Vision
Through sustained involvement in quality programs, all children aged 6 to 12 are experiencing healthy child development.

Mission
Ensure that program practitioners develop a high level of expertise in child development. Help parents to make informed choices. Provide practitioners with tools for enhancing and maintaining a high level of program quality.

Quality Framework for Healthy Child Development in Sport and Recreation

- Canada's quality standard for children's programs
- Developed by Parks and Recreation Ontario (PRO)
- Research began in 1994
- Launched as HIGH FIVE® in 2001
- Available across Canada in English and French
- More than 1 million kids annually are having positive experiences through HIGH FIVE Organizations!

How does it work?

- Providing training to build expertise and capacity of staff concerning healthy child development and quality programs for children
- Principles of Healthy Child Development
- HIGH FIVE® Sport
- Healthy Minds for Healthy Children
- Principles in Practice
- QUEST 2
- QUEST 1
- Strengthening Children's Mental Health
- HIGH FIVE® Trainer
- Assessing policies & procedures using QUEST 1
- Optimizing policies & procedures to encourage quality programming
- Communicating the policies & procedures internally to all staff
- Measuring adherence to policies & procedures
- Assessing sport and recreation programs for children using QUEST 2
- Celebrating program successes
- Charting of program progress
- Identifying priority areas
- Promoting a commitment to healthy child development and as a quality service provider
- Creating staff incentives
- Gaining parent feedback
- Establishing a culture of quality that can be shared through marketing materials (i.e. website)
Why HIGH FIVE®?

Many people and organizations get involved with HIGH FIVE because they believe in the power of making a difference in children’s lives through giving them the ‘best way to play’.

HIGH FIVE helps others understand the importance of providing quality and positive experiences to children - experiences that will last for a lifetime!

Why HIGH FIVE Works

- Comprehensive, evidence-based approach
- Measurable through scientifically-proven tools
- HIGH FIVE Database supports strategic planning by tracking and reporting on organizational performance
- Improves quality and overall satisfaction
- Meets increasing demands for quality assurance certification

Why HIGH FIVE Matters

- Kids excel in life through positive experiences in programs
- Kids are encouraged to stay active for life
- Addresses societal challenges including mental health and physical inactivity
- Educates the sector on the emotional, social and cognitive needs of kids
- Provides parents with an identifiable standard

HIGH FIVE holds true to the following five Principles of healthy child development that the research indicates are essential for quality programs.

Read about HIGH FIVE’s definition of quality at www.HIGHFIVE.org/what-high-five/studies-research