**Healthy Living Performance Standards – Matrix**

This assessment tool provides a quick, comprehensive snap shot of where you are at. By using guiding questions, it helps you assess your level of activity according to the aspects of the Healthy Living Performance Standards (HLPS) as well as the pillars of Comprehensive School Health (CSH). This assessment can be completed by the teacher or as an activity with the whole class. If it is done with the class, it is recommended that the teacher facilitates this process.

Under each aspect of the HLPS, there are questions to consider in each pillar of CSH. These questions are meant to help start the conversation about current activities that are happening within the school/classroom in each HLPS aspect and CSH pillar. **The intention of the HLPS Matrix is to provide you with a quick comprehensive view of where your strengths are and an idea of where you could focus your efforts.**

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| **HLPS Matrix** | Healthy Eating | Active Living | Healthy Relationships | Healthy Practices |
| Teaching & Learning | In the school/classroom, is sufficient time allotted for teaching and learning opportunities about healthy eating? | In the school/classroom, is sufficient time allotted for teaching and learning opportunities about active living? | In the school/classroom, is sufficient time allotted for teaching and learning opportunities about healthy relationships? | In the school/classroom, is sufficient time allotted for teaching and learning opportunities about healthy practices? |
| Relationships & Environment | To what extent is the school/classroom environment supportive of healthy eating? | To what extent is the school/classroom environment supportive of active living? | To what extent is the school/classroom environment supportive of healthy relationships? | To what extent is the school/classroom environment supportive of healthy practices? |
| Our School Policies | Does the school/classroom have policies that support healthy eating? If so, does the school/classroom actively align and model actions with the policies? | Does the school/classroom have policies that support active living? If so, does the school/classroom actively align and model actions with the policies? | Does the school/classroom have policies that support healthy relationships? If so, does the school/classroom actively align and model actions with the policies? | Does the school/classroom have policies that support healthy practices? If so, does the school/classroom actively align and model actions with the policies? |
| Community Partnerships | To what extent is the school/classroom utilizing available community partnerships to support healthy eating? | To what extent is the school/classroom utilizing available community partnerships to support active living? | To what extent is the school/classroom utilizing available community partnerships to support healthy relationships? | To what extent is the school/classroom utilizing available community partnerships to support healthy practices? |

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