

Michigan Students—Fit, Healthy and Ready To Learn!

“SCHOOLS CAN DO MORE THAN ANY OTHER INSTITUTION IN SOCIETY TO HELP YOUNG PEOPLE LIVE HEALTHIER, LONGER, MORE SATISFYING, AND MORE PRODUCTIVE LIVES.” THAT’S WHY THE MICHIGAN HEALTHY SCHOOL ACTION TOOLS WERE DEVELOPED. —CARNEGIE COUNCIL ON ADOLESCENT DEVELOPMENT



About Healthy School Action Tools (HSAT)

The HSAT are a set of online tools designed to help Michigan schools create healthier environments. A healthy and safe school environment gives students clear and consistent messages, accurate health information, and ample opportunity to apply it. Schools that support healthy choices help students achieve their academic potential.

The self-guided HSAT process offers individual schools a method by which to assess the overall state of their environment as well as the choice to zero-in on one or more specific topics. Including:

- Asthma Management **NEW!**
- Healthy Eating & Nutrition Education
- Physical Education & Physical Activity
- Tobacco-Free Lifestyles **NEW!**
- Violence & Injury Prevention **NEW!**

Working With A Team

Completing the assessment and taking action to make changes will be much easier if you have a supportive team. Before you begin, form a team of interested individuals who represent various aspects of your school—you may want to include teachers, administrators, food service directors, health care providers, parents, community members, and (for middle and high school) student representatives. The improvements you make will be more meaningful, more widely accepted, and much easier to implement and sustain if you work with a representative team.

Finding The HSAT

Go to Michigan's Healthy School Action Tools website at www.mihealthtools.org/hsat.

The Online Factor

Completing the HSAT online offers a host of benefits. Including:

- Automatic scoring
- The ability to make edits electronically
- Immediate access to your HSAT, plus immediate feedback on any necessary corrections
- The ability to share the HSAT with multiple team members in multiple locations
- Immediate links to key online resources

Who's Eligible?

Any Michigan school, whether public, private, or charter; is allowed to complete the HSAT.

Is It Worth It?

Research shows a correlation between positive health behaviors and increased student achievement. Using the Healthy School Action Tools can help create a healthy school environment where all students can achieve their full academic potential. Other noted school improvements are:

- Increased school attendance
- Greater class participation
- Improved emotional behavior
- Reduced anxiety, depression, and fatigue
- Reduced disruptive behaviors
- Maintenance of positive interpersonal relationships

Visit www.mihealthtools.org/hsat to help Michigan kids be the best they can be!

The Healthy School Action Tools Process

Assess

your school environment

- Step 1:** Register & Select Topics
- Step 2:** Read Instructions
- Step 3:** Complete Assessment
- Step 4:** Complete Summary
- Step 5:** Finalize & Submit

Assess

The first part of the process is to take a look at your school—to identify strengths as well as areas of need. The HSAT Assessment consists of both big-picture and topic-specific questions. It also provides information and feedback on your school's current status.

Plan & Act

to make it better

- Step 6:** Read Instructions
- Step 7:** Set "SMART" Goals
- Step 8:** List & Prioritize Actions
- Step 9:** Plan & Complete Actions

Plan & Act

With a comprehensive understanding of your strengths and areas of need, your school will be poised to set meaningful goals and to plan and implement actions that support those goals. The HSAT Action Plan walks you through effective planning steps and provides a convenient way to document your progress.

Brag a Bit

get recognized & help others

- Step 10:** Submit a Success Story and/or Participate in the Healthy School Environment Recognition Program

Brag a Bit

Acknowledging your achievements is motivating and can energize your school to continue making improvements. Plus, publicly sharing achievements helps other schools—it provides ideas, demonstrates achievability, and inspires others.



Check Your Progress, or Assess New Topics

Assess Again

The HSAT Assessment is designed to allow you to take it again and again (as many times as you like). Reviewing the same topic areas is a good way to check your progress. You can see how much your HSAT Assessment score improved due to changes you made. Or you may wish to assess new topic areas. Your Action Plan remains active and available during the reassessment process so that you can continue to implement actions and monitor your progress.

**For more information:
Visit www.mihealthtools.org/hsat**

Healthy School
Action Tools

The HSAT is presented by the Michigan Department of Community Health, Michigan Action for Healthy Kids, Michigan Department of Education, Michigan State University Extension, Michigan Team Nutrition, United Dairy Industry of Michigan, and the American Cancer Society.