JH involvement in school decisions.
Expectation of division but also wanted to attend.
Fun!
Get kids leading the health movement too!
Great event. Thanks so much for all of your hard work.
Had not been before.
Healthy ninja club
I attended last year's event and found it beneficial.
I came as administrative support.
I care about my students.
I really want to mentor kids to inspire them to live a healthy lifestyle.
I was the second supervisor but I was chosen because I believe in active living
Last two times were amazing
Last years was very successful and learned a lot. Comment on Question 28.: Possibly, I work at Wolverines Wheelchair Sports Association 780-518-9300 (cell #)
Mrs. Hlewka introduced us to the flash mob so of course we had to come.
Parent volunteer
Parent volunteer to transport students
PD/ interest
Present and enjoyed last year
To become more familiar with this initiative.
To our HEAL club members "fir up" around our initiatives
To parent volunteer
To present
To present our S.T.A.R. program
Wellness group activity

Wellness Initiative - New
Went last year. Loved it!

Table B2. Reasons to Support Health and Wellness

Healthy Mind, Body, and Soul (n = 40)
Allows for healthier students and staff.
Basis of health and wellness equals to happiness and wellness in future lives
Because it is good for general well-being and bringing people together
Because we need to be healthy as individuals.
Being active and healthy are important to me.
Benefits health and wellness for all: teachers, administration and students
Buy-in from all staff makes it easier to implement health and wellness programs.
Creates healthy and happy students. Encourages sponsorship and leadership.
Encourages people to be active and live healthy
Everyone maintains physical wellness, mental wellness, and social wellness
Everything else stems from this - resilience, positive mental health and ultimately the ability to develop competencies outlined in the ministerial order.
For the students and teachers' (whole staff! Custodians, admin, volunteers) well-being.
Fostering healthy lifestyles in students now ensures that they continue to value their health after leaving the educational system.
Happier students + teachers
Health and wellness are keys to life - healthy students = happy students.
Health and wellness is the base block for our lives.
Health and wellness should be a positive way of life and experience for everyone.
Healthy bodies = healthy minds.
Healthy body = healthy mind = total individual
Healthy body, healthy mind equals to healthy people.
Healthy eating makes healthy students
Healthy happy students = positive students and leaders, community of tomorrow
Healthy kids are happy and willing to be the best they can be.
Healthy living promotes positive self-esteem.
Healthy mind, body, soul is key
Healthy people equals to happy people.
I believe strongly that CSH improves quality of life for everyone both staff and students.
I feel it is important so we have well rounded healthy staff and students
In order to truly develop positive spirits and resistance.
It is important for all individuals to maintain their personal health and wellness.
It promotes brain activity and mental health.
Makes happy and productive people.
Mental, physical and emotional health makes for holistic health. Each allows or facilitates the other.
So we engage kids in being healthy, active citizens
To encourage others and make them aware of their choices and options.
To expose kids to a healthy lifestyle
We have so many health, both mental health and physical health issues today that we need to support it in all areas that we can
We need to show that being active and healthy is positive, and the "cool kids" do it.

Without health and wellness, we can't be productive in our regular lives (and happy).
Youth well-being and overall health
Academic and Educational Advancement (n = 51)
Able to educate students to a much higher.
Active body = active mind = academic success.
As proven, students learn
Because healthy people learn better! Also creates leaders within our students.
Better learning for all
Better performances
Children and adults will want to come to school and work; lifelong learning
Create better learners.
Fitness and wellness is vital to learning for all people.
Health affects success in cognitive, academic and physical endeavors
Healthier people = happier people. Healthy, active kids learn better.
Healthier school = healthier students, better, improved learning.
Healthy and well students and staff are better teachers, leaders and learners and overall better people.
Healthy kids learn better
Healthy minds means healthy bodies and vice versa. Physical needs related to health have to be met before academic needs.
Healthy school community = better learners
Healthy students are better learners and community members
Healthy students equal increased learning.
Healthy students learn better and have better outcomes for their future.
Healthy students learn better.
Healthy, strong kids learn better and achieve more.
Helps to make kids healthier and do better in school.
I believe that it is important to teach children when they're young about being healthy and that it can improve their academics too.
I enjoy being healthy and active and I believe in order to maintain our youths health, they must learn to do it in school and out of school
I feel it is important because it affects how a student performs academically in the school setting.
I help our kids be better learners.
I think it will improve student achievement.
Improves student learning and growth development.
It is an essential environment for optimum learning for our students.
It is essential for learning and overall wellness.
It is for kids - healthy, fit kids are better off academically, emotionally, etc.
It takes a whole community to practice wellness so others will learn healthy habits from them.
It will affect all areas of students life (physical activity, mental well-being, and nutritional) promote academic work as well.
It's all part of the 'big picture' and learning and teaching younger kids makes the big picture healthy and it creates a stronger country.
Leading a good and happy life requires learning in a supportive environment.
Learning young about healthy choices translates to healthy lifestyles as adults
Links to academic success

Physical, mental and emotional well-being will be important to everyone throughout their lives and will make it easier if it is learned at a young age.
Positive, healthy students = happy learning environment
Promotes learning and makes community stronger.
So that everyone gets the most out of their education.
Students are more engaged and able to learn
Students feel welcome and ready to learn when they
Students learning improves when they have healthy food and physical activity
Students success is measured on their wellness not their academics.
To create better learners and a strong community in the future.
To learn better.
To promote health and wellness at school because it may be the only place they get it. Health and wellness makes great learners.
To provide students with the opportunities for healthy lifestyle - encourages and learning supports.
Without healthy kids there is little learning for change.
Yes students health is most important for learning and developing.
Positive Environment and Community (n = 37)
A positive culture makes students want to be at school to learn as they feel welcomed and safe.
As teachers we spend the majority of the students day with them and can provide positive role models and learning opportunities.
Boosts moral, student achievement and atmosphere
Brings the school together - allows students to be leaders.
Building healthy school communities to allow students to become healthy adults
Composite school health creates a more positive school setting.
Fitness makes happier well rounded educators and make good example for students
Healthy positive atmosphere.
Healthy school = healthy community
Healthy students = positive environment
Healthy, happy and active schools are important in any community.
Identify and support what students and staff need as we must grow as a community not as individuals only.
It creates a culture of comprehensive wellness.
It has brought our school community closer and more knowledgeable.
It helps the greater community
It is part of being a strong community and can help build social capital.
It takes a community to implement change in small schools.
It takes a village to raise a child and healthy and well is part of becoming and growing.
It takes a village working together to get impactful change.
It's very important to educate our school community so they can be a part of the world leaders in making a healthy environment.
Keep active as a whole community.
Keep students healthy inside and out to foster positive relationships.
Makes for a stronger school community.
One person cannot make all the difference, it takes a community.
Our community is very supportive and supports our school 100%.

Schools need to move from insular structures to ones that embrace community. It is the "healthy" thing to do.
So that implementing healthy practices is easier and the community is healthier.
So we can work together towards a setting that promotes health
Supports culture
The environment where teachers and students interact needs to be healthy and positive in order to build happy relationships.
To help develop young leaders in the community.
To promote a safe and caring school.
We need to role model for community itself and for students within it - continual reminders.
Well-being of our whole school community.
When a community works together to create change it is more likely to be accepted and implemented.
When staff and students feel good, environment is more successful.
When the whole school supports the same goal change will happen.
Educating Students on the Importance of Health and Wellness (n = 11)
It is an ongoing education endeavour and all parties must be involved
It is important to increase attention and bring awareness into the school about healthy lifestyles.
It's our job to educate students and parents.
More students need guidance for healthy living and eating
Part of our job to show and help our students be successful
Preventive health care: Teach kids how to care for themselves so they aren't a drain on society when older.
Students spend lots of time at school so that's where we need positive role models and resources/ opportunities connected to wellness.
Teach children early on the importance of a comprehensive, healthy lifestyle so they can carry it forward in life.
We are able to be strong role models and spend a lot of time with students
We cannot help others if we are not taking care of ourselves - teach through modelling behaviour.
We need to teach students how to be aware of wellness to decrease sedentary behaviour.
Develops Life Skills and Habits (n = 33)
Because a healthy school community equals a healthy society.
Because we are educating youth about their health and giving them ideas and skills to bring forward in their lives.
Being healthy physically, nutritionally and emotionally is so important in being a well-rounded individual. Helps with stress and develops good habits as adults.
Children are our future and to stop an unhealthy epidemic we need to change!
Giving students the tools to be healthy and active
Good for success present and future for students.
Good life skills
Healthy bodies, teach everyone healthy habits.
Healthy kids become healthy adults.
Healthy students become healthy adults.
Helping promote health/ active living for children to support them in becoming healthy adults.
Important for students to build a lifelong commitment to healthy living.

Important to establish lifelong goals (positive) for students and staff.
It will allow students to develop healthy and safe habits that an applicable to all aspects of their lives.
Lifelong healthy citizens
Lifelong skill
Lifelong skills that once are instilled become a habit.
Living better and longer.
Long term healthy living
Long-term health and wellness. Lifelong strategies.
Promoting healthy habits for healthy adulthood - lifelong skills, as well as current state of being - promotes confidence, happiness and growth
School to me educates students how to live an involved life. Not just specific skills.
Setting students up for long term success.
Skills
So all can live long life and healthy skills for adult.
Students need these skills for success today.
To develop healthy (physical and mental) citizens who will become our future working class, governments, etc.
To develop healthy, fulfilling citizens for the future. Lower crime, homelessness and poverty.
To grow strong, healthy children for the future
To have a healthy and active future generation and also to create healthy individuals.
To help demonstrate it and practice skills
To teach kids to love activity and know the importance of living an active healthy lifestyle and carry that through into adulthood
Wellness affects us all. Need to educate to create positive habits.
Other (n = 50)
All stakeholders need to be on the same page.
All working together towards the same goal
Because one person can make great change, but having a team with commitment works better.
Because students spend over half the day in schools or on buses.
Because tech is taking over youth's spare time.
Because we will move forward with barriers.
Gives us time and encouragement to implement or try new ideas
Help! No need to reinvent the wheel.
Huge impact on overall well-being.
I am a PE teacher. I know how valuable it is to have health in all aspects.
It affects the children in all that they do at school and after
It is all about the people!
It is very difficult to do our jobs with kids who are not healthy and well. We have an obligation to the rights of the child to help them be healthy and well.
It makes initiatives more likely to happen over a long period of time.
It might not be supported at home.
It validates your ideas and hard work
It’s a way of life that should be promoted.
It's important to have support for students so they can do healthy activities, and eating on their own
Life is about so much more than curriculum and students deserve the opportunity to experience it.

Modelling
More buy in the better received.
More support = more success
Need to know the risks and benefits to have the tools for a long and healthy life.
Nobody can do this alone! The ideas of many create a complete action plan.
Not standing/running alone - exciting with kids and parents - energizing - empowering - sharing the wealth!!! (and the work - haha)
Our society is too sedentary and overweight and because students are at our school for 7 hours, 5 days a week, we need to have some movement.
Promoting health and wellness is a lifestyle.
Quality of life
Raising a new generation with too much "screen time" where has "play" gone?
So our students are the best they can be.
So that students understand how to live healthy lifestyles
Specifically the lack of mental health support concerns me.
Student voice
Student wellness
Students and stakeholders do well
The more ideas you are introduced to the better.
There are many children whose only opportunity to experience healthy food and activities is at school.
To follow through with plan and to have ideas and help
To foster healthy active lifestyles
To help with our goals.
To make it a priority
We are a team
We cannot do this alone. We need to work as a team to effect change.
We have seen our world fall so out of balance that it's time that we start caring for ourselves and others
We have students for a lot of their most important development stages.
We need students and staff on board to improve health, fitness and well-being of all generations.
We need to change.
When we help others we help ourselves
Without support it is hard to convince others to participate or buy-in.
Your school would be incomplete without it.

Table B3. Barriers to Implementing a Healthy School Action Plan

Financial (n = 52)
Budget
Budget
Budget - healthy snack initiative will be discontinued due to no longer able to access Breakfast for Learners Funds.
Cost
Cost and time for some ideas, and buy in from staff
Cost for healthy food - will look at getting grants for costs and volunteers to prepare healthy options.
Costs and parent involvement
Costs of program
Finances, and technical support

Financial barriers and higher level support on some ideas.
Financials and getting students/ staff on board
Focus on academics and stress.
Funding *(n = 5 participant responses)*
Funding and parental involvement
Funding and time.
Funding to provide healthy options.
Funding, grants
Funding, physical help/ volunteers
Funding, time for planning, and colleague support.
Funds are always a concern.
Funds, rural school
Initial start-up, cost and setup
Maybe funding
Maybe issues of money and teachers to organize and/or supervise activities.
Money *(n = 8 participant responses)*
Money and time
Money is an early concern.
Money perhaps
Money to purchase equipment and leadership engagement
Money, parent support and teacher support.
Money, time, and student involvement.
Money, volunteers
Raising funds
Some funding to be determined
Time, money and decrease of interest
Time, money and resources
Time, money and space (during winter)
Time, money etc. People's commitment to help achieve the goals.
Time, volunteers, money
Too few students, not enough money
We may encounter financial problems if we were to implement a Breakfast Club.
Time (n = 54)
Administrators, funding, student engagement and time
Cost and time for some ideas, and buy in from staff
Enough time, age of students (K to 4)
Finding time and resources to make it happen.
Finding time during the school day to meet and plan as a committee.
Having time to implement the Action Plan.
Just time!
Restrictions based on time restrictions and school priorities.
Small school with small staff. Sometimes tough to find time to run many initiatives.
Students engagement, finances, and technical support
Time *(n = 8 participant responses)*
Time - never enough time to meet and implement all of these great ideas!

Time and commitment of our student representatives.
Time and connecting all members of our school team.
Time and cost (fruit and veggie Fridays)
Time and funding *(n = 3 participant responses)*
Time and parents
Time and red tape.
Time and resources (both materials and human resources) *(n = 2 participant responses)*
Time and space
Time and staff buy-in *(n = 2 participant responses)*
Time and teacher help.
Time constraints
Time from teachers to practice/ prepare for activating our assemblies.
Time in school day to get it going.
Time is the biggest barrier.
Time restrictions to do everything planned
Time to exchange ideas; identify students in need.
Time to get students to help out with implementation, time in teaching schedule with lots of other extra-curricular activities.
Time to organize
Time to plan
Time to plan and enough volunteers.
Time to plan, organize and implement
Time, age and confidence of our leaders, and community buy-in
Time, commitment, funding, and student involvement.
Time, cooperation of staff, administration and joint school
Time, money and decrease of interest
Time, money and resources
Time, money and space (during winter)
Time, organization, coordination
Time, staff support and volunteers.
Time, teacher supervision and assistance
Time. If my contract ends, a new leader will have to pick up where I left off - depends if she wants continue with our plan we made or not
Resources (n = 11)
Accessing some resources may prove difficult, and will depend on the support of all teachers/ staff.
Finding the resources to make it happen.
Physical space
Resources (money, incentive, # of students, etc.), and too many commitments
Scheduling and limited space (i.e. gym space)
Space, but this is something our group has worked out ideas to overcome.
Students engagement, finances, and technical support
Time, money and resources
Time, money and space (during winter)
We are three rural communities that are geographically separated. We are trying to use technology to connect.

Buy-in and Participation from Others (n = 81)
Buy-in from administration/ staff members, and resources.
Accessing some resources may prove difficult, and will depend on the support of all teachers/ staff.
Admin buy-in
Administration - There are barriers to everything that involve change.
Administrators, funding, student engagement and time
All staff buy-in.
Buy in from all share-holders, and time to plan and organize
Buy-in -> work with parents/ staff buy-in
Buy-in, costs and buy-in from community
Community involvement
Community support needed.
Community support/ participation, and costs to implementation/ maintain
Cooperation (of students at high school level) and funding
Cost and time for some ideas, and buy in from staff
Financial barriers and higher level support on some ideas.
Financials and getting students/ staff on board
Funding, grants, support from staff and administration.
Getting "buy-in" from all students and time becomes an issue: scheduling as we are a K to 12 schools.
Getting all staff and students to participate.
Getting everyone on board.
Getting staff on board with the idea.
Getting staff on board.
Getting staff to "buy" in. We tried to make it as user friendly as possible.
Getting students/ staff on board
Have strong support
Input and approval of staff and administration
Involvement of other parents and staff
Lack of student participation and lack of administration support.
Lack of support from admin and staff.
Logistics and staff involvement
Low engagement
Maybe staff
Negativity - getting every staff member on board with changes.
New admin/staff to get on board.
Not all participating
Not everyone will be "on board" right away. Try new ideas, encourage people to voice their idea.
Other staff members not willing to get on board
Other teachers and various staff members
Other teachers resisting change and lack of funds or help from parents.
Other teachers/ staff commitment and support.
Parent and teacher support
Parent involvement
Parent resistance to healthy eating plans.
Participation and teacher supervision

People's commitment to help achieve the goals.
Resistance from staff to get on board with another health initiative.
School buy-in with changes
Staff agreement to activities, time to help student leaders organize
Staff and student apathy.
Staff/Teacher buy-in *(n = 4 participant responses)*
Staff buy-in and support, time to implement while continuing to teach, mark, prep, coach and have a life.
Staff buy-in and time restraints
Staff participation
Staff support - willingness to give up teaching time for school wide activities.
Staff support and student engagement
Staff support and student engagement
Student acceptance
Student attitude, weather and physical space in the school
Student buy-in
Student engagement and motivation and consistent staff leadership
Student engagement in a high school
Student interest and school
Student participation
Students - to get interested; staff - to allow for time for students to implement their plans.
Students engagement
Support from staff and administration.
Teacher buy-in, space.
Teacher buy-in. Time.
Teacher participation
Teacher support buy-in. -
Teachers don't have time to take on more so it has to be easy.
Teachers may be reluctant to try new activities or add to their workload. Parents may be hard to convince about healthy party foods.
The acceptance and participation of other staff
Too few students, not enough money, lack of student participation and lack of administration support.
Total participation from all students, supervision and time to plan
Treasurer support and involvement
Volunteer burnout and time to organize events.
Volunteers to help with some initiatives.
Other (n = 20)
Apathy of some people in school community, time and space.
Apathy. Entrepreneurs that provide unhealthy food items at a low cost to students.
Big changes take time. However, our admin is very supportive and help create and encourage healthy decisions.
Bringing ideas - implementation to the Mennonite Community
Crowding of school
Culture change, time and space.
Focus on academics and stress.

General store in our town
Going through procedures to get them done. Getting all staff and parents on board.
Hard to change old ways sometimes. Making healthier choices sometimes takes more work; so hard to convince some people. With a school amalgamation our focus is skewed right now.
I am not sure
In any change there are those who will resist. Conversations need to switch from argument to deliberation.
It's a culture shift.
Often times, the unhealthy food choices are more convenient for parents to buy and purchase for our students lunches. We need to do more to educate parents about healthy food choices.
Our school is diverse inner-city and French immersion populations who are not equally represented in all aspects of our school.
Possibly uniformed resistance.
Small steps to not overwhelm students
Students are provided lunch through E4C - little opportunity to make food choice.
Those that may not like change
Tobacco reduction will be tough.

Table B4. Participant Suggestions for Future HASS Events

More Opportunity for Physical Activity Throughout the Day (n = 44)
A few more energy breaks
A few more physical activities (games).
Activities and brain breaks
Activities for the students (so they can take them back to our school)
Activities to bring into schools
Activity breaks are great! Great ideas! Love the planning with our team - they always come up with great ideas.
Activity classes
An outside break
Brain breaks! Videos to support SWAT activities e.g., tower garden.
Dancing
Energizers (loved the mob dance)
More active activities not activities where the kids are sitting.
More active and hands-on
More active involvement for students. More teaching/ learning for kids about CSH. Leadership training course. What CSH is and how to implement.
More active participation activities.
More active sessions to learn more games. Interactive sessions on healthy eating activities etc.
More activities *(n = 2 participant responses)*
More activities for kids to participate in.
More activities for younger kids. 4 to 6
More activities geared to high school
More activities led by the facilitator
More activities that we can bring back to our school.
More activities. A blend of student and adult led events.
More activities/ action activities because the students are missing.

More activity - sharing is needed but the kids also want to learn new activities to take back to the school.
More energizers *(n = 2 participant responses)*
More movement (activities)
More movement possibly
More physical activities organized.
More physical activity (activity breaks)
More physical activity breaks!
More time for some activities.
Movement and energizers.
Movement breaks and action
New/more energizers (we may have missed initial ones as we were late - bus late)
Not so rushed - more time for activities.
Outdoor activity
Physical activities! *(n = 2 participant responses)*
Physical activity and nutrition for high school students
Physical activity funness
Physical activity opportunities.
A Greater Focus on Mental Health (n = 13)
Mental health and social environment because they are "new" and people need more information about them and the importance
Mental health awareness *(n = 3 participant responses)*
Mental health awareness - how to implement in school
Mental health focus
Mental health information
Mental health. Professional in specific fields presenting.
More activity and mental health activity ideas.
More emphasis on mental health aspects. Lots of physical activity /healthy eating
More examples on mental health strategies for implementation in school setting.
More ideas for improving mental health or our students.
More mental health wellness events
Information About Healthy Eating and Nutrition Within the School (n = 11)
Food options
Hands on health food choices/ examples activities for "non-sporty" kids.
Healthy eating demos
Healthy snacks - promoting it in a school
Healthy sources of produce.
Information related to healthy eating
More ideas and creation for healthy foods
More information on healthy eating.
Nutrition
Resources for healthy eating and more "tradeshow" booths
Strategies for eating healthy - more concrete

Tangible Resources to Take Back to the School (n = 24)
Actual resources
Brochures
Community resources *(n = 2 participant responses)*
Community resources available to schools and Health Champion School Leaders.
Digital resources with ideas. songs, etc.
Electronic resource sharing (i.e. through Google Docs, email, social media, etc.)
List of community expertise.
More high school resources
More ideas and resources from other schools.
More resources and pamphlets.
More resources for high schools
More resources for parents and more inter. school group sharing
More resources for teachers
More resources for teachers to take back to the school
More resources, more choices (last year we had choice of session).
Practical ideas to implement at schools including student leadership and community resources available to schools.
Presentation of available resources
Readily available resources
Resource ideas
Resource presentations - e.g., info about Apple Schools
Resources
Resources and community contacts
Resources, leadership activities for kids.
A Greater Variety of Student, School, and Organizational Presentations to Attend (n = 48)
Agency/ AB Health Presentations maybe although "kid speak" was most powerful
Booths *(n = 2 participant responses)*
Breakout sessions *(n = 3 participant responses)*
Breakout sessions to give ideas/ activities.
Choices of sessions to attend - fabulous!
Continue offering high school sessions.
Continue to provide the adults with sessions during the mornings.
Explanation of physical literacy
Info/ mini sessions to get ideas/ lessons
Informative sessions
Less planning and more formal presentations of projects.
Longer sessions/ or making some youth get to see each session.
More booths. Tables connected to the students learning. Some topic related sessions.
More breakout sessions *(n = 5 participant responses)*
More community expertise.
More direct instructions and inspiration for students, and more direct instruction and inspiration for teachers - split up groups
More ideas given by facilitators.
More mini presentations. Maybe round tables where more schools could present their ideas.

More mini sessions like an edcamp style.
More options for sessions
More sessions - more specific for high school
More sessions and community partners.
More sessions we only got to hear from one school.
More sharing and networking
More speakers *(n = 2 participant responses)*
Outside health agencies willing to bring lessons into our schools and teach them.
Presentations/ breakout sessions
Separating students and teachers in breakout sessions to allow deeper learning.
Separating students and teachers in presentations would be great.
Shorter sessions with a break in-between
Smaller sessions - make presenters choice in sessions
Some other speakers
Speakers to inspire students
Specific ideas from presenters
Specific talks on funding, grants and writing grants.
Student leadership training.
Student presenters *(n = 2 participant responses)*
This year there did not seem to be as many informative sessions. Most of the time was spent in ice breakers which were fun but not informative.
Videos on wellness
More Opportunities for Schools to Collaborate and Share Ideas or Stories (n = 22)
I would like to see more projects at other schools. How they work, issues, etc.
More communication with other schools.
More discussions led by students
More interactions of various schools to get students talking and critical thinking about their healthy living. Activities kids could do for intramurals.
More opportunity for high school students to engage.
More opportunity to showcase what schools are doing.
More organized collaboration between different schools.
More practical, interactive activities for the kids.
More presentations from other schools.
More time to talk to other schools about what they are doing.
More time to talk with similar groups about their plans.
Opportunity for health champions to share.
Opportunity to meet with my students and other students.
Plans other schools have successfully implemented and steps required.
Presentations from schools, and action planning time.
School collaboration
School interaction
Sharing ideas from other schools (more sessions, shorter times to allow)
Time to collaborate with school team and to share with at
Videos, pictures, etc. of successful events in other schools.
What other schools are doing well.

Would like to share what other schools are going to implement.
No Changes Required (n = 16)
Awesome just how it is!
I like the structure and pace of the program. I do not think you have anything to change.
I liked it!
I liked the practical application planning process.
I would like to see more of everything we did today is was great.
It was all great.
It was great the way it was.
Joyce! Please come back and see us!
Love the school sharing and more of the same.
More of the same.
N/A *(n = 2 participant responses)*
Nothing. It all worked great.
The same
Was great interaction for all age groups?
We liked it!
Other (n = 41)
As an elementary group, it would have been good to have some movement options during/ after lunch.
Better volume so everyone can hear.
Classrooms instead of large open space - was hard to hear information.
Development guidelines for school programs
Emotional/ social focus.
Focus on leadership strategies
H.S. students
How to create your action plan, examples of action plans.
Ideas given to students - we came with some, but it would be nice to have a starting point from HASS leaders.
Interaction between different divisions (K-6; 7-9; 10-12) e.g. current grade 6s could learn from jr. high students
Kids perspectives of why/ what hinders healthy school initiatives. More time/ activities for students to explore the meaning of a healthy school community.
More hands on. Too much sitting in the morning.
More high school and the limit of attendees a little more
More ideas for activities to do in the school
More ideas organized before -hand to share- breakout sessions that we can attend more specialized sessions to zone in on our weaknesses.
More identification of provincial organizations that can be helpful.
More implementation at school
More information or other speakers that can offer assistances with resources such as funding etc.
More interaction and discussion with other schools.
More interaction/ communication with schools.
More of the kids working in mixed groups to brainstorm and share.
More on how students become good leaders.

More planning time
More representation by community and provincial organizations for us to access.
More room
More school initiatives that work. (helpful tips on getting started)
More schools involved.
More segregation of older kids = too "babyish" = hard to get buy-in.
More space to physically move and connect with others.
More time to develop action plan
More time to work on action plan.
More visual examples of ideas working
More ways to bring activity breaks into the classroom. More speakers on leadership.
No video - create an informational poster to allow ideas to be seen and shared easily
Options, chairs and reader friendly schedules.
Perhaps offer a high school only HASS complete with a presenter they could relate to. Impact them in terms of wellness.
Planning formats
Room. It is very active.
Small games to implement in classrooms tomorrow
Snacks
Strategies that work at high school level
Two-day event?

Table B5. Additional Participant Comments for HASS Organizers

Positive Thoughts, Appreciation, and Comments of Encouragement (n = 109)
Amazing! Thank you
Awesome day!
Awesome Day! Great activities/ exercises to take back to school.
Awesome job!
Awesome job!! Keep growing and working to build provincial comprehensive school health
Awesome!
Awesome! Can't wait to attend next year!
Awesome. Well done.
Big thanks!! Have a happy, healthy year! I know ours will be happier and healthier - thanks to all of you!! Big hugs, team!!
Excellent event!
Excellent everything!!
Fantastic!
Good day!
Good energy!
Good job! *(n = 11 participant responses)*
Good job! We are leaving inspired!
Good Work
Great community based prizes!
Great day! *(n = 3 participant responses)*
Great energy
Great event

Great event! Students and staff loved it!
Great healthy food choices.
Great job! Loved this!
Great job! Students LOVED the day.
Great job(s)! Students learned lots, and had a great time presenting.
Great job. Awesome event.
Great job. Great day!
Great job. Well done. Comment on Question 27.: Very tight
Great planning day to get everyone on board
Great to see and hear from students who are doing great things in our school! Keep up all the wonderful work you do to make these connections.
Had fun!
HASS this year was awesome. Loved how it was organized compared to last year.
I loved it!
It was a great event.
It was a great idea
It was nice to see other schools.
It was really good!
It was very well run and fun.
Keep doing this. Love it!
Keep it up and continue to grow.
Keep up the excellent work!
Love the energizers you can go away with
Love the opportunity to get to know/ connect with students outside of a typical school environment. Student focused!
Loved it! Very motivating.
Please keep doing what you're doing! Your positive energy is infectious.
Postcard ideas were brilliant!
So awesome! Thank you!
Start on time. Great day. Thanks.
Super job.
Team very engaging with students. Good job!
Thank you for a wonderful day. Kim and Katelynn continue to be very resourceful and helpful!
Thank you for another great event!
Thank you for the well-organized event.
Thank you so much for everything you do at Ever Active Schools. Attending your events and getting to know your staffs has been one of the most positive experiences of my career.
Thank you! *(n = 15 participant responses)*
Thank you! Thank you for giving out students to lead a session.
Thanks for a great day!
Thanks for a great day.
Thanks for a great job.
Thanks for a wonderful day.
Thanks for initiating this event
Thanks for organizing this event for us!
Thanks for the great day.

Thanks for the opportunity.
Thanks for the work you put into this!
Thanks so much
Thanks! Great time, lots of learner
The morning snack was a great idea (healthy choices). Well done!
The students enjoyed their day. Thank you! It was a wonderful opportunity for all of us. I loved the school presentations. The students were great.
This provided a wonderful opportunity for students, staff and parents to improve the health of our schools.
This was awesome! Thanks.
This was such an awesome event! Thank you. I will always have a great time and learn so much about my students! We are proud of BES!
Way better than last year - great balance action/ sitting.
Way better than last year! A lot more physical activity.
We love you Mrs. Hlewka!
Well done! *(n = 4 participant responses)*
Well done! Positive-ness and enthusiastic! Great!
Well done. Good people.
Wonderful guide and instructor Katelyn!
Modifications to the Venue (n = 20)
Able to bring more students, if you have bigger teams. Bigger room for energizers.
Change the venue to the Cypress Centre to allow more room to move.
Difficult to move during break-out sessions; no other movement options. Your high school support leaders could have done some organized stuff in the foyer.
I would suggest a sign/ balloons to guide us to the room.
It was challenging to hear the speakers in the different sessions - acoustics are not conducive to sessions in this space.
It was hard to hear especially in our breakout sessions.
It was hard to hear, so I would say more microphones and speakers so everyone could hear the students and their great presentations.
Liked last year's venue and set up with booths and activities much better.
Maybe not such a distance in venues. Couldn't hear. So hot, phew! Brooke was great! Kids loved it.
Maybe there is more room at a Conference Centre Lodge? Chinook Village? Arena of Rec Complex that doesn't have ice yet.
Need a bit more space for seating
Need better Wi-Fi/ computer access for presenters. Need a better set up for displays, they were tucked away.
Need more space!
Not enough tables available.
Possibly larger venue. Stampede Grounds? Cypress Centre? Or High Hall?
Room was a bit cramped. Messy due to kid's belongings.
Sometimes it is too noisy. We should have separate rooms.
Venue last year with one large meeting hall all was more conducive to collaboration amongst schools.
Venue nice, but too far from Calgary
Very well done! Great job! However, access to internet should be provided to presenters and a list of

available equipment. The booths, dancing, lunch were fun and well planned. Kept the students busy.
Greater Applicability to the Different Grades and Age Groups (n = 4)
Possibly have the high school event a different day.
Really need to have a more grown up approach for older kids. No buy-in from high school (10-12) kids. Message is lost.
Should be a half day for high schools maybe with a keynote.
Try to make energizers/boosters more applicable to all grades. I found many of the warm up activities not age appropriate, which caused many students to lack enthusiasm. However, this was a great event and would attend again.
Adjustments to the Scheduling and Coordination of the Event (n = 21)
A lot of paper and pen time - maybe can be limited in future HASS.
Everyone should get a schedule of breakout session rotation and locations.
Have formal presentations of projects, make sure people know where to go, have materials to start posters etc. Make the day end at 2! This was long for students - they were getting bored.
Having games at the beginning - great idea! We could have stayed in the gym longer while out of town schools arrived. Games after lunch before afternoon sessions.
Having something for students has its challenges. You appear to be meeting them and striving to do better. Thanks for everything.
I feel like there was too much time at the end for planning. Students were not engaged towards the end. We enjoyed it overall! Lots of great ideas were shared. Thank you!
I felt rushed with this evaluation
I missed the old format that allowed students to choose sessions that were interesting to them and gave them resources and information. Today was a lot of ice breakers and a lot of sharing. Some sharing is important but students tired of listening and found it hard to hear.
I preferred the set-up last year. Planning all day is quite redundant. Doing is more useful, we can plan more at school.
Idea booklets: Hand copy for kids and teachers to take back to schools; Transportation to the event; Reminder of activities done at the event
Less general talk sharing more physical activities that go through the motions of why they work.
More activities where the students are interacting from different schools and possible the high school students organizing activities in the gym.
More information dealing with movement from session to session. Didn't know where we were going after session 1.
More physical activities and community organizations e.g., east link
More presentations or discussions from more high schools.
Provide bags for kids to gather stuff.
Shorter lunch (30 minutes?) and more session time
Skipping challenges and such from last year was missed. We really enjoyed being a presenter and our kids had a lot of fun. Just a few suggestions!
The breakout session should aim to provide very specific suggestions/ programs that others can use. Fun activities need to lead to a final point. All were good but not clear - e.g. environment wellness
Too much time spent "pen to paper" caused restlessness in students.
Would be helpful to do a teacher survey later.
Other (n = 6)

More concrete strategies
Share transportation (and encourage it) between schools i.e., Hinton, Jasper
Sharing sessions are a must but interactive sessions to learn more ideas would be great!
Someone needs to check in with schools to make sure they are using the information.
We enjoyed our day but perhaps more speakers aimed towards younger grades. Thank you!
When a school is registered, please inform school nurse so they are able to plan to attend.
No additional comments (n=6)
No *(n = 6 participant responses)*

Appendix C. Adolescent Qualitative Responses at the HASS Event

* Responses highlighted in red are exceptional and all-encompassing comments related to the theme

Table C1. Adolescent Anticipated Barriers to Implementing a Healthy School Action Plan:

Financial Resources (n = 139)
Allergies, money, and misbehaviour
Budget *(n = 2 participant responses)*
Budget cuts and low participation
Budget, funding, and shortage of teachers
Budget, space, population and group opinion
Cost and funding *(n = 2 participant responses)*
Connecting with school cafeteria for less expensive healthy lunches
Cost and location
Cost and school work
Cost and student involvement
Cost and time *(n = 2 participant responses)*
Cost, homework and work
Cost, interest, and participation
Cost, location and participation
Cost, location, involvement and time
Cost, school to agree and time
Cost, time, location and participation
Disagreement with the ideas, and too expensive
Finances and involvement within the school and community
Financial and time
Finding a budget, time and resources
Finding money and time to get excused from class
Funding and in some cases student participation (hopefully not)
Funding and people who won't cooperate
Funding and students not agreeing
Funding could be a barrier as well as time
Funding, finding time to get together with the group, cooperation of school peers
Funding, getting people to participate, and gym availability
Funding, participation, time and teacher's help
Funding, people not wanting to do it (what we come up with)
Fundraising and involvement
Funds and participation
Funds, time and volunteers
Haters, money and permission
If what I want to do is too hard to complete, or if the school doesn't have the funds
Lack of funds, lack of communication, the remodel and modernization of our school
Land, teachers and money
Low interest and small budget
Low participation and budget cuts

Money *(n = 15 participant responses)*
Money and builders
Money and getting approval
Money and not being near town
Money and not much involvement
Money and others not agreeing
Money and participants
Money and participation
Money and participation
Money and students agreeing
Money and test quizzes
Money and time *(n = 3 participant responses)*
Money issues/problems *(n = 5 participant responses)*
Money issues, participation and cooperation
Money problems and kids getting too excited
Money problems and supervision issues
Money problems, getting students involved, and not a lot of equipment
Money problems, kids not participating and not wanting to eat healthy food
Money problems; not enough people in our community to sponsor us
Money restraints, participation and motivation
Money to buy things
Money, cooperation and if allowed to
Money, environment and space
Money, everyone not agreeing, and things not being fun
Money, getting stuff done, timing, and nobody taking charge
Money, help from parent council, ability to do it, and we have a small school
Money, involvement and space
Money, people would disagree with our ideas
Money, space and help
Money, space and student body interest
Money, students and time
Money, support, people and friends
Money, teachers to have the time to help, and fresh farmer gardens near use
Money, time and cooperation
Money, time and space *(n = 3 participant responses)*
Money, time, commitment, and reality
Money, time, people not excited to do stuff
Money, volunteers and time
Money, volunteers, space and participation
Money. We don't have any or much money to work from. Time. We only can meet once a month
Negative students and funding
No money and time
Not enough funds, lack of participation, not enough time and small school
Not enough interest and not enough money
Not enough money and people not trying
Not enough money to get some stuff

Not enough money, time and space. But, we can still do it
Not enough people coming and expensive
Not having enough money
Our financial state, rules and policies and also opinions
Price, participation, but I feel like we can overcome it
Problems like money and you would have to ask your teachers about it
Problems with money (not enough), the principal not liking it, unorganization, not enough volunteers, and the kids not wanting to participate
Reluctance of students to participate and funding
School board and funding
School board approval and funding
School council, money and teachers
School funding and gym availability
Some people might be too shy to do some of the stuff and we might run into money issues
Sometimes money or not enough people involved. Time and space as well
Student participation, money, space, teacher consent, and time
Students disagreeing and money troubles
The cost and who would run it
The cost of stuff and getting people more active
The expenses of our idea could get in the way
The funding
The money and profits
The negative response of other students, not having enough money and not enough people getting engaged
There could be financial problems and getting the other kids to participate in whatever we do
Time and money
Traveling fees
Ways to earn money
We don't have enough money to buy food for the HASS so we have to find a way to raise money
We might have financial problems or other events might get in the way of meetings or fundraisers etc.
Yes. Money, timing and student involvement
Support (n = 183)
Actual barriers, no (people saying no)
Admin and other teachers, and lazy students
Admin, student disinterest
Administration and school board rules
Appealing to high school students
Approval, permission, and lack of willpower
Asking for permission
Asking for permission
Because if I wanted to change my locker and get it painted you have to go through lots of people to get consent. So yes, I do expect barriers when I do an action plan
Because some people may forget to do things. Some people may not have money for it. Also, people might think it’s stupid
Because some people might not like their candy to go away

Because we can't force people to eat healthy. We can just help them with what they could eat
Big school - might not be feasible and might not get everyone's support
Bullies
Bullies and mean people
Bullies will disagree with what we want
Bullies would say it's stupid, etc.
Children might not pay attention
Close minded people at school
Cooperation and mutual agreement on healthy action plans, teacher willingness to adjust to new ideas
Cooperation from staff and students, and excitement to participate
Disagreement
Disagreement, non-participation
Disagreements and not enough participation
Disagreements and not enough participation
Discouragers and bullies
Following through
Get your ideas and discuss with the staff
Getting an idea through to the principal, and communicating the plan
Getting other students involved
Getting people to listen
Getting permission from principal
Getting students involved
Getting students to be involved
Getting teacher permission for new activities
Getting the students and teachers to eat healthy
Habits and convenience
High-schoolers don't care about health
I think some individuals might disagree
If I were to paint a locker I can't because I would have to go through a lot to do it
If people don't understand well or they disagree with you
If you want to get candy out of your concession then kids could complain
It could be hard to get students to participate
It will be hard getting uninformed kids to join
It will depend on how receptive our students are
Kids listening
Kids not getting engaged. If we make it fun they will get engaged
Kids sneaking junk food, not listening, and fighting
Kids that don't want to participate
Kids who aren't interested
Lack of participation by other students, and lack of interest
Like if I wanted to paint a locker, I can't because I would have to go through a lot of stuff to do it
Maybe disagreements, mistakes, problems, just like average barriers
Money, and students and teachers who don't want it
Money, people that disagree and help
Most people won't sign a petition to ban energy drinks, pop or candy, even if it is not good for our school

No approval
No one agrees with a good idea
No participants *(n = 5 participant responses)*
No participation in plans
No people want to participate
Not all people want to ban energy drinks
Not being active
Not enough interest
Not enough participation and disagreement
Not everyone participates
Not going to be popular and kids won't like it
Not sure if everyone will agree
Other kids might not want the change
Other people stopping you or teachers that might not agree
Other people who disagree with our ideas
Participation from students, interest of the students
Participation of others
Participation, awareness, involvement, restrictions, etc.
People
People at school may not agree with us
People being able to drive to fast food restaurants for lunch
People could disagree with me, I could try to do the impossible or I will see people who are bigger and better
People counseling others that it's lame, and people not being interested
People disagreeing with it
People don't want to eat healthy food
People don't want to eat healthy. They want pizza and chocolate
People don't want to just "jump" in or involve themselves especially if someone important (popular) says it's uncool
People may not be interested
People may not go
People may not listen, people will forget, teachers will say no, boys will call it gay, teachers may not have the money to pay for different things
People may not want to cooperate in our ideas or participate
People might not agree with our ideas, unwilling to join / support
People might not care, they might not do anything, and people might be shy. We might not be allowed to do some things
People might not want to sponsor for HASS, and they might not like the idea of it
People not accepting changes
People not agreeing, nobody listening to what we are trying to do
People not caring about it *(n = 2 participant responses)*
People not getting involved
People not participating and taking action on the activities
People not participating or disagreeing
People not taking it seriously
People not taking part in change because they're "too cool"

People not wanting to be healthy
People not wanting to participate *(n = 3 participant responses)*
People not wanting to participate or not listening
People saying no to me
People who disagree with the Healthy School Plan
People who won't agree
People will just ignore what you are saying
People with bad attitudes
People won't want to do our plan and teachers might not allow it
Permission, student enthusiasm and admin engagement
Persuade them that it is a good idea
Problems with students and money issues
Rude kids
Rules
School board agreeing and people getting in to it
School board and students disagreeing
School board rules
School board too busy to do
School board, administrators, and timing struggles
Short of kids or staff
Since I am in high school most students are already set in their ways, so it's harder to get through to students
Some kids not listening
Some kids won't be trusted
Some kids won't participate *(n = 2 participant responses)*
Some people may disagree with what we were/are/will try to do.
Some people may not agree, or some things might take a lot of effort. You just have to work with what you are given and push through those barriers and not give up
Some people may not want to be healthy and they just don't care
Some people might disagree
Some students may not like our ideas
Some students won't participate
Some things we have to run by others so it might take a while to get plans going
Someone could say oh that's impossible or someone would try and make in front of you because they don’t agree
Stubborn people
Student interest and participation
Student involvement
Student participation
Students don't want to participate
Students making choices and fast food nearby
Students may not buy-in to it; mental health is a sensitive issue
Students may not want to be healthy after they were raised the way they were
Students not being open to changes we hope to make
Students not following instructions, students disagreeing with our plans, and students hating what we are doing

Students not helping or paying attention to our plan
Students not interested
Students not liking the idea of a more healthy school
Students not wanting to eat the healthy food
Students not wanting to participate
Students that disagree
Students thinking it isn't cool to participate and/or just leaving when we carry out activities
Students wanting to get involved
Students will be hesitant to participate in change and dislike participating in activities
Stuff we can't do
Teachers
Teachers agreeing and resources to follow through with the plan
Teachers could disagree with it, students could not show up
Teachers might not be on top of presenting the video (when asked to present it to the class on a certain day, they might forget). It might be difficult to video the staff (find a time when they are available)
Teacher's schedules
That hardly anyone will participate or that the plan will be a fail
That some people may not want to participate
That the children won't agree with the plan
The amount of people
The boys and other students may not think it's worthy of their time
The buy-in of all our students
The negative 20%
The student may not want to bond with the teacher
The students might not give into what we're doing to help them be heal
The team will disagree on ideas and not be a part of some
There are always going to be people that disagree, or would not participate
There will always be barriers, students, teachers anyone can get in the way, but we can get over anything if we try
Things could go wrong, and people could not participate
To get other children and students to follow. Making sure that everyone is satisfied
We have to make sure the rest of our leadership team agrees and our principal
Well we may influence a couple people but definitely not the whole room
Who will build our building?
Yes because we need to ask permission. Problem with communication
Yes not sure if everyone is going to agree
Yes, younger students may not like the healthier things being put in place instead of sugary food
Time (n = 20)
Barrier that could get in our way would be communication and time.
Everyone's busy schedule and to come to an agreement within the whole group
If we do not have time to do it, and if the little kids do not want to do it
It might be difficult to find time to do all the activities that are planned out
It might be tricky to find time for all of this
It not going smoothly
Judgement, not enough time to complete activities

Not a large amount of time to complete these goals, and some people not wanting to participate
Not finding time
Planning principal
Planning, time and cooperativeness
Some things being hard to get the time to do. Remembering to do them
The school's timeline will be hard to work around
Time *(n = 3 participant responses)*
Time will be a major one and just wanting to do it and continue it
Type of time we are able to do, and other classrooms accessing the same activity
We have three programs in my school: Christian, Special Needs and French. We have to be careful in what our plan is
Yes, because it might be tricky to find time for all of this
Space Availability (n = 11)
Equipment, money and renovations
Finding the available
Money and space
Not having enough room or participation
School modernization postponing ideas
School size
Small space for it
The kitchen is not certified by health inspectors to cook in, but renovations are coming.
The school being renovated, and students vandalizing the property
Vandalizing
We already had our school renovations
Behaviour Change (n = 10)
Emotional
Friends and food
Grocery foods, salt and cookies
Inactive students
Kids are drinking sugary soda that they did not get until the end of the day
Not to eat junk food
Not to eat junk food
People who don't want to be active
Unhealthy fundraisers
Unhealthy options
Other Comments (n = 6)
Allergy
Different problems
Different problems that could happen
Different problems that could happen
Don't have any
I don't know

Table C2. Comments from Adolescent Participants

Gratitude and HASS Experience (n = 258)
A tag game and not as serious
Activities more tailored to high school students
Allow more individuals from schools
Amazing job. You inspired me
Amazing. It was very eye opening
Awesome day *(n = 2 participant responses)*
Awesome event! Helps a lot when organizing activities for schools, and getting different ideas from different schools
Awesome! Maybe fit it towards older students next time
Bigger venue
Breakout sessions were lots of fun! Learned lots. Thanks so much
Cool
Could be more interesting. Some people didn't seem very passionate about running it
Different activities for older high school kids, and more prizes
Different high school activities, and more resources to effect change
Do more activities. I enjoyed everything. Lovely food. Appreciate all the effort
Do more walking around activities
Do something active with the junior high and high schools when we are in a breakout session
Everyone should get a prize when you pull tickets out
Everyone should get prizes
Fabulous job
Food
Fun
Getting students involved in discussion and communicate was very successful
Give more detail in your presentations
Good job *(n = 6 participant responses)*
Good job and thank you
Good job with this
Good organizing. I had a lot of fun
Good way to communicate with other students
Good way to get together with other schools and learn new ideas
Great day overall
Great for experience
Great job
Great job at keeping the attention of everyone. It's hard to do
Great job! I love to come again
Great job! Loved all the positivity
Great job. I had tons of fun and learned lots of things to help with my health and others
Great job. Really enjoyed it. Thanks for having us
Great job. Thank you
Great way to promote healthy living to a group of teens
Had a lot of fun and learned a lot, but, couldn't really hear maybe get microphones or something
Had an awesome time
Had lots of fun

HASS was very informative and you did a very good job planning it
Have the sessions again, instead of discussion
Hearing was limited. More mics and louder voices
Hula hooping was great
I am very happy with HASS because it was very informative and it took energy that I was happy to give. But, I had fun and hope to come back next year
I came last year and liked how we weren't assigned rooms and presentations like this year. The freedom of choice of which presentation you went to. Overall though it was fun! Thank you! I had fun
I did not enjoy the lunch (wraps) they didn't taste good
I enjoyed it
I had fun. Thank you
I had fun. Thank you for your hard work
I had lots of fun and learned a lot. Hopefully I can do all this change in my school
I had lots of fun, but sometimes it got real awkward. Thanks
I liked it because our school will now have ideas to make our school a better place
I liked the shocky slide but it hurt
I love the slide
I loved all the different activities
I loved doing it and it helped a lot
I loved it! Great experience. Gave us so many ideas to help our school, and to help us be healthier
I loved the activities and getting to know other students from other schools
I loved the balloon game in session #2, and the game in the church part
I loved the dance
I loved the dances
I loved the event. It helped me to become less shy
I really enjoyed the high school session. I like that we chose what we would speak about, and then split the topic groups to speak with other groups about the ideas that they had come up with
I really liked how fun this was. It was super informative
I really liked presenting
I really liked the S.T.A.R. team and the video they showed us
I think HASS is a great idea for getting children to be healthy
I think HASS is important, but I don't strongly agree on the HASS event to other because we learn about health and wellness to others
I think it was greatly planned
I think it was very fun. I would do it next year
I think this is a great thing that you are doing
I thought it was a good experience
I thought that this information was really helpful for me. And people should really come to these things
I thought the overall event was enlightening and useful. Great job
I thought this was cool
I very much liked it
I was really to be part of an event such as this. It was great to communicate with other schools to share our wellness ideas. I was impressed
I would like to thank all the people who contributed to this day
I would love to participate in this event again. And I want to do more dancing
If we received water bottles

In 2013 they had more fun activities which made children enjoy it more. More interactive
Invite more people. Thank you
It encouraged me to do a group in my school
It presented information in a fun way
It was a fun event
It was a good time
It was a grand time; more chicken wraps though
It was a great chance to go here. It was so much fun
It was a great way to meet other people
It was a lot of fun but should have more interactions with other schools
It was a very fun day
It was amazing but no dancing please
It was amazing. Thank you for the amazing experience
It was an amazing, life changing experience. Thank you
It was awesome
It was awesome and fun
It was awesome and I would want to come back next year
It was awesome! Thank you
It was enjoyable
It was enjoyable but more interschool talks would be interesting
It was fun *(n = 5 participant responses)*
It was fun and active
It was fun and informative. I will try to share it with others
It was fun. Get people's order for lunch ahead of time
It was fun. I liked it a lot
It was great *(n = 2 participant responses)*
It was great. Thank you for your work in organizing this
It was pretty fun but you should have had more colourful pencils
It was really fun and yeah
It was really fun, and I connected to my team mates; so keep doing what you are doing
It was really good but we only got to see one event and it was hard to find a place to eat lunch
It was very fun *(n = 3 participant responses)*
It was very fun interacting with others
It was very informative
It was very informative and enjoyable
It's easier to learn with videos
Just maybe have less talking and writing and more physical activities
Keep doing it every year! Thank you. This has inspired me
Keep up the good work *(n = 2 participant responses)*
Leadership students are quite disorganized and a few of them were quite awkward
Learning more skills for healthy eating and active living
Loved it
Lovely people with great personalities and attitude
Maybe get kids in groups to practice leadership skills. More group to group activities
Maybe have a few more physical activities
Maybe include ideas of things we could do to help our school so we can get started on our own list

Maybe junior/elementary students can interact with high school students? We would learn from people that have more knowledge
Maybe more things that are hands on or different and more approaches for different learners. But overall it was a great day! Thank you
Maybe not as long doing paper work without a break. Dance mob
Maybe you could make more of a point on why sugar etc. is so bad for you
More booths
More chicken wraps
More contact with other schools and more games
More dancing please
More games less reading and talking
More interaction with other schools would be nice
More interactions with other schools
More interactions with other schools
More interactive activities
More mingling among schools and more fun games
More red prizes
More refreshments
More school to school bonding
More socializing with other schools
More space to move in
Needs to be for more high school age, this is more for younger kids
Nice job
No thank you
No, but I really enjoyed this
No, perfect
No. It was good
None. It was fun and great
None. Overall very good
Nothing. It was great
Overall, well done. Next time, give more interaction with other groups
Play more games
Please try to find a bigger venue next year. It was quite crowded
Put more energizers and activities
Really encourages students to take advantage of a safe place that they can get ideas to help build a positive environment Great event and really beneficial learning experience
Really nice to see effort being put in to making a difference
Session 2 was long and boring. HASS was interesting and I hope to come again. Session 1 was fantastic and very informative. I am actually thinking of going to the school that presented Session 1 because the students were kind and the leadership group was great
So exciting! Very informative! Maybe Subway lunch option for everyone
So fun
So fun and I learned a lot
Thank you *(n = 5 participant responses)*
Thank you for a cooperative, creative and informative day trip. Hope to have an even more positive environment at our school

Thank you for a great day. It is amazing how you organize this for all of the students. Thank you
Thank you for all your hard work. I appreciate the effort made to have so many schools gather and make an impact on my worldview
Thank you for creating this event to help us (students) to be a leader
Thank you for doing this organization. It was helpful to me and also others
Thank you for having me *(n = 2 participant responses)*
Thank you for helping my school gets a better idea of healthy activities. You're all amazing
Thank you for letting me come
Thank you for organizing this amazing event
Thank you for providing this activity
Thank you for the presentation
Thank you for the wonderful time
Thank you so much for everything
Thank you. I had fun
Thank you. It was fun but more things like the flash mob and beach ball game. And the walk
Thank you. It was really fun
Thank you. It was the bomb diggity, and ask people instead of estimating on lunches
Thanks *(n = 2 participant responses)*
Thanks for everything you did
Thanks for having me
That was a really fun activity. Thank you
The cooks did a good job cooking
The energizers were very fun! I feel more connected with my group and was glad I got a chance to step up. In total it was fun
The HASS conference was kind of boring. There should be more activities next time not just for elementary school but for junior high and high schools
The reason why I said no to presenting at the HASS event next year was because I am graduating. But today was amazing. I had a blast
The session one was a very helpful session because it helped our leadership team realize a situation that can resolve, and situations that are not in our control
The whole event was fun and I had a great time
The wraps were nasty
The wraps weren't good, but the program was good
There should be more food
They did a great job with everything and it was a great event to meet others
They should give us more information about healthy eating instead of brainstorming all the time
This event was very helpful
This is a great organization
This is an amazing event. I wish every school could have the same amazing, awesome experience as we did. I would recommend this program to everyone I know
This is an amazing resource for small schools that don't have very many other resources
This is an awesome group
This program is amazing and very fun! I think it is really important to stay healthy and active
This taught me so much, and I love how you did this
This was a great experience. I learned so much. Thank you. P.S. I loved session 1
This was a lot of fun to attend. Keep up the good work

This was an amazing event
This was fun. Keep doing this
This was lots of fun
Today was really fun and the HASS really gave us ideas on how to develop our school to become better in academics and in health
Today was very helpful and fun
Very effective! Loved it
Very fun and informative
Very fun and informative. Maybe give clearer instructions
Very good day
Very good program
Very informative. Maybe just allow the mixing of students more so that more ideas can be exchanged. Had a great time
Very well organized day and very fun yet informative. Definitely worth missing school for
Was not focused on leadership only eating right
We could get more spirit days
Well done guys
Wonderful job guys, but maybe geared towards more junior high students
Yes it was very exciting and very fun to do I hope I can come next year
You did a great job
You did a great job
You did a very good job! You gave me new ideas! Thank you
You did an amazing job
You guys are awesome! I had fun
You guys did a fantastic job. It was my first year being present at this event, and I hope to be present next year as well
You guys did a good job. I had fun
You should have the other schools more involved
You were a large help in making me think about health and wellness
You were amazing! Maybe more physical activities
You're doing a good job
Other Comments (n = 54)
Host at college
I have no comments
I really don't have any
No *(n = 20 participant responses)*
No comments *(n = 2 participant responses)*
No I don't. Maybe next time
No not really. I have no questions
No nothing to share *(n = 2 participant responses)*
No thanks *(n = 3 participant responses)*
No. Not really anything to share
No. Nothing to share
None *(n = 6 participant responses)*
Nope all good

Not currently *(n = 4 participant responses)*

Appendix D. Youth Qualitative Responses from the HASS Event

* Responses highlighted in red are exceptional and all-encompassing comments related to the theme

Table D1. The Importance of Having a Healthy School Community According to Youth Participants

Importance of Healthy School Community (n = 6)
Because it is important to have a healthy school community
Because it's important to me *(n = 2 participant responses)*
It is important to have a healthy school community *(n = 2 participant responses)*
It is important to me because living a healthy active life is important to me
Impact on Life and Longevity (n = 48)
Because a healthy community is a good community and everyone would have a healthy life and only good benefits
Because everyone can live a healthy life
Because it helps you have fun and healthy and have happy lives as a child/adult
Because it is good to be healthy for many reasons like living longer. More active life
Because to have a healthy life
Because you won't have a good life if you're not healthy
For good influence on the next generation
Healthiness can increase your life
Healthy life is a happy life
Healthy, happy, longer life
If we are more healthy now students will take it home and our parents will help accomplish our goals and we can pass it generation to generation to live happier better lives and lifestyles
If you are healthy then you can live 5 years longer
It is important because everyone needs a healthy school community to live a happy life
It is important because we need nutrients and to be healthy to live so we need to help make it happen
It is important to have a healthy community so that people can live longer
It makes us have a better life
It’s a place that you want to be to make your life healthy and happy
It's important because everyone needs a happy and healthy life
It's important because you get a better and longer life
It's important to me because being healthy affects your life big time
Live longer
Longer life
People can't get along without it
People will live a longer, happier and healthier life
People will live longer with their habits
So everybody can be healthy and have a healthy life
So everyone gets out and active and has a successful life
So everyone has a happy life
So kids can stay healthy and live long
So kids have a healthy life
So that everyone can have a healthy life *(n = 2 participant responses)*

So that future people can have a healthy school and a happy life
So that we can live better and feel better
So the kids in my school can have a more healthy life
So we can have successful careers
So when you grow up you have a healthy life and other people around you do too!
So you can lead a better life
So you can live longer
So you live longer, and just being healthy
So you will have a healthy life
So you're better living
To be healthy and have fun
To have a healthy life
To keep people healthy and have a good and healthy life
To live longer
To stay active and learn to live healthy
You can live a healthy life everywhere, anytime
Maintaining Health (n = 107)
Also, to let them feel free. And, that they actually feel healthy
And when you are healthy you are more energetic
Be healthy *(n = 3 participant responses)*
Because being active is healthy for your body and it makes you healthier
Because everyone wants to be healthier
Because I believe that everyone should try to be healthy
Because I want people to make healthy choices
Because if people were unhealthy it would not be a very nice place
Because if you are not healthy then that would be bad for you and the people around you
Because if you are not healthy you fall asleep
Because if you don't then you're community will get unhealthy
Because it be healthy
Because it is good for everyone to be healthy
Because it is healthy for the world
Because it will make our school be healthier
Because people will be a better person and be healthier
Because people will be healthy
Because then kids are fit and healthy
Because we can have healthy bodies
Because we have to be healthy
Because you are healthy
Because you can be healthy
Because you can be more healthy
Because you can keep people healthy
I think that it's important to have a healthy school community because it will give us social skills for later in life, (leadership) we will make a habit of eating right, (healthy food) and kids that don't fit in will get a chance to
It is good because we can do more healthy activities

It is important because everyone can stay healthy and so out bodies stay alive
It is important because if we weren't healthy we wouldn't want to do activities
It is important so people can stay healthy
It is important to have a healthy lifestyle because you need to be a role model and be healthy
It is important to have a healthy school community because if you're healthy you have energy and if you don't have energy then it would be really hard to move
It is important to have a healthy school community because it is better for everyone to eat healthy and be physically and mentally healthy
It is important to have a healthy school community because you will have a strong and healthy teeth and body
It keeps kids healthy and friendly at school and home
It's healthy for your brain, body and heart
It's important because we want our kids in our school to be healthy
It's important because you need energy to do sports
It's important to me because I like being around a healthy and positive environment.
It's important to me because well people are healthy and now I know to be
Keeps kids healthy and keeps them active because keeping healthy kids is important
People become healthy
School is a place to be healthy
So all of the people in my school are healthy
So everybody will do things without stopping
So everyone can participate in healthy and energizing activities
So everyone gets healthy
So everyone in my school can be healthy
So everyone is healthy and fit
So everyone stays healthy or gets more healthy
So I stay healthy *(n = 4 participant responses)*
So people grow strong and healthy
So people would think it's a healthy school to go to
So students are physically and mentally healthy
So that everyone can be healthy and make good decisions
So that everyone grows up to have a healthy life.
So that everyone in the system is healthy
So that people are very healthy and teeth don't rot
So that we can be healthy for your whole life
So that your child is healthy
So we all are healthy and safe
So we all stay healthy at school and at home
So we can be ready for everything
So we can feel good about ourselves and to be healthy
So we can grow into a healthy habit and stay eco-friendly which is the best for our school and besides an apple a day keep the doctors away
So we can grow up healthy
So we can have healthy bodies
So we can keep ourselves healthy
So we can stay healthy at school

So we can stay healthy, and have a great life
So we will grow strong and be healthy
So you are healthy and not fat
So you can be healthy *(n =19 participant responses)*
So you can grow in a healthy environment and stay healthy
So you can stay healthy and so you don't hurt your body
So you can teach other people about health
So you can your friends can be healthy
So you have a healthy body
So your teeth wouldn't fall out
Teeth don't rot and we are not lazy
To get kids involved in healthy activities
To have a better, healthy and safe life
To have a healthy school you can be more healthy
To keep them healthy and grow up strong
To keep us healthy and in shape
Avoiding Illnesses and Diseases (n = 46)
Because I don't want anybody sick
Because I don't want people to get sick
Because if we don't we will get sick easier and the healthy ninjas wouldn't be here to help
Because if you are not healthy you will get sick
Because if you don't have a healthy school community people could get sick
Because people won't get diseases
Because people won't get sick
Because we don't want people dying
Because you have to be healthy or you will get sick and not be healthy
Healthy community is better because we don't get sick as often when we are active and healthy
It is important because you can get sick and not be really healthy
It is important to me because if we don't live healthy we could be sick and we wouldn't get to participate in all fun activities
It is important to me because it is good to stay healthy and you can maybe get sick
It's important to me because students can get sick so they have to skip school and then they will probably miss important school learning
Otherwise people would be sick and you would not learn because you are sick
So every one doesn't get sick
So everybody is safe and they don't get sick
So kids don't get sick easy
So less people get sick and stay in shape
So no one gets sick and so they can have a healthy body
So no one gets sick or watches a screen all day
So no one will get sick *(n = 11 participant responses)*
So nobody will get sick in school doesn't pass it on
So people can stay healthy and strong to protect them from being obese or getting sick
So people do not get sick and So you can learn
So people don't get diabetes and don't get fat

So people won't get obese
So we can be healthy, social and not a sick school
So you can be healthy and not sick
So you don't get hyperactive and when you're older you might get diabetes
So you don't get sick. And so you have a healthy body
So you don't need medic or pills. So you're healthy
So you take care of your heart and so you don't get sick
So you won't be sick you can stay healthy
So you'll be healthier and not be overweight.
To keep fit and not get sick. Also you'll be strong and tall
Mental Health (n = 21)
Because if we have a healthy community our community will be happy and it can increase someone's self-esteem
Because it makes us feel better
Because you feel better when you're active
Feel good about ourselves
For stress to go down *(n = 4 participant responses)*
For stress to go down
I also think it is important to believe in yourself
I think if you don't have a healthy school, they will have a sloppy mind
I think it's important because if you don't have a healthy school, behaviour will changes along with moods and many other things
If your mind is healthy, you are healthy
It helps everyone become healthier, have high self-esteem, and have fun
It is important because being healthy involves physical activities and that decreases stress and we are all happy that way
It's not just physical activity, it's also mental health
Not grumpy
So I can have a better spirit *(n = 2 participant responses)*
So kids can deal with stress, be active and have ideas for if they will be the next health champions
So that they feel good about themselves
So you don't stress as much
Happiness (n = 70)
Because a healthy school is a happy school
Because a healthy school is a happy student
Because being healthy makes happier lifestyles
Because everyone will be healthy and happy
Because everyone will be healthy and happy and it won't be so easy to get sick
Because it is very important to keep your body healthy and when you are healthy you are happy often
Because it keeps us happy and healthy
Because it’s important to be happy and healthy
Because kids will be happier and healthier
Because then everybody is happier and in better spirits
Because then we can have a healthy and happy community with no sick or inactive people

Because we would be happy with it
Because when you are happy you are healthy, and when you are healthy you are happy
Because when you're happy and healthy, you feel good about yourself and others
Everyone is happy and healthy *(n = 2 participant responses)*
Everyone will be happy. *(n = 2 participant responses)*
Healthy makes it a better place and everyone is happy
I think a healthy school community is better because healthy = happy
I think it’s better to have a healthy school community because healthy = happy
I would not be happy because I'm a very active person
If you are healthy you will be happy
It is important because without it, it will not be a fun place to be
It is important to have a healthy school community because people can have fun
It is important to me because you are happier when you have been treated kindly and have been kind
It makes our school happy and healthy
It's important to me because everyone will be happy and being healthy at the same time
It's important to me because it makes people happy
So everybody can be happy *(n = 9 participant responses)*
So everybody can live a happy school life
So everybody is happy and healthy and you can pass on your knowledge
So everyone can be happy and stay healthy
So everyone can have fun
So everyone has a healthy body. And to have lots of energy and to be happy
So everyone is healthy and happy
So everyone, everywhere is healthy and happy
So kids are happy and healthy, because it's not fun to be sick and tired
So people are happy not mad
So people can be fit and stay fit and happy
So people can be happier and healthier
So people can grow up to be healthy, happy people
So people now have to have a happy lifestyle
So people will not be grumpy and may have a happy life
So that everyone can be healthy and happy
So that everyone can be healthy and happy and not be left out
So that we are nice and fit and healthy and happy
So that you can feel welcome, safe and be able to remain happy and healthy
So the people will be happier and healthier
So then kids can grow up healthy and happy
So we can be proud and happy for our friends, neighbours and even ourselves
So you can stay happy and healthy
So you have fun
So your school is a fun environment for everyone. Also, lots more people would be happy and fit
To be more active, healthy and happy
To be more fun
To have a happy life
To have everyone happy
To keep everybody healthy and happy

To stay healthy, happy and active
We can be healthy and happy
When your school is healthy it seems things are better and people are more happy
Healthy Eating (n = 4)
Because too many kids take a lot of candy to school
Fruits and vegetables
So your body gets all the vitamins and nutrition it needs
To make sure that when one eats bad food that makes kids unhealthy
Healthy Environment (n = 14)
And kids should have a positive attitude
If we didn't everyone would be overreacting and fighting
It is important because the more you do and think healthy the more others will do the same (monkey see, monkey do)
It is important to have a healthy school community because it strengthens relationships of students, and encourages you to be more open minded and caring towards people you meet
It is important to me because it can change people
So everyone feels comfortable and feels like someone is there to help
So everyone has a good day *(n = 3 participant responses)*
So everyone has a good healthy attitude
So we can be good role models
So you can be a role model
Stop bullying
To be a role model to little kids
School Community Improvement (n = 47)
Because for people to be happy and want to go to school and play and meet other people in the school
Because healthy is important and school is where we come everyday
Because I want our school to be looked up to
Because if everyone is unhealthy then, well it's bad. If people are more healthy it's a better community and environment to live in
Because it is better for everyone
Because it will make it a better school
Because it's good to have a good healthy community
Because to help people
Because we need a healthy school so people can stay and play in the gym and at recess
Because we spend five days a week at school and it is a big part of our life and if we are influenced to be healthy we will be healthy
Because you will enjoy going to school
Because you will lonely people will bully people you will have a dark school
I am healthy to our school to bring healthy snacks to our school and learn better and it will be that you should be healthy always in our community and in our school
I feel good that we are doing this in our new school
I think it important to have a healthy school because if it wasn't it would be boring and I would not like it
It helps students and teachers stay healthy and active at our school

It important So that we can have a better community
It is important because if you don't have a healthy school community, kids will not be happy and school will not be an enjoyable place
It is important because it makes people feel good in school. It helps students concentrate and try hard in school and having a healthy school helps you become fit and healthy
It is important to have a healthy school community because you don't want to go to a not very good school because being healthy affects the people in your school
It will be healthier and a nicer place
It will improve the school
Makes me want to go to school
People are people
So everybody is awesome
So everyone in your school community
So everyone is happy and gets a good healthy education
So more kids will want to come to our school and be a part of our team
So our school is a better place and healthy.
So people can enjoy going to school
So that our school doesn't get lazy
So that you live in a healthy environment and everyone can play
So that your school can be a better place
So the students come to school and have fun
So we can communicate better with each other
So we can stay happy in the community
So we have a healthy school
So you can be a good leader when you grow up and be strong
So you can stay strong and have a nice community
Then people are excited to go to school every day
Then we will be a strong school community
They do better in school and it makes our school a better place to be
To have a healthy community
To have more new kids come to our school
To make our community healthy
Without healthiness we would not be a happy school community
You will be better and focused. You will also be happy
Safe School Community (n = 7)
It's important because there would be no bad behaviour and everything will go smoothly
More fun and it is safer
So people don't get sick, that people feel good and safe
So that you feel safe and happy
So the students will have a safer place to play and without getting sick
To keep everyone safe, happy and welcomed
To make everyone feel happy, welcomed and safe
Commitment to Being Physically Active (n = 45)
Because if you don't get the right stuff you can't have energy to be active

Because it helps you think and makes you more active
Because then it is more fun being active than being lazy.
Because to keep us active
Because we need to be active, awake and nice
Because you can stay active
For people to stay active and to help schools with more activities
I am active, so I want to come to school with people my age that are active
I like to see people running around
I think it's important because now a lot of kids play on their IPods all the time and they never get exercise
It important because you can be active and live. If you don't, you will be unhealthy
It is important because if you are not active people will not have a balance
It is important because it supports being active and being a leader
It is important for me because it helps me to be more physically active
It is important So that everyone can be strong and active
It is important to get exercise everyday
It is important to me because the school will be more active
It is important to me to have a healthy school community because it teaches you how to be active and how you can eat better
It keeps everyone in the school active
It makes you feel better when you're up and moving
So everybody stays active *(n = 10 participant responses)*
So kids go outside and stay active
So people be active in what they're doing. So you want to keep active
So people do not get fat and they stay active
So people stay active and do sports and not sit around all day so they don't eat too much and get fat
So we can be more physical with our lives
So we can be more physical with our lives
So we can do more stuff than we could before
So we have an active community
So you are more friendly and active
So you do not become a couch potato
So you won't have a none athletic school
Then everybody could be more active
To be able to do lots of activities
To keep everybody active
To stay active not to sit around doing nothing
Lifestyle (n = 4)
It is important to have a healthy community school because it gives kids chances to get involved have a better lifestyle and get in shape
So that you are living a healthy lifestyle and with healthy friends
So that you have a fun and healthy lifestyle
To make sure we have a healthy lifestyle and so we stay fit
Fun (n = 10)

Because then we're fit and it's easier for people to have fun
I can have fun and be active
It is important because if you stay active then you get stronger and if nobody was active then our school would not be very fun
It is important because with a healthy school people can enjoy being fit and having fun
So everybody can have a good time and participate in fun activities
So everyone is active and having fun
So that people can have more fun while having physical activity
So we are fun and active and stay healthy
So we can be active and do fun activities
So you can have fun. So you can be active
Fitness (n = 50)
Because I can be fit
Because if we didn't we would be fat
Because if you aren't getting enough fitness you won't be healthy
Because people need to be fit and healthy
Because we can stay fit and active
Because you want to stay fit
Because you will be lazy then
For some strong people
I think it is important to have a healthy school community because everyone stays fit and healthy
I think that it is important to be fit and healthy.
It is important because staying fit and healthy is something you should do now!
It is important to stay healthy and fit
It's important because we want to stay fit, well and healthy
It's important to have a healthy school to stay fit and strong
So everyone is in good shape
So everyone will be more fit and everyone will be happy
So I can stay in shape
So no one is fat
So people want to play with you because you aren't big or fat. Also, if you aren't healthy you won't think good
So that we can stay in shape
So that we won't have an obese body when we grow up
So then you can be fit and active
So we are fit and healthy *(n = 2 participant responses)*
So we are not fat and in shape
So we can get more muscles
So we don't become fat *(n = 4 participant responses)*
So when the kids are older they can be strong
So you can have a good body *(n = 2 participant responses)*
So you can stay healthy and fit
So you don't be lazy and stay in shape
Stay fit, active, choose more often, choose sometimes, and choose least often
Then everyone stays fit and healthy

To be in shape
To exercise and be in good shape
To help people to know how to take care of their body
To lose weight and be strong
To stay active and fit
To stay fit *(n = 4 participant responses)*
To stay healthy. To stay fit
To stay in shape for sports
We are fit and feel good about our self
You wouldn't be fit and healthy, and you could get fat
Healthy (n = 32)
Because it is important to be healthy and active *(n = 4 participant responses)*
It also feels good to be healthy and active
It is important because you get to be healthy and be active
It is important to have a healthy school because it is good to be active and healthy
It will keep you active and healthy
So everybody will be healthy, active and energetic
So everyone in our school stays healthy and active
So everyone is active and healthy *(n = 11 participant responses)*
So students get active and stay healthy
So that you have a healthy and active body
So we are fit and healthy and active
So you can be healthy and have an active life
So you can be healthy and have an active life when you are older
So you could be healthy and active.
To be more active and healthy in school
To keep active and healthy
To keep active and healthy So that we can stay in shape
To keep everyone active and healthy
To keep us active and healthy
Happy (n = 6)
Because if we are healthy we will be happy and active
Because it will keep you focused, active and happy
Because so everyone is more active and happy and strong
It's a place that makes your heart, brain and bodies feel happy and active
So that everyone is happy and fit
So that we have a happier and active community
Other Comments (n = 3)
Because
I don't know
It is

Table D2. The Most Enjoyable Parts of HASS According to Youth Participants

Learning (n = 39)
All that we learnt
And learning about eating
Coming to the rooms and learning healthy activities
Fitness and healthy eating
Fitness and how to get your body active
Getting to learn about being more active
Going to each booth, we learnt cool things at them
I got to learn new things
I got to see different presentations about healthy eating
I like the booths because we learned a lot
I liked learning about different ways to stay healthy
I liked learning about some different activities we can do during assemblies. I think the younger kids will really enjoy it
In the positive school environment with the LOLs
Just learning
Learning
Learning a bunch of different things and the flash mob and eating food
Learning about healthy eating and active things
Learning about healthy food *(n = 4 participant responses)*
Learning about healthy ways to live
Learning about leadership and staying healthy
Learning how to be more healthy in life
Learning how to make our school healthier and happier and learning different dances
Learning how to stay active, eat healthy and make a cheer
Learning new things *(n = 2 participant responses)*
Learning new things about why we need to be active and eat healthy
My favourite part was getting more ideas to bring back to our school
Playing fun games and learning how to keep our school active. And doing the flash mob
The healthy eating
The positive school environment station with the LOLs
The slide and the learning about healthy eating
To learn about healthy food
To learn the stuff
To learn to a better leader
To teach people to be active and not to be lazy
Today I liked hearing about other activities to be healthy
Presentations, Performances and Discussions (n = 80)
And I liked the flash mob
Being able to present my poster to all of the elementary kids from different schools
Doing the presentation
Flash mob *(n = 12 participant responses)*
Getting to present our S.T.A.R. program
Green tower garden
Helping set up Mrs. Saurver's presentation and seeing a flash mob

I enjoyed presenting because it felt good to let lots of people know what we did and how to have fun when being healthy
I liked presenting and watching and planning for our school
I liked presenting and watching other people's presentations. Another thing I liked was planning things for my school that we didn't have before
I liked the presentation part because we got to listen to other school opinions
I liked the presentations and all the activities for kids. Also the beach balls
Learning from Sarah Yates
My favourite part was learning about the tower garden *(n = 3 participant responses)*
My favourite part was the beginning
My favourite part was the mental health presentation
My favourite part was when the S.T.A.R. patrol came and we had lots of fun. I wouldn't change anything because I had a good time
Nutrition and snack program
Our presentation part
People that gave presentations
Performing
Performing the flash mob and eating food
Playing fun games and flash mob
Presentation and games at the end
Presenting
Presenting because I like to talk in from of lots of people and be a role model to younger people
Presenting my class's presentation and the dancing
Presenting my speech with my friend
Presenting our school to others about what we do
Presenting the S.T.A.R. program
Presenting, doing the QR thing and missing a day of school
Prizes and presenting *(n = 3 participant responses)*
S.T.A.R. presentation and the games
Saying my speech
Seeing all of the other presentations
Talking
Talking about the Bench Buddy Project
That we got to present
The displays and selfies at lunch
The flash mob because it was active
The introduction. I learned so many new dance moves
The nutrition and snack part
The olives I brought for snack and the flash mob
The opening (keep up the good work)
The opening ceremony was my favourite part
The part where S.T.A.R. presented
The part where S.T.A.R. presented
The presentation of the Bisset School
The presentations *(n = 3 participant responses)*
The S.T.A.R. presentation

The start
The teacher
The videos
Watching the awesome video
Watching the kids present and playing with the beach balls
Watching videos
When me and my friend got to present a speech
When our group presented
When S.T.A.R. patrol came and talked to us about the playground. It was loads of fun
When we got to present
When we got to watch the videos
When we went to make our presentation in the math room about leadership roles
When we were talking about being healthy and active with Tammy and Porter Field
Other Schools' Activities and Meeting Others (n = 25)
And knowing the people in our group
Getting to know different kids in different schools and learning what other schools are doing in their schools
Getting to know everyone and to learn about eating healthy
Getting to meet all of the other schools
Getting to mingle with other schools and finding out about other schools challenges, also I got to see my friends from my old school
Getting to see all the other schools and seeing what are their healthy habits
Going to different booths to learn what they do
Learning about different schools' activities
Learning about other school problems and learning to eat healthy
Learning about other schools
Learning about other schools' leadership activities
Learning about the other schools and how they stay healthy
Learning what other school do
Listening to the other schools
M new people and getting to do different things
Meeting new people and learning more about physical and social environments
My favourite part of the HASS event was learning what all the other schools do
My favourite part was at the beginning when you just have time to get to know the people in your team better, and when we had time to just plan events at our school
Playing with other kids from other schools
Talking to different people
Talking to other schools and giving them ideas
That you get to learn new things and meet new people
Watching other people's events
When we came in I met different people from different schools, and the beach balls
You get to meet other kids and teachers and learn new things
School Action Plan (n = 20)
Engaging with my team

Figure out what we are going to do
I like coming up with ideas for my school
I liked learning ways to make my amazing school even better
I liked planning out how we are going to make our school a more active, healthy and fun place
It was good for the plans for my school
Learning things to do with the rest of the school
My favourite part of the HASS event was being able to come up with different ideas
My favourite part was coming up with ideas for my school and getting the pen. Also getting active wear
My favourite part was planning
Planning a new health plan
Planning how to help and improve our school
Planning ideas for our school
Seeing how to make our school better
Seeing how we can improve our school
Seeing how we need to improve our school
The mental health creating ideas for our school
The planning for our school
The planning part
The school idea parts
Physical Activities (n = 296)
Active breaks *(n = 2 participant responses)*
Activities
All of the activities, and making yogurt parfaits
All of the fun activities
All the booths and the slide
All the cheers
All the dancing and exercise and learning about healthy eating
All the games
All the games and meeting new friends and learning new things
Balloon game *(n = 4 participant responses)*
Balloon game and trivia
Beach balls *(n = 2 participant responses)*
Being active
Being in the library playing Just Dance, and the balls and stuff
Breakout group physical activity
Building the tower
Building the towers
Choose more often, choose sometimes, and choose least often
Coming up with a cheer and physical activity
Dance
Dancing
Dancing in the gym
Dancing in the room before lunch
Dancing on stage
Doing activities, learning a dance

Doing all the fun games and activities
Doing poster and group work
Doing rock, paper, scissors
Doing the activities
Doing the activities
Doing the cheer *(n = 2 participant responses)*
Doing the dance up on stage
Doing the different activities
Doing the finger fling
Doing the passport thing and games
Doing the posters and presenting our PowerPoint with my friends
Energizers and slide
Flash mob and breakouts
Games *(n = 3 participant responses)*
Going around and doing different exercises
Going down the slide *(n = 4 participant responses)*
Going down the slide and the sanctuary with balloons
Going into the sanctuary
Going to all the different stations
Gym
Happy
Healthy activities
Healthy schools murder mystery
Hitting balloons in the sanctuary
Hitting the beach ball in the Holy room
I liked all of them because they're all healthy activities
I liked the activity breaks
I liked the beginning with the dance and beach balls. And of course the buff
I liked the exercise session led by CHHS
I liked the part when we took a walk by the river
I liked the part when we were sorting the food into "choose most often" "choose sometimes" and "choose least often"
I liked the physical activities *(n = 2 participant responses)*
I liked the program in the sanctuary
I liked the spotlight part
I loved the movement breaks
I loved when CHHS came up and led us in a fitness break. Awesome break
I was able to dance
In the beginning when the beach balls were everywhere
In the gym when we made our games
It was fun sorting the healthy and non-healthy foods
It was the activities
Just doing activities
Learning more games
Lunch and dancing
Making self-esteem posters

Making the cheer
Making the island
Making the posters was fun
Making up a game with only one piece of equipment and to teach other kids the game
Making up games and dancing with Brooke
Making up our game
Making up the cheers
Moving around and playing games
My favourite event was the energy break
My favourite event was the games
My favourite HASS event was making up the eagle cheer.
My favourite part is dancing and stretching
My favourite part of HASS event was the energy break
My favourite part of HASS was the cheer
My favourite part of HASS was when Brooke taught us that dance
My favourite part of the HASS event was playing with the balloons
My favourite part of the HASS event was when our group made up a game called pass n' trap and played it
My favourite part of the HASS event was when we did rock, paper, scissors
My favourite part was building a tower
My favourite part was doing the cool scavenger hunt
My favourite part was making the collage
My favourite part was making the poster
My favourite part was making up the cheer for our school
My favourite part was playing games *(n = 2 participant responses)*
My favourite part was the active games
My favourite part was the booths
My favourite part was the chapel in the church and we did dances and it is fun in the chapel in our group in our school
My favourite part was the dances
My favourite part was the games
My favourite part was the part where we had to think of our own game in the sports
My favourite part was the physical activity and when we danced
My favourite part was the walk by the river
My favourite part was when Brooke was dancing and we were dancing with her
My favourite part was when my group got to make up a cheer.
My favourite part was when we got to make our own games
My favourite part was when we had to make up our own games and be the leader
My favourite part was when we made and presented out cheer
My favourite part was when we made up our game
My favourite part was when we went to the other place and we made up our own game, ours was called Dodge Tag
My favourite part was where they did the exercising dances
My favourite parts were the slide and the dances and the balloons
My favourite thing was the activities
Opening ceremony and balloons

Opening ceremony and slide
Paper build
Physical activities
Physical activities and meeting new people
Physical activity *(n = 4 participant responses)*
Physical activity and when Brooke taught us the dance
Physical work out
Planning the games
Play games, brainstorming and draw
Playing games
Playing games in the gym
Playing in the place and gym
Playing lots of games
Playing rock, paper, scissors *(n = 5 participant responses)*
Playing the games and meeting other people
Playing the games in the gym like the alphabet game and rock, paper, scissors
Playing with the balloons *(n = 4 participant responses)*
Playing with the balloons and going down the slide
Playing with the balls
Playing with the beach balls *(n = 7 participant responses)*
Recess activities
Slide and the energizers *(n = 2 participant responses)*
The "Just Dance" part
The 1.2km walk
The active living *(n = 2 participant responses)*
The active part of HASS
The activities *(n = 8 participant responses)*
The balloon event and the gym
The balloons and the beach balls. The slide. The booths and prizes
The beach balls and sanctuary
The beach balls and the flash mob
The beginning
The beginning when we played in the gym
The big balloons and theater
The booths *(n = 2 participant responses)*
The booths and the slide
The cheer and the lunch and snacks
The cheer, lunch and snacks
The cheers *(n = 3 participant responses)*
The CHHS break
The clues
The comic strip contest
The dancing *(n = 4 participant responses)*
The energizers and slide
The energizers and the slide
The event where you made your own games

The first part of the day
The flash mob (balloons, music), and the slide
The flash mob and the balloons! And the loud music. The slide and more
The fun activities *(n = 2 participant responses)*
The fun dance and doing a lot of fun movements in the gym
The games *(n = 5 participant responses)*
The games and activities after lunch
The games and making people happy
The games and plan
The games at the library
The games in the morning
The games that we did
The giant balloons *(n = 2 participant responses)*
The gym exercises *(n = 2 participant responses)*
The learning and playing with the big balloons
The little activities like the ball game and the sugar game
The loud music and big balloons and the big slide
The meetings in the sanctuary
The meetings in the theatre
The one with recess and in the gym
The opening ceremony
The opening ceremony was my favourite part
The part where we could make up a new sport
The part where we passed the beach ball around
The parts where we got to dance
The physical activities
The physical activity part because it was a fun time
The physically active event
The physically active program
The poster and gathering ideas
The posters
The puzzle
The scavenger hunt *(n = 2 participant responses)*
The sessions
The sessions and prizes
The slide *(n = 6 participant responses)*
The slide and getting the passport stickers
The slide and the starting balloon drop
The social part where we made the cheer. It was lots of fun
The song Happy
The start
The start party
The stations
The sticker passport to go down the slide
The television dance part
The theatre and the dancing

Theater
Throwing the balloons in the sanctuary
Throwing the beach balls around
To play all the games I learned
To start the ceremony
Toss the balls around
TV and going to the breakout session
Ultimate rock paper scissors
We made games and shared with other schools
When made our cheer
When we did the island and the dance
When we got to do physical stuff and learn new ways to do physical stuff.
When we got to make a school song
When we got to make our cheer
When we got welcomed and we got to play with the beach balls *(n = 2 participant responses)*
When we had a PE card reply game. Memory card game actually
When we had all of the games (making the game)
When we had to do the challenges
When we learned about activity breaks
When we made the games together and played everybody
When we made up our own games *(n = 3 participant responses)*
When we played hangman
When we played the games
When we went to the big room with loud music and the giant balloons and started dancing
When we went to the gym, and when we had free snacks
When we were in the library we played Just Dance
When we were making the poster
When we were playing with the beach balls
Where we came and there was a huge beach ball party.
Winning the comic event
Positive Reinforcements (n = 15)
More prizes
Music and prizes
My favourite part of the HASS was getting stickers
My favourite part was getting bandanas
My favourite part was when we won the award because it showed that SMP is unique
Prizes and sessions
The draws *(n = 3 participant responses)*
The prizes and lunch
The prizes and the beach balls and watch the STAR videos
When they started handing out prizes
When we did the big draw
Winning runner up *(n = 2 participant responses)*
Lunch and Snack Time (n = 22)

Eating Lunch *(n = 5 participant responses)*
Lunch and the end
Lunch because we got to do fun things
Lunch was my favourite part. Great food
Lunch. I've been hungry all day
Making parfaits *(n = 2 participant responses)*
Making the yogurt parfait, and doing Just Dance 4
My favourite part was eating the yogurt in a cup
My favourite part was the lunch
Snack time
The healthy parfaits, and staying active with Just Dance, and the games
The lunch and snacks especially the bread things. I also liked the positive social environment and the LOLs
The yogurt parfait *(n = 3 participant responses)*
When we ate
Wraps
Other Comments (n = 18)
All of the fun things we did
Being away from school
Being with my friends
Being with my group, and all the events were fun
Buff
Everything was good
Getting the Buff
I did not have a favourite part
I don't know *(n = 2 participant responses)*
My favourite part was going on stage to get the two year sign up banner
Nothing
Physical Education
Positive social environment
Second half
The fun and friendly environment
The library
We never had to carry a lot of stuff

Table D3. Suggestions for Future HASS Events According to Youth Participants

No Changes to HASS (n = 227)
Absolutely nothing
For next year I wouldn't change anything because I thought it was really fun and I enjoyed it
I believe HASS is good the way it is
I don't think I would change anything. It was awesome
I don't think they're doing anything bad I think they shouldn't change anything
I liked it all
I really like everything we did today
I will be the fun thing in our year but I will near change in my school and it is fun today in the chapel

I would change nothing at all. It was perfect
I would change nothing because it was awesome
I would change nothing for next year's HASS event
I would change nothing in the HASS event
I would not change anything *(n = 15 participant responses)*
I would not change anything next year
I would not change it next year *(n = 2 participant responses)*
I wouldn't change a single thing because I had a terrific time
I wouldn't change anything, but the actions
It was great
No *(n = 3 participant responses)*
No I would not
Not anything to change. It's all good
Not much
Nothing *(n = 146 participant responses)*
Nothing because you guys explained it so well that there is nothing to be changed. Thanks for having me
Nothing but more food and more area
Nothing I like it
Nothing it was awesome *(n = 2 participant responses)*
Nothing it was fun *(n = 2 participant responses)*
Nothing really
Nothing this rocks
Nothing! It was great *(n = 2 participant responses)*
Nothing! Keep up the good work
Nothing!! It was perfect *(n = 2 participant responses)*
Nothing, but the AC
Nothing. And more food
Nothing. I had a lot of fun
Nothing. I like everything
Nothing. I like it. I like this
Nothing. I liked everything *(n = 2 participant responses)*
Nothing. I thought it was really fun
Nothing. I would like it to stay the same
Nothing. It is fine the way it is
Nothing. It is perfect. Do not change anything
Nothing. It was all very good
Nothing. It was amazing *(n = 2 participant responses)*
Nothing. It was awesome *(n = 4 participant responses)*
Nothing. It was awesome! Fun! Perfect
Nothing. It was fun
Nothing. It was great *(n = 3 participant responses)*
Nothing. It was perfect the way it is
Nothing. It was really fun, and I learned lots
Nothing. It was really fun. I loved it
There is nothing I would change
To be honest I think it was super awesome and I don't think anything should change

Changes to the Event Length (n = 18)
I would change the length of the event. Instead of having it six hours, it should be five.
I would change to a three day event so we can have one activity one day and the other ones on the next two days
I would give more time for the posters
I would have more time for random activities and I would add more time for planning
I would prefer more physical activity time, and some AC
It needs to be longer
Make it shorter
Make the program three days long 1 activity for each day so you can learn more about the activity
Make the sessions longer but more active and moving around
Maybe longer
More time
More time to get here
More time to go to look around at the tables
More time to listen to presentation and more time for the comic strip
Nothing except how short it was
The time
To have a longer HASS event
You could give longer time to create the poster
Physical Activities, Active Breaks, and Energizers (n = 174)
A few more games in every section except don't change the positive social environment
A few more races
After every speech, play a game
Being healthy
Being more active
Better dance
Bigger beach balls
Change the activities that are here
Different activities so we are not learning the same things every year. Other than that, HASS is really fun
Do less activities
Do more activities *(n = 3 participant responses)*
Do stuff at recess
Food session
Fun games
Get basketballs for a station like shooting hoops
Get the kids more active
Go on the slide more
Going to different rooms to do different activities
Have all the wellness committees perform special activities
Have more booths on ideas for healthier foods and to perfect them
Have more games, more prizes and some water bottles (because I got sweaty from dancing), and small prizes for everyone
Having a fair of being healthy

Having a skipping challenge like 2013
Having more games and songs, interacting more, less talking and more active
How long we had to sit in the beginning
I think there should be more activities
I think there should be more hands-on activities
I want dodge ball next year
I want more music
I will be more in enthusiastic and have more spirit
I would add in more activities. It was great though
I would change both sections of today
I would change it so there are more games
I would change the activities
I would change the HASS event by adding more physical activities
I would have more activities that get you active and moving
I would have more activities, but other than that, I really enjoyed it
I would have more dancing because it was fun
I would have more physical activities
I would like to have more bake sales
I would like to see a little more focus on events that will make everyone happy, but otherwise it was amazing and it was an honour to be chosen as a representative
I would put more activities. It was great though
I would want to play some games like tag
I'd make it so everyone had to do a dance on stage
In the beginning to have more beach balls
Kids just doing activities *(n = 3 participant responses)*
Learn about healthy eating
Learn about healthy foods
Less talk and more action, turn on the AC, everyone gets the same prize or everyone gets a prize
Make more games
Make the dance longer, and bring pets
Maybe a little more activities
Maybe do a bit more activities, but it was really fun
Maybe make one of the stations have hockey and have more physical activities
Maybe more things to do
Maybe some crafts
More active activities *(n = 9 participant responses)*
More activities and have a place for us to pray
More activities and more planning
More activities and more presentations
More activities in the event
More activities less talk. Funner things
More activities like playing tag in the gym or something
More activities otherwise it was awesome
More activities that are healthy
More activities that last for only 30 minutes
More activities to do with the lesson you are learning about.

More balloons
More balloons and more gym time and more games
More balls in the gym
More beach balls
More beach balls and more presentations and more activities
More booths and information on healthy eating and physical activities
More booths different classes
More breaks and activities
More breaks and more activities
More dancing and more fun
More dancing and rock, paper, scissors game
More dancing and speaking up.
More energizers *(n = 3 participant responses)*
More energizers! And chairs for everyone
More events
More events, running, and sport activities
More excitement
More excitement because at some parts I got really bored
More fun
More fun activities to get everyone moving and to avoid kids getting bored.
More fun healthy activities while learning new stuff at the same time
More games *(n = 6 participant responses)*
More games and workouts
More games for meeting new friends
More games, kids more active, and more stations
More games, less heat in the room and more active games
More great activities
More group activities
More healthy activities *(n = 2 participant responses)*
More healthy activities and find two cheers instead of one
More moving around *(n = 2 participant responses)*
More outside activities and more prizes
More physical activities *(n = 5 participant responses)*
More physical activities and more games
More physical activity and microphones for all presentations
More running and like gym stuff
More stations
More stations for elementary schools
More stations that take up the day
More stations, more moving to different rooms instead of staying in one
More things to do and bigger beach balls
More time to hang around and move
More time to play with the big balloons
Need tag
No balloons in the flash mob. It's too distracting. And why we're here
No balloons or beach ball at flash mob

Not as much dancing *(n = 2 participant responses)*
Not get five stickers only three
Not just staying in one room for the whole time moving to different rooms every half hour
Nutrition session
Only put three stickers for the slide ride please
Play more games
Playing more games in the gym
Please add an outside activity or break
Should have tag games. Wraps that are not liquidy and wet and soggy
Soccer game and more physical activities
That the elementary kids should do the same things as high school
That there are more activities
That we would get to do more things
The activities
The dancing part
To be more active in your head or be creative
To do exercise
To do more activities
To do the Zumba so everyone can start exercising
To have different stations
To have more activities that will get us moving
To have more balloons and more gym time so we can stay fit
To have more games
To have some more movement activities
To learn more games
To make a different song for the dance because I don't like that song
To play more games
To put recess into the program
We could go swimming and learn swimming activities
We could have more activities and discussions
We could play hockey, soccer or dodge ball
Yes, have more active games outside
You can go down the slide as many times as you want
You can go down the slide as many times as you want
You get to play dodgeball
Learning Techniques (n = 39)
A smaller amount of people
Doing a PowerPoint on Random Acts of Kindness and a bigger area for the event
I want there to be more time for mental health because we never got to present
I would change how many schools there were here
I would change the amount of kids. I would get more kids
I would learn more and get to go to the slide again
I would like it when they call the school next year, everyone that goes to the school will go on stage so everyone will get a chance to go on stage
I would like to see some more presentations by the staff

I would make more presentations
Kids do not talk as much
Make sure that technical difficulties are fixed
Make the HASS event presentations shorter so that there are more
Maybe a bit less people
Maybe if we can watch more than one presentation
Maybe to talk a little bit more about healthy eating and make sure there are no technical difficulties
Microphone so it is louder so we can hear
Microphones for all the rooms when you present
More cheers
More flash mobs
More in depth for certain age. I enjoyed myself but didn't learn as much as I would have liked
More information
More information about healthy eating. Better Wi-Fi. Couple of computers. More activities
More information about healthy foods if you don't have a place for a garden
More interacting with other students
More interaction with other schools
More interactive events *(n = 2 participant responses)*
More participation from the audience
More patterns for the flash mob
Not having to do cheers because it was hard and scary
Our cheer
Smaller groups and more fun activities
Talk about more healthy food
Talking more about eating all of the food groups
Telling students to become healthy
The groups
The nutrition session we couldn't hear and when she told us to talk loud she was talking so quiet
The star program
To have more students from our school come
Adjustments to the Value (n = 27)
Bigger room
Building *(n = 2 participant responses)*
Chairs
Chairs for people to sit in so we won't have to stand for five hours
Change the place and different activities
Have a bigger room
Have a place for us to pray
I think you should get a bigger room
I would change it to where we got to run around
I would change that there is more space and more dancing and cooler space
I would change the amount of space we have in the lunch places
I would change the amount of tables we had because it got crammed sometimes
I would change the area that HASS was held because it was very crowded and it was hard to do all the fitness breaks

I would change the place because it is too crowded; changing our back and forth walking and everybody gets a gift
I would change where we stayed, turn on the AC, and everyone should get a prize
I would make it a bigger room
I would maybe change being in such a small space
It was good, but it would be better if we had more space to sit
More big event when all the people gather to one spot
More space and not walking to and from Keyano and SSWC
To go to different rooms
To have more space
To make backpacks closer
When we were in the library
Where we sat
Where we sit at the back is not as fun
Offer More Rewards (n = 16)
Everyone to get a prize so it is fair
For not walking back and forth. For everyone to get prices and where we eat and stuff
Have more prizes
I would change the amount of prizes
I would change the draw. Maybe you could draw more numbers and only about 4 numbers because 8 numbers was hard
If one person finishes a station, then they get a sticker for their group
More free stuff
More free stuff and booths with pamphlets. More Wi-Fi and computers
More prizes for the draw *(n = 4 participant responses)*
So every school get a prize
That everybody gets a prize because it wasn't fair some people didn't
We have a higher chance of getting prizes and have a few more presentations with shorter time
Win the cup
Lunch Time (n = 10)
A long lunch
Have more time for lunch
I would change the lunch to chicken noodle soup and fruits and veggies
I would let the kids get more food
It would change the lunch we have, and be in a bigger space. Everybody gets prizes
Lunch earlier
Make the lunch walk longer
More food for lunch other than that, nothing *(n = 2 participant responses)*
More yummy snacks. More room so we can do more activities
Other Comments (n = 2)
Less paper work *(n = 2 participant responses)*

Appendix E. All Qualitative Responses 1-Month Following HASS

Table E1. Items That Would Assist Schools with Health Healthy Eating Activities

Stakeholder Involvement (n = 15)
Admin permission.
Each teacher responsible for each month's campaign.
Having the time to coordinate with the other school members who need to be involved.
How to get parent involvement
Involvement of more people, parents to supply some fruit /blenders for smoothie day
It would be good to have more teachers involved to divide the leadership group into segments (i.e. Health initiatives, School events, extra curricula's, tech committee, etc.)
More participation from all students and staff
Parent/community involvement would help support our goals.
Promoting healthy eating to our parent council and asking them for financial support and for extra help.
Student involvement in organizing and planning healthy eating events.
Support from admin
We already have an excellent nutrition policy and healthy eating habits. The plan is for the students to lead a wellness/ positive living project for the school.
We are well on our way to refining our Healthy Eating Challenge and having our student leadership team members promote it.
We have been receiving support from Candice Buteau
We have started and we are hoping to gain more student motivation.
Funding (n = 16)
$$$ for prizes and to send more staff and students to conferences. Also the chance to bring more kids to each conference.
Also, money would play a huge role in helping because you can't have healthy food without cash.
Continue to find funds to support students in healthy eating habits.
Funding for a "breakfast for learning" type program would be helpful.
Funding for smoothie days, and healthy snacks.
Funds to purchase the ingredients for snacks- we're trying to establish a lunch time smoothie program once/week. Students are encouraged to bring their own fruit from home to blend up, but forget. They've expressed that they'd like the smoothies and we'd like to make it easier to provide a nutritious snack for them!
Funds to support a breakfast program
Money is always the biggest hurdle. We need the money to put on the healthy food initiatives.
Money to support us, and more volunteers sponsorships.
Money, release time.
More funding
More funding always helps.
More grant dollars to provide healthy snacks and fruit and vegetables.
Support in purchasing fresh food.
To support it further we would love to have a bigger and better functioning kitchen.
We have already started, however, money would always help support us further :)

More Time (n = 11)
It seems hard to get the group together. Interested students are keen and academic therefor they are busy with other things. Suggestions?
It's just a matter of time at our school at this point.
More hours in a day for the teacher. Honestly a prep block would be amazing to help with planning and preparing activities. However, the budget being as it is, that's not going to happen. When report cards are over and the dust settles we will make it our priority.
More meetings to discuss ideas and put ideas into play.
More time set aside to meet with our wellness team
More time spent with the leadership team to plan and do more activities.
Quite simply, TIME to meet with students to plan and start the initiative!
Time
Time to have team meet together to develop plan
Time to organize and plan the activities.
Time! It's great, but it's one more thing to fit in.
Information and Resource Sharing (n = 9)
Additional simple whole school activities in this area would also help.
Any kind of resources around beverages would be great. Our school nurse is quite involved and helpful and has provided some resources but we are always open to more.
Continue announcements (could this be at a different time than just morning; possibly before or after lunch).
Help would be just additional information and resources about start up.
Ideas for healthy lunches that can be done for hot lunch programs
Information for healthy vending machines and milk machines in our area. Info on grants for purchasing these or filtered bottle filing station.
Simply knowing that there is someone to contact if we require further support is reassurance in itself.
Suggestion box
We have sent out newsletter items to parents, and send letters to local businesses.
Current Healthy Eating Planning, Initiatives, or Events (n = 27)
Common lunch time to get this all done and organized with the students
Continue our Trade a Snack Program
Each class can track food choices.
Encourage all students to have a 'fruit and veggie day' for lunch next term.
Having guest speakers come to the school to further engage and promote healthy active living.
It's going well with giving a sticker for the good choice the child makes at recess. Now they keep the dessert for lunch time.
Master Mini Chef program, expanding breakfast program
Our Community Breakfast has been and is a great success.
Our school is currently in the planning process to promote healthy eating at our school. We hope to implement something in the upcoming weeks.
PD for our hot lunch cook would help.
Providing kids with a training session at HASS. Ideas, guided planning process, etc.
Start to plan a 'healthy lunch week' for the beginning of March to coincide with 'nutrition month'
The HASS Student Leadership group plans to support the planning and development of a school garden.

This is being delayed due to modernization to our school, but we are looking at developing plans, applying for grants, and getting the infrastructure in place so that we can move forward in the Spring 2015.
They are planning to do some surveying before they make changes.
We already encourage Choose Most Often at ALL school events involving food. Our newest initiative is going to be encouraging celebrations without the use of food.
We are confident that our healthy eating activities are at an optimal level given our community.
We are getting the bag lunch program it is just not started yet.
We are hoping to have a minion day. We need to find some time to plan the event.
We are just in our infancy for all programs due to being a new school.
We are planning on having activities, just haven't started yet.
We are planning to finally get started in the new year with some of the ideas we created at the workshop.
We are working on our Re-Think your Drink Project.
We had started a lunch leaders program before HASS where students go to each class & enter names of students who have healthy food in their lunches in a monthly draw. Sports equipment & games are usual prizes given out. Charts or fun posters we could put up around the school alerting students to what healthy food looks like would encourage more students to adopt healthy eating habits.
We have some ideas for later in the year which we will work on after Christmas.
We have started the initial steps to beginning a breakfast program.
We have the ball rolling, and come the new year our next steps will be taken.
We implemented Healthy Eating strategies last year so are well on our way.
Other Comments (n = 2)
Already doing this :)
We do not need a lot of support. I think we have this under control.

Table E2. Items that Would Enhance School Physical Activity Opportunities

Space Availability (n = 6)
A useable gym would help as it is still under construction.
Common lunch time and gym availability
Develop a second intramural program (already planned)....we really need another gym!!!! Maybe we can start discussions with the neighbouring community health club to access its gymnasium during the school day?????
Not sure but a larger gym here or a second gym would help.
We have a number of teachers who give up lunch time to engage in sports with students. Also time after school. For us, a big limit is space to do more activities than what we can house in our gym.
We need the renovation of the school to be completed first.
Human Resources (n = 6)
Connections to community facilitators willing to contribute PA sessions. PD for staff & students.
More people from Ever Active Schools to come to the school and host other physical activities!
We also discussed being more involved in our intramural programming as planners, organizers, and participants.
We are working on getting a group of student activity leaders to create indoor recess games to promote movement during indoor recess days.

We will be starting soon, and are looking for student participation.
We would like coaches so that we can have more clubs for grades 5-12 outside of the regular sports seasons and programs.
Planning Time (n = 7)
More time to plan activities to get our whole school active.
More time. We have a walk around Canada in the works.
Time to plan activities with me students.
To help start and further support our Physical activities we need release time so that the teacher health champions can take some time to put together activity bags that can be rotated through the classrooms weekly, organize school wide physical activities to take place at monthly assemblies and to research other quick activities that could be email to the other teachers in the school so they can have a quick and easy resource to use in their classrooms for quick brain breaks throughout the day.
We have good information; we just need to make the time to get going.
We have some ideas, have discussed it with the P.E. department, but again, time constraints with the PE department head and me are making the start-up delay...
We need more hours in the day. The gym is booked pretty much 24/7 and our students are bussed therefore before and after school options are not really an option. Although the drums were cool and would be fun to borrow for a parent teacher open house kind of night.
Resources and Ideas (n = 9)
At some point it may be helpful to hear what other schools are doing for energizer type activities.
Continued funding and teachers taking a leadership role in this.
Continuing to learn about various phys ed resources would continue to help our teachers expand these programs.
Fun ideas sent to the health lead teacher to give to other staff. For example the 12 Days of Fitness I received!
Ideas for other school wide activities would be helpful.
Motivational strategies to help the unmotivated students get into it.
New ideas and keeping a focus
Organization of this event has proven to be a big job so anything that could support making the process easier would be beneficial.
We have applied for a grant to help start a 'Fitness Fridays' project. Any extra funding and resources that can help us to start these projects in our school is very helpful.
Current Events, Activities and Programs (n = 22)
A few teachers started an intramurals program. We also have gym time for the younger students during indoor recess as well.
Again, in the process of planning.
Classroom energizers hosted by our Healthy Ninjas.
Difficult to say at this time... Our leadership team has just started implementing the P.L.A.Y. program.
In planning stages for after Christmas break. We did do a physical activity/ice breaker for our HALT assembly.
Not sure but a larger gym here or a second gym would help.
Plan for school wide activities like a "Color Run"
Started more intramurals. Really no hindrance to getting this going.

SWAT Team will have a physical activity at our next assembly.
The HASS Student Leadership team has discussed teaching dance sessions to the school so that when we have school assemblies, we can have large dance sessions and re-energizing breaks.
The team is setting up something for our next assembly (active assembly).
There are a lot of physical activity opportunities, gym is open at lunch to students, and intermural etc. the student group felt that it would not be receptive to the fellow student population to do the "games" at the high school level.
We are currently using activity breaks, which are led by our Wellness Team, every Wednesday immediately following Silent Reading time at 1:05 p.m.
We are doing an excellent job of physical activity. Continue doing 10 sec. activity during morning announcements. School wide taste test before a physical (Zumba) activity. -Organization -permission, etc. Less icy playgrounds :p
We are going to start our 12 Days of Fitness Christmas and our winter running club. WE are also doing a school wide and home 30 Fitness challenge.
We are planning a Wellness Options Day at our school where we have booked numerous outside groups/instructors to come to the school to teach students dance, yoga etc. This will happen in January.
We are starting a walking club at noon and also do a whole school "Friday Fitness" every week. A Drum Fit Kit would be amazing for our students.
We have a very good physical activity plan outside of phys ed classes and are working to improve on it.
We have planned to run an intramurals program.
We started the winter walk prior to HASS. That was new. Thinking about active assemblies. Focused on nutrition at moment.
We've since booked the public skating rink 2 times per month, as well as attempting to great more brain breaks/ movement activities throughout the day.
Whole school activity day at school bbq.
Other (n = 10)
Already doing this :)
Equipment for the games, gymnastic mats for the floor
Funding for new types of equipment is always helpful. New activity ideas are greatly appreciated.
I again think we have this under control.
More outdoor equipment such as: Footballs, Basketballs, Volleyballs, soccer balls.
Not sure
Warmer weather - more variety of opportunities.
We are already an extremely active school
We have already started with some extra physical activities in our school. No other supports would be needed to help :)
We have an after school program once a week and since it has become colder and darker outside, many more students are attending and being active.

Table E3. Items to Aid in Planning or Starting School Activities that Support a Positive Social Environment

Time (n = 7)
Common lunch time
Here again, more time to sit with the leadership team to discuss, educate so they have a greater impact in the school community.

More time to plan and hold these events during/after school because whenever we plan a social activity, it has to comply with everyone's schedules and be within a certain amount of time (we can't avoid learning!). We have never actually had a social event after school aside from sports games and graduation.
Swat team is still trying to meet and decide on what to do....finding the time to meet and plan is the main issue!!!
The greatest assistance I could have to get all these great activities started is release time to plan or organize events and programs effectively
Time, time and time. The teacher leaders are pulled in so many directions it is difficult to find the time to organize and implement activities other than just awareness.
Unfortunately time is limited due to other initiatives in the school.
Ideas and Resources (n = 11)
Again, $$$ would help. Purchasing books and games. Taking leadership teams on trips. Lotsa things $ can help with.
Ideas for cross grade activities
Ideas for events
Money would also help because nothing brings people together like good, healthy food.
More ideas and activities to promote positive social environments.
More mental health training.
More resources
Resources are always nice. I always have to hunt for ideas.
Resources, lesson plans, ideas from other schools
The students that went to the HASS event came back with many ideas for promoting a positive social environment but as of yet we have not implemented them. Possibly materials that would have smaller scale activities/ideas to do this would be supportive.
We seem to need more resources in this area
Support and Education (n = 8)
Continue to speak to the student population and encourage the positive vibes in the school.
Continued support from the CHAMP workers and FSLWs...We love them!
Every month we have a new initiative. Learning how to get student leaders to involve other students in activities and include everyone.
Hosted an assembly with emphasis on leadership/citizenship/positive social environment.
Maintaining the support for next year in light of staff changes
Mentor sessions for kids. Teach them how to be role models for change.
We have had EAS staff in to lead a workshop on leadership. It was excellent and very well received.
We need more grade 6 mentors and staff support (currently only 6 out of 36, and only one teacher, are involved)
Current Activities and Events (n = 21)
Continue encouraging it within our daily activities. Trying activities in areas of the playground that join others. Visiting classrooms, to make people feel more welcome to join PALs. School contests. V-day gram - delivery a kind message. Posters. Clearly stating that everyone is welcome. Make a V-day card for someone else in the class OR another class. Draw names so everyone gets one!
Continued consistency

Just working on the healthy choices in our school.
Our school has a SPIRIT committee that plans activities to help promote a positive social environment at our school.
Our school has created a very positive social environment over the past several years.
Promoting days like "Random Acts of Kindness".
Reinforcing our Wilson Ways. Respect, Responsible and Resilient
Setting a priority as to what the school needs are, and focus from there
Started a lunch and learn for girls in grades 4-8. Invited AHS out to have a discussion on bullying.
The HASS Student Leadership students are going to become involved in daily announcements to help support the enhancement of "student voice" in JCC. The hope is to become more involved with the production of podcasts, daily announcements, and to be more actively involved in school assemblies.
The team took on two things to start and will look into the social environment later (although the active assembly may do some things for this category as well).
We are currently planning activities to support positive social environment.
We are in the process of creating an outdoor space for our junior high students during lunch hour to go outside and have lunch in the spring and fall.
We are looking at purchasing benches for more social spaces in the school. Grants would be helpful I suppose.
We began backpack buddies last year and we are continuing to implement that at recess. It is an ongoing project this year and it is our "positive social environment focus" for the year as we began it late last year.
We have a couple of ideas in the planning stage that we will carry out in the new year.
We have begun a Random Act of Kindness week challenge. As always, funding is low
We have only had 1 meeting. It seems to be very hard to get this group together. This is a similar issue I had when trying to start a group last year.
We have started a few things: tower gardens in the hallway and a saltwater fish tank in the library. These encourage conversation about living things and their needs. Encouraging further teacher support could help expand these programs.
We will also have multi-age group
We've purchases a table tennis net which students can set up at any table and they've been enjoying that over the lunch breaks. Our junior high safe and caring class also planned and hosted a "minute to win it" carnival for a group of elementary students in our community. It was lots of fun and a good opportunity for junior high students to work as a team to plan out the games and lead younger students through them.
Other (n= 4)
Already doing this:)
N/A
None
We are anticipating changes after our kick off next month.
We are good

Table E4. Ways that HASS Helped Students Become Leaders

Participating a Leadership Activities (n = 32)
A group of high school students were school leaders in the operation Christmas child shoe box campaign, promoting the charity and encouraging students from all grades to participate, we had

dozens of boxes filled and returned. Junior high students are also currently participating in a food drive challenge to help out our local food bank. Our seniors recently planned a grad fundraiser and raised over 500 dollars through a local bake sale.
Allow our Wellness club members to do some much needing planning for this and coming years.
It provides them the opportunity to take a leadership role and hold a position with responsibility
Joining PALs. Feel like kids are listening to us and that we are able to lead them and they are having fun.
Leading movement breaks in an assembly.
Leading our new activities
New ideas brought forth :)
New opportunities for leadership Providing social activities for younger students (grade 3s) Health & wellness leadership team developed the intramural program
Our Ever Active team has become great role models for the students.
Our HASS reps presented to our school and held a competition.
Our health team is taking the lead role on several initiatives.
Our leadership group is taking a bunch of the ideas we came up with at the event and putting them to action!
PALS team started
Recess Guardians
Some have taken the responsibility of planning events. Others have spoken in front of the whole school.
The students are keen to be leaders and they are working to teach our HEAL members the flash mob so we can do it at our December assembly.
The students have taken a leadership role throughout the school.
The students who went to the HASS are more aware of health and tend to eat better and are more active in and outside school. Now it is a matter of trying to convince the larger population.
The team has more responsibilities. Mr. Duchscherer gets us to organize activities.
These kids were part of our leadership team already but they know are a voice for HASS when we meet as well.
They are an active voice for the students (especially regarding FLEX time).
They are committed to helping make our school more active by taking on the leadership role of becoming activity leaders.
They are leaders and are interested in making change especially regarding nutrition.
They are looking for leadership opportunities in the school that they can become involved in.
They have become more aware of school/student issues and are discussing platforms to enable change.
They have had the time to plan their goals and see in other schools how they can be leaders.
They plan and lead Friday Fitness for the whole school each week!
We are continuing to work with our leadership club
We have a student lead drama club and a student lead dance club. Students have also taken leads to organize We 365 Challenges, write letters to local newspapers, participate in the School Division's Blog (184 Posts), volunteer to help out in a variety of ways with the community breakfast program and movie nights.
We have created a leadership team among the Grade 4's in our school in different categories: citizenship, healthy living, faith, etc.
We have some very strong leaders in our group, but the HASS event helped three grade 8's who are up and coming leaders see the possibilities.
We select promising leaders, who attend HASS. After two years, the older leaders mentor the younger leaders to sustain the programs that have begun in our school.

Initiating Planning and Generating Ideas (n = 13)
Our students got lots of ideas from what other schools were doing.
Excited about planning, spreading the word, and presenting at assemblies twice since
Sessions helped students become aware of how to start the process of incorporating healthy eating and school wide activities to get students active. Students have joined a committee to help create awareness and take initiative in health and wellness.
So excited to put our plan into action.
Students are spear-heading our wellness committee, and planning activities.
Students are taking an active role in the brainstorming and implementation process.
Students who attended HASS have initiated and supported physical activities in the school and proposed health eating ideas.
HASS provided the students with ideas to implement.
The students that attended HASS are very keen to plan and begin implementing healthy eating and healthy activities in the school.
The students who attended the conference went back to the leadership group and shared many of their ideas.
The team members (students) are planning and organizing, not the teachers.
They brought back many ideas, and went from nervous to be in a leadership role to fully embracing the opportunity.
They can see what other kids have done, and get inspired from it! Provides more buy in from students.
Building Self-Confidence (n = 14)
Being more positive and confident in their participation in school events
By giving them ideas and instilling confidence in their ability to lead activities.
Having more opportunities and gaining confidence.
I think that it inspired them to step up and take further action.
I think the responsibility of having to present has helped them feel like they are part of a team and like they are important. They have a role that makes a difference.
It has because we students, that went, have taken time to plan events where we host and support kids socially, mentally, emotionally, and healthily. The HASS conference has taught us leadership skills, and how to positively interact with others, our age, younger, and older than us. We also have taken time to plan events that benefit not only our school, but others outside of our community.
Just by demonstrating at the symposium the students can better imitate and deliver at the school level!
Kids are excited about helping out.
People are stepping up to do thing out of their comfort zone
Students are stepping up that normally wouldn't.
The students that attended the HASS event are confident and have positive attitudes towards health and wellness.
The students we have taken to the conference feel like leaders in Healthy Actions and are confident in their knowledge to plan activities.
They seem to be more empowered now, to make the changes needed with setting our school on a healthy track.
They saw that age/grade doesn't matter. Anyone can make a difference.
Other (n = 2)

Not all, but most
Only a couple

Table E5. Participant Examples of Organizations that Support School Health Initiatives

Parent Council (n = 10)
Our Parent council has donated time and money towards different aspects of our program.
Parent Council *(n = 3 participant responses)*
Parent Council - parent attended the conference and is looking to support upcoming initiatives.
Parent Council is helping with Fresh Fruit Friday
Family Connections, help with planning
Parent Council
MW School Parent Council
The Westglen Parent Association will provide resources for school health initiatives.
Provincial Active Living Organizations (n = 8)
Apple schools, coming in and providing mentoring and training
Be Fit For Life
Ever active schools.
Family and Community Support Services has supported our STAR program
Moving & Choosing
Be Fit For Life
Alberta Health Services
Groups within the School (n = 9)
All Battle River schools support healthy school initiatives. Events and activities are monitored to support these initiatives.
Calgary Board of Education, and School Council
Community lunch program and school council
Leadership group.
Our Health Champion Facilitator from Parkland School Division #70
School council and a business in Red Deer
School council has supported with some financial help.
School Council is supporting the activities, as well as staff members.
Prairie Rose School District #8
Local Community Businesses (n = 12)
Dance, yoga and fitness instructors are excited to teach students the benefits of exercise
Edmonton Iconic Club, numerous Local Business and participation all donated funds to help support our programs. The St. Albert's Children's Festival also adopted our school to participate last year.
Grasslands wellness facilitator has joined our meetings and gave suggestions
Lions Club of Redcliff, The Medicine Hat Family YMCA, RedHat Co-operative
Local grocers.
McMan Community Services - making money available to fund some of our activities
New Mental Health Partnership - Together We are Stronger
One organization donated bracelets that we can give out to students.
The Calgary Roughnecks did a presentation at our school during a whole day camp where we focused on

healthy active students. Byblos bakery also promoted nutrition.
University of Lethbridge nursing students
YMCA once a month for different physical activities

Table E6. School Health Policy Change or Development According to School Health Teams

Healthy School Overall (n = 1)
Our district already has a healthy school policy.
Mental Health (n = 1)
We are working more on our mental health. We are doing a video that supports resiliency, which involved many students during random acts of kindness week.
Healthy Eating (n = 3)
Healthier snack for recess
Healthy snacks are encouraged
We have already been an APPLE school for a couple years.
Healthy Policies Have Not Yet Been Changed (n = 9)
No - but to clarify, we are hoping to do so in the future.
Not 100% sure
Not yet
Not yet but hopefully in the near future!
Not yet but hopefully soon
Staff and administrators are discussing changes
We are still forming policies.
It is in the process of happening through initiatives that were created and learned about at HASS
Policy development has been met with firm resistance from both the parent community and the staff of our school. Both formal surveys and responses to presentations have confirmed that Healthy School policy will not be supported in our school.
Other (n = 4)
Already doing this:)
Work in progress
Our school nurse came along so she is helping us with a lot of school projects and ideas.
They are already in place.

Table E7. Additional Comments from Participants

Positive Feedback (n = 31)
As always it was a great day. The students were energized and came away with many ideas.
Ever Active Schools is a valuable resource for ideas and support. The newsletters are very helpful and encouraging.
Extremely happy with the conference and ensuing activities
Great day!
Great day, thank you! Kids came up with a random act of kindness paper chain ~ 453 acts done in one day! Next activity, classroom energizers and orange giveaway!
Great HASS event!

Great Job! I Wish I could have more of a voice and more time.
Great work!
HASS events are excellent. Keep up the good work.
Hayley from Ever Active Schools was FANTASTIC! She came into our school and did a Running Clinic...the kids had so much fun!!
I loved the HASS get together. Can't wait for next year. I am motivated and energized for change.
It is a great event for students to come 2gether!!!
Keep hosting the events! They've been great for our school to attend each year!
Keep up the great work!
Please continue to do the good work that you do by conducting workshops, operating the HASSs, and operating the Shaping the Future Conference. Each educator who takes back your enthusiasm and vision has an incredible impact on the young people of our communities. Once again, Thank you!
Thank you for another great HASS event, our students came back inspired and ready to make a difference.
Thank you for making it possible for our school to attend. The cheaper registration this year was a huge plus.
Thank you for putting on a great conference!!!
Thank you so much. I feel that the interaction for the high schools was extremely positive.
Thank you! *(n = 2 participant responses)*
Thanks for the great, well organized day! We had a lot of fun and learned a lot:)
Thanks!
The HASS is a fantastic event that needs to continue. Thank you for supporting our school.
The students really enjoyed the day and the best part was when they connected with the other students and shared ideas.
This is a great opportunity. Thanks for providing this for our students
Was a great day and helped us to get motivated to make changes in our school.
We are looking forward to starting our activities next month and then continuing throughout the year.
We look forward to seeing healthy positive changes in our school. Unfortunately we haven't had the time to implement our ideas as of yet.
What a great event. Teachers and students left with great ideas. I wish we could bring more kids... what a great opportunity. Thank you
You do great work. Thanks for everything!
Additional Suggestive Comments (n = 6)
Continue offering opportunities to sensitize our school population to the benefit of healthy living in school and also help the students recognize healthy situations outside the school.
JH needs to include more hands-on training for students. Give them the training and the tools to come back and be excited about making a positive change. Maybe assign mentors at HASS that can follow up with students at a later date to track progress and provide further support. Increase accountability among kids.
Need more room!!!!
Please keep supported us and coming out to educate us on ways to keep our youth engaged physically, mentally, spiritually and socially.
The HASS event was very informative, however, I think it would be beneficial to have more presentations centered on different ways to introduce healthy activities and eating habits in our school.
We loved being involved in this conference. It has had many positive impacts on our plans and schools. We wish we had more time to do things at the conference because there was just so much to do and we

couldn't do it all!! :-(We have one suggestion; maybe have it two days instead of one, and talk more about mental and emotional wellness (please and thanks, that's one thing our school wants to work more on). Thanks! ~Tofield Health Champions

Appendix F. All Qualitative Responses 3-Months Following HASS

Table F1. Items That Would Assist Schools with Health Healthy Eating Activities

Time (n = 19)
Dedicated APPLE time
Honestly it has just been time! No other reason!
Just having collaborative time with the students!
More time and more staff involvement
More time in a day to prepare/organize it
More time in the day to plan and organize as a team.
More time to implement the activities and teachers on board to assist with this.
More time to meet with staff and students
More time to plan
More time with leadership group
More time! But we are planning to make small changes for the remainder of the year and implement other strategies to encourage healthy eating in the fall when we have the entire school year to work with.
Nothing really...just time constraints get in the way.
Planning time
Time
Time to meet with students
Time to plan, collaborate with school health team
Time. I feel bad asking teachers to help when they've all got so much going on.
Time. If it was a priority of the admin.
We would need to wait until our modernization is complete at this time.
Financial Resources (n = 11)
Budget allotment
Funding *(n = 3 participant responses)*
Funding, a canteen that did not sell any unhealthy foods like fries or poutine.
Money
MONEY and MONEY.
Money to support a healthy hot lunch program that includes veggies and whole foods. These items cost more money and parents have expressed their concern that they cost too much money.
More funding and some PD for our hot lunch cook.
More funding!
We are planning to access SEED funding to support and supplement our education of eating healthy snacks and lunches.
Support and Buy-in (n = 7)
Community/school support
More buy in from staff, admin policies in regards to healthier choices, more information about healthy lunch programs

More teacher help
Nutrition week is coming up and we will incorporate the promotion of healthy eating activities into our efforts that week
Our parent council is going to help us get this project off the ground!
Staff involvement and help.
Student driven but need a teacher to supervise/volunteer time. Difficult to meet regularly.
Ideas (n = 6)
Hearing/seeing what activities other schools are doing to generate more ideas.
Ideas from other schools. A prepared package or kit of what to do.
Menu ideas
Some ideas for activities
Theme suggestions perhaps
Writing down ideas and start somewhere
Other (n = 5)
Have less activities/clubs in the school to run.
N/A
We are doing great as is!
We are planning one event in the spring and that is enough. Our aim is one successful activity in each term.
We will continue with our healthy activities for next year

Table F2. Items that Would Enhance School Physical Activity Opportunities

Time (n = 13)
Again, more time. At this point, it is important to focus on doing something really well (like promoting healthy eating). The additional physical activity focus will come at some point in the future.
More time *(n = 3 participant responses)*
More time to collaborate with students, staff and community
More time to plan and host these events.
More time to plan/meet with our leadership team.
More time to use gym or more accessible fitness space
Regular embedded planning time (like during an option class that is designed to promote school health and fitness)
Time for brainstorming and writing it down
Time for planning
Time to plan and coordinate
We just need more time.
Financial Assistance (n = 6)
Funding
Ideas for activities, funding for equipment, professional development opportunities

Money, coaches (this year we struggled to find a coach that could commit)
More funding!
More money, more access to sports/ games equipment, more promotion in school.
More teacher help, money
Support and Buy-In (n = 4)
Buy in from teachers (especially Div. 3),
Joining and teaming up with other groups that are already planning physical activity opportunities.
More staff
Training more of the staff to lead these kinds of activities. We have a huge staff, but most are not confident in their ability to lead physical activities for students outside of their gym classes.
Ideas and Resources (n = 4)
Few more simple ideas to do in classrooms
Ideas from other schools with similar situations (large school, one gym, many teams needing time and space to practice)
More resources/ideas
Simple ideas to get the whole school moving.
Other (n = 9)
Consistency with meeting as a group to plan and implement
Receiving emails like the 12 Days of Fitness that had the activity ready to go for us. Simply print and execute!
Retreat with the leadership group to better plan and prepare them.
We already have tons of physical activities happening at our school.
We are doing great!
We are doing only a few activities that hopefully we can do well.
We are ok on the physical activity front!
We are on track for this year and hope to keep our momentum going!
We are using our resources, our Ever Active team, our teacher intramural team, and our Phys. Ed Team to help get all these projects off and running.
We are working with individuals from ever active and the heart and stroke foundation and we are just excited for the day to come.

Table F3. Items to Aid in Planning or Starting School Activities that Support a Positive Social Environment

Time (n = 15)
Again time and staff. We are a small school and I do all of the planning for HASS events. In addition to running our athletics program. April to June athletics is big with badminton and track and field. We have planned family group events that tie into active and positive environments for the student body but we are short on time to run the events
Having more time to plan and do the "admin" stuff to get the groups organized.
More frequent times to meet and plan
More help and time.
More time More resources more ideas
More time to plan and coordinate, more support

More time to plan, a place to host the event, and more time for the whole school so they can be a part of the plan as well.
More time with small group to plan
More time *(n = 7 participant responses)*
Financial (n = 4)
Money *(n = 2 participant responses)*
More funding!
Funding and resources
Buy-In and Support (n = 4)
A counselor would be a huge help at our school.
Student interest and buy in
We have a good number of staff buying in to these activities.
We have excellent administrative support and we also have a Positive Behaviour Team.
Ideas and Resources (n = 4)
Brainstorming and writing down ideas
Ideas for whole school activities would be great
Maybe ideas from other schools as to what they've done and what has worked.
Premade ideas/emails that simplify the implementation process
Others (n = 7)
Continued opportunities to practice, plan and develop these types of projects in our school and across grades in jr and sr high.
Good here.
If I knew I'd be trying it :)
N/A
Not sure.
We are doing great
We are inviting students to design "what wellness means to them" and paint a brick on a wellness wall.

Table F4. Ways that HASS Helped Students Become Leaders

Active Involvement in School Activities (n = 31)
Gave them role models (they saw other student leaders) - helped generate ideas on how they could be leaders in our school
It gave them ideas and incentive to take charge with their voices/ ideas/ plans
It gave them ideas on how to lead the school to be better!
Leadership groups have taken on a number of tasks related to promoting healthy, active living
Recess Guardians feel like positive leaders in the school
Speaking about what happened at HASS
Spoke at assemblies, chair the meetings
student team leads intramurals, does announcements,
Students are involved in intramurals, announcements, planning spirit days etc.
Students are actively involved organizing the activities and working with their peers
Students leading activities have not only developed skills but a new understanding that they have the

capacity to impact their environment.
Students run afterschool clubs and noon hour clubs. They lead monthly assemblies and assist in raising funds to support programs
Students stay after school to sell healthy food during home games, and come early to promote a healthy nutritious start to the day
Students who normally wouldn't be leaders are now stepping up in. They are showing their true colors and potential.
The do announcements and lead portions of assemblies
The HEAL club meets every second week at recess to plan school wide initiatives that they introduce and help run.
The student leaders are taking on some projects
The student that came to HASS is leaders in our school to start with. It provided them with ideas to continue this leadership within our school but I would say that they were leaders in the first place.
The students who attended the HASS event take pride in and ownership of school initiatives. They get the opportunity to work with other students in leadership roles and enjoy planning events.
The SWAT team is highly interested and mostly engaged, the group continues to grow as interest grows
They are actively involved in leadership opportunities throughout the school.
They feel that they have more responsibilities as role models to little ones.
They have become our Grade 4 Healthy Leaders and have been working on the PALs program with our Grade 1, 2 and 3 students.
They help lead assemblies and run our 30 Day Fitness Challenge and are going to run our Fresh Fruit Fridays.
They love leading Friday Fit and making healthy snacks for others. They are helping their friends make healthier choices.
They take a leadership role in helping younger students in academics, social environments, play, etc.
They took on all the planning and implementation for their initiatives (healthy eating and active lifestyles).
Those students organized our Crunch Day by making visuals, doing announcements and videoing the assembly.
We Health Champions have learned how to lead our fellow peers because of all the activities and presentations provided by HASS. We have been given the tools and materials we need to grow into these leaders.
We took 5 members to a leadership conference in Edmonton and are having them organize a mini conference for elementary students in our district.
Willing to help with the fundraising event. They see the importance in it and how much work it is for one person to do it.
Building Motivation, Confidence and Perspective (n = 16)
Bringing them to present has motivated them to help with fundraising
Confidence in front of peers leading and demonstrating clubs and activities.
Gain confidence to organize and have new and interesting ideas.
Gave them options and confidence on their opinions
Given students ownership and confidence
Having them look at healthy school environment gives them a more global perspective.
It gave them an opportunity to think through our work and try to communicate the benefits of why we do what we do.

It helped give ideas that are student led
Organizational skills and promotion.
Our students are excited to share what they learned with other students. They were already passionate about health and wellness; however the conference excited them and brought the group of students together.
Taking initiatives
The event got them motivated and excited
The students who attended came back "pumped" and shared ideas which are being used.
They are excited to put the plan we created into action
They are excited to share their HASS experience and knowledge with others.
They are very excited to start all the good ideas they have.
Other (n = 8)
Allowing students to work in groups where all members contribute to a common goal and use individual strengths to hell their group succeed.
Because we only got to take 6 students they are already leaders.
the grade 5 and 6 students are amazing leadership buddies
The students that attended the HASS event were already leaders in our school, and this event helped to make them stronger learners.
The students who attended have really stepped up as leaders, and in turn helped other students build their leadership skills.
They are idea generators for making our school a better place
Through our health team.
Through PALS

Table F5. Participant Examples of Organizations that Support School Health Incentives

Groups within the School (n = 11)
Admin, leadership and canteen have embraced and supported the changes
Admin, teachers and students.
BLAST (Barford Leadership and Service Team) having the social days. As well the P.E. department with the intramurals.
Committee - financial, resources, ideas
Involvement of the health nurse
Rec board
Student Council
Teachers, classmates volunteer time to organize, plan and supervise
The entire school!
The girls basketball teams and parents
The School Health Champion Team
Parent Council (n = 7)
Our school council for sure!
Parent Association and individual parents have provided financial and logistical support
Parent Council *(n = 2 participant responses)*
Parent council- local IGA store
Parents help with activities as necessary.

Principal, participarent, school council, county of GP ($2500.00 grant received Dec 2014)
Local Community Businesses (n = 5)
During school events such as sports tournaments, we have had sponsors that donate food (Subway) and resources for us to host healthy, fun, and public events.
Local businesses, Participaction Grants, Service Credit Union and the community church
McDonald's, Freson, local sport teams
Outside agencies, community groups
The seniors at the senior citizens center who have agreed to meet with our students to build better relationships and understanding between cultures and generations.
Provincial Active Living Organizations (n = 11)
Alberta Health Services *(n = 4 participant responses)*
Cathy White (AHS) - introducing and training for PLAY program
Communities choose well
Dow Canada financially supports our Breakfast program and our Robotice league. Ladies groups and churches have provided funds and baking for our feeding programs. Fortis Alberta awarded us with the Safety School Award so some of those funds are going towards purchasing materials for our Pink Day.
Ever Active School
Ever Active Schools, Alberta Health Services
RBC Grant (professional development), Safeway (gc for healthy snacks)
Sportball, Softball Alberta, Rocks & Rings, Parent Council, Hot Lunch Committee, administration and staff
Other (n = 2)
Aim for success
Innovations/ Class presentations on Mental Health/ physical health and nutrition

Table F6. School Health Policy Change or Development According to School Health Teams

Policies are still being Developed (n = 5)
Yes to a continued support of our policies
Canteen purchases. Still in the talk phase but planning on making changes. Again, time plays a big role.
We are still developing them as we go.
We began our process 5 years ago, and are continuing to implement small changes
Yes, but this year we are maintaining and continuing to build up previous changes to our health policy. Our most significant changes in policy occurred three years ago.
Healthy Eating (n = 4)
Our District already has nutrition policies in place.
Trying to practice healthier lunches for fun lunch days
It has raised the profile of Healthy Eating Initiatives again.
We have good nutrition policies
Increase Student Involvement and Voice (n = 4)
Greater participation and support for activities. Greater student voice

More activities planned by our Healthy Leaders in and around our school.
Not quite sure about policies but our Admin. Team has surely supported this group.
Students are involved!

Table F7. Additional Comments from Participants

Positive Feedback (n = 24)
Ever Active Schools is a fantastic resource and I appreciate all of their help and guidance through all the PD's! :)
Good job on the conference! We will see you next year!
I had a great day while there. I loved the postcard I got in the mail as a reminder and this survey. Please keep it up!!!
I love it!!!!
Keep up the good work and continue to provide opportunities to participate in a variety of workshops. Choice in sessions is also is appreciated!
Keep up the great work!
Keep up the initiatives... I do believe that you are very helpful and helping us make a difference in many communities
Love attending HASS! We will be back next time!
Not at this time. Looking forward to next year!
Thank you for all the amazing work you do! The students love attending HASS and it has helped to create a successful student leadership team in our school!
Thank- you for all the support
Thank you for inviting up to this event, the students really enjoyed it.
Thank you for organizing this event, and for lowering the price for schools to attend. It was very beneficial.
thank you for supporting and inspiring us on our health journey
Thank you for your assistance! Please continue forwarding activities which are premade and easy to implement such as the 12 Days of Fitness. Our school loved participating in the actions each morning prior to Christmas!!
Thank you for your efforts
Thank you for your great support with ideas, resources, etc. The newsletters are especially helpful and informative.
Thanks for everything!!
Thanks! We really value the time we get to spend at the HASS event.
Thanks, great way to get the kids involved and motivated.
The energizers/ flash mob at the beginning are fantastic and need to continue.
The kids are still pumped and ready to go... time is what is sometimes lacking in planning.
The students loved the conference. It was a great way to get the year started and the HEAL club members excited about the year.
There was some value in listening/viewing other school's skits upstairs in our Elem breakout room. It validated some of the activities we were doing already. Awesome day!
Additional Suggestive Comments (n = 13)
Allowing time for the students to plan events is crucial but there weren't enough engaging activities to keep their interest.
At the event, the schedules were mixed up and not put together well.

I have realized that as staff in our school has changed over time.....keeping the healthy living momentum in our school has become a challenge.
I recommend that the HASS event has some changes to allow all students to hear each other, and to keep the workshops shorter.
It was fun to go to but would have like to participate with other school.
Just to keep in mind, certain schools had to leave CR church before the Celebrations were complete in the chapel at the end of the day.
Keep allowing the students to come to mic and present one health initiative followed by 3 claps.
Our students needed more activity.
Perhaps the planning time was a bit too long.
There was redundancy in having the students plan again and fill in questions.
We are going to become an everactive school and hopefully next year will put school wellness a priority for our leadership team to plan around.
We were sitting together too long with our own team, rather than getting the opportunity to meet students from other schools.
We were well educated on physical and nutritional health, but we wish that at the next event there is more on mental and emotional health; that's where we are trying to improve our school's health.