Personalise your policy

Health and Well-being Policy

**<Insert school name>**

**<Insert school logo>**

**RATIONALE**

**Health promotion practices such as healthy eating, physical activity, positive mental health, sun protection and delayed or reduced alcohol use**are fundamental to good health and contribute to lifelong health and well-being. For children, health status and academic achievement are directly connected. Schools can make a difference by helping children to learn healthy behaviours and establish lifelong behaviours.

**Our policy aims to:**

* Create better learning outcomes, and improve the health and well-being of our students and staff.
* Provide a safe, stimulating and fun place to learn, work and play.
* Nurture a sense of pride and commitment where students, teachers/staff, parents/caregivers, health professionals and community groups collaborate to create and maintain a healthy school community.
* Increase awareness in the school community of the benefits of eating healthy food, drinking water, being physically and mentally active, and protecting against UV (ultraviolet) radiation.
* Embed healthy behaviours into our school community using a whole school approach.

**OUR COMMITMENT**

**Curriculum, teaching and learning**

**<Insert school name> will incorporate health and well-being concepts into school curriculum by:**

* Providing regular professional learning opportunities for teachers and other staff relating to health and well-being.
* Allocating adequate budget for health related professional learning and curriculum materials.
* Ensuring there are regular physical activity and health sessions during teaching periods for years K-10, including regular movement breaks between long periods of sitting.
* Reviewing and developing activities that will give students the knowledge, attitudes, beliefs and skills to make healthy eating, mentally healthy, sun protection, physical activity, and alcohol use choices for themselves.
* Provide at least 2 hours of structured moderate to vigorous (huff and puff) physical activity opportunities each week during the school day, that help support students to meet national guidelines1 (for 5 to 17 year olds, a minimum of 60 minutes of moderate to vigorous activity every day).
* Encouraging food-centred activities that are healthful, enjoyable and developmentally appropriate2.
* Encouraging parent/carer participation in school based healthy eating, physical activity, alcohol education and other health sessions.
* Encouraging whole school community participation in activities that promote 1) positive mental health and well-being and 2) comprehensive alcohol and other drug education.

*1 Australia's Physical Activity and Sedentary Behaviour Guidelines from Commonwealth of Australia, Department of Health - see* [*www.health.gov.au*](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines)

2*Refer tothe Australian Dietary Guidelines - see* [*www.eatforhealth.gov.au/*](http://www.eatforhealth.gov.au/)

For Act-Belong-Commit Schools:

* The use of Act-Belong-Commit materials and concepts by teachers within the school curriculum and classroom activities.
* Increase and maintain the individual awareness and understanding of students, staff and **parents that they can and should do things to keep mentally healthy.**

For Crunch&Sip®:

* Establishing a time for Crunch&Sip® in most/ all classrooms each day.
* Encouraging all students and teachers to drink water throughout the day and participate in a classroom vegetable and fruit break daily for Crunch&Sip® (For information go to the Crunch&Sip® website: [www.crunchandsip.com.au](http://www.crunchandsip.com.au)).
* Permitted foods and drinks include fresh fruit, fruit canned in water or juice, dried fruit (in limited quantities to high concentration of sugar), fresh vegetables and plain water. A full list of permitted foods for Crunch&Sip® is available at [www.crunchandsip.com.au](http://www.crunchandsip.com.au)

For SunSmart Schools:

* Incorporating sun safety education as part of the curriculum for at least 3 year levels.
* Educating staff, students and the school community about sun protection and UV radiation by using resources such as online modules available on the SunSmart website: [www.GenerationSunSmart.com](http://www.GenerationSunSmart.com)

**School organisation, ethos and environment**

For Alcohol-free Schools:

* Delivering well-supported, evidence-informed alcohol and other drug education across the school curriculum that includes health literacy education.
* Involving parents in alcohol and other drug education by providing them with key information that will equip them to continue discussions about alcohol at home and to understand the reasons why no one should supply alcohol to under 18s.
* Strengthening teachers’ capacity to teach health literacy, by encouraging involvement in appropriate professional development and learning opportunities for alcohol and other drug education.

**<Insert school name> will nurture an environment where students will receive consistent messages about health and well-being by:**

* Motivating and supporting staff to achieve quality outcomes for students’ health and well-being. For example, assigning a school health and wellbeing coordinator and/or committee.
* Supporting and encouraging staff to role model healthy behaviours such as wearing a broad brimmed hat, participating in Crunch&Sip® and physical activity exercises when suitable.
* Ensuring all students have access to healthy food (including breakfast), compulsory uniform items (e.g. hats) and can participate in physically and mentally healthy activities.
* Ensuring that the standards for healthy food and drink choices are consistent with curriculum messages and relevant mandatory policies3, and that these standards apply to canteens and food services, class treats and cooking activities, fundraising activities, school camps, school events (including off-site), and excursions.
* Encouraging and supporting parents/ carers to provide their children with healthy lunches, snacks and treats at school and they ensure healthy eating practices are reinforced at home.
* Encouraging students and families to utilise active transport where possible.
* Ensuring that all staff and students have opportunities to be active, increase their sense of belonging and have meaning and purpose in their life, through the Act-Belong-Commit4 ethos.
* Ensuring that an alcohol-free environment is created at the school and school events to equip children with the necessary attitudes and skills and to support them to lead healthy lives.
* Encourage physical activity opportunities for students during lunchtime, this includes options to actively play in shade.

*3 Healthy Food and Drink Policy see* [*www.det.wa.edu.au/healthyfoodanddrink*](http://www.det.wa.edu.au/healthyfoodanddrink)

*4 Act-Belong-Commit see* [*actbelongcommit.org.au*](http://www.actbelongcommit.org.au)

For Act-Belong-Commit Schools:

* Linking of relevant current activities to Act-Belong-Commit and increased participation in mentally healthy activities amongst students, staff and parents.
* Build the capacity of school staff to create mentally healthy environments.

For Crunch&Sip®:

* Providing clean, safe and accessible drinking water available for Crunch&Sip® and reminding students to refill their water bottles throughout the day.
* Encouraging all students to eat a some vegetables or a piece of fruit in the classroom during a daily designated Crunch&Sip® time and drink water from their own bottle throughout the day.
* Encourage students to wash their hands prior to the Crunch&Sip® break and wash their water bottle daily.
* Actively finding ways to provide vegetables and/or fruit for Crunch&Sip® for students who do not have access to them. For example, seeking donations of fresh produce from Foodbank or local retailers; allocating available funds to purchase vegetables and fruit.
* When appropriate, staff being seen consuming vegetables & fruit and water to reinforce the Crunch&Sip® message.

For SunSmart Schools:

* Ensuring sun protection measures are applied to students and staff while outside when the UV Index is 3 or above.
* Timetabling as many outdoor activities as possible when the UV Index is below 3. Where this is not possible, schedule as far from midday as possible
* Requiring students to wear sun protective clothing, including hats (broad-brimmed, bucket or legionnaire style) for all outdoor activities as appropriate.
* Establishing role models within the school community through staff wearing appropriate clothing and hats while on duty and at other outdoor activities and encouraging school visitors to do the same.
* Ensuring that school uniform requirements incorporate sun protective elements such as shirts with collars and longer sleeves, longer style shorts and rash vests for swimming.
* Ensuring that that there is adequate provision of shade, particularly in areas where students congregate. Encourage staff and students to use these areas.
* Encouraging students to apply water resistant broad spectrum sunscreen [minimum SPF 30+] 20 minutes before commencing outdoor activities and to reapply sunscreen after 2 hours if outside for extended lengths of time (e.g. sports carnivals).

For Alcohol-free Schools:

* Preventing the use and promotion of alcohol at school events, particularly those that children attend, including but not limited to; school fetes, music concerts and performances, film nights, junior sports, and milestone celebrations.
* Using healthier alternatives to alcohol as prizes for school raffles or at fundraisers. For example providing sporting equipment, gardening gear, or cooking classes as prizes at fundraisers.
* Discouraging the provision of alcohol as gifts for teachers and other school staff.
* Discouraging access to alcohol within school grounds, including for all staff. For example, through removing alcohol from staff fridges.

**Partnerships and services**

**<Insert school name> will develop strong community links to the school by:**

* Providing information to parents and staff about the Crunch&Sip®, Mentally Healthy Schools, SunSmart and Alcohol. Think Again programs, and other health messages. For example, through newsletters; the school website; during student enrolment; in the school policy and procedures manual.
* Supporting fundraising initiatives that uphold the principles of healthy eating and physical activity.
* Actively seeking opportunities to form partnerships with parents/carers, community groups, health service professionals and agencies to achieve the aims outlined in our Health and Wellbeing Policy.
* Actively sourcing educational opportunities for parents/carers to improve knowledge and behaviours around key areas of alcohol use among young people, nutrition, mental health, sun protection and physical activity.

For Act-Belong-Commit Schools:

* The linking of existing community partnerships with the Act-Belong-Commit message and the establishment of new partnerships under the Act-Belong-Commit banner.
* A decrease in stigma associated with mental illness and increased openness to talk about mental health issues amongst students, staff and parents.

**Our team**

**<Insert school name> will form a small team to implement our Health and Wellbeing Policy. *(Note: These people may be part of an existing group. The representatives below are a suggestion only).***

# Teacher representative <insert name>

# Student <insert name>

# Parent <insert name>

Health Service representative **<insert name & organisation>**

# Other <insert name & role>

**Evaluation**

At the end of each school year, **<insert names of reviewers - two members of the above team>** will review our **Health and Wellbeing Policy** to:

* identify our achievements and shortfalls
* recommend a course of action for the forthcoming year
* allow parents and staff to provide comment

**DATE SIGNED**