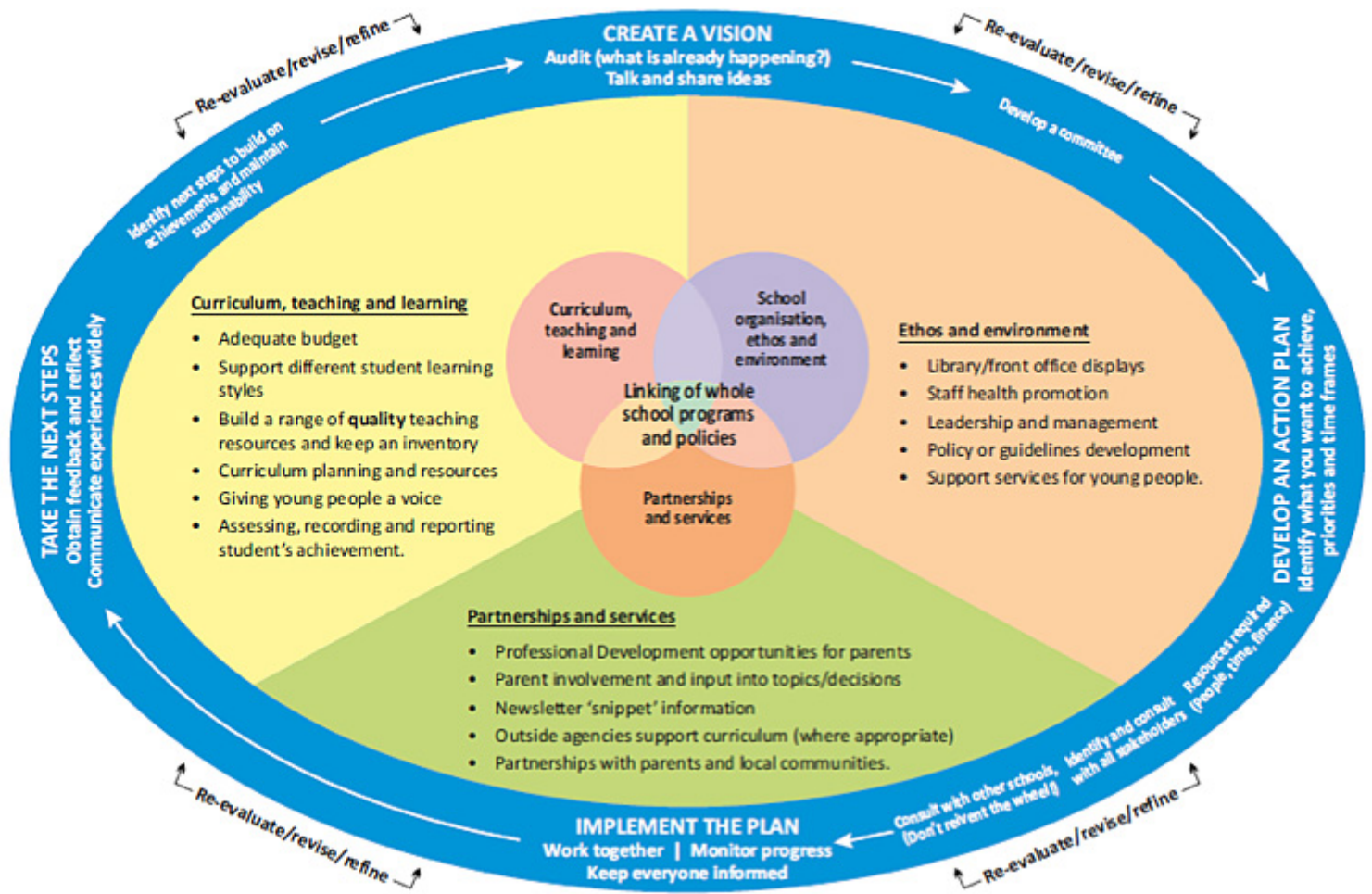


Guidelines for Developing your School Health and Wellbeing Policy

Western Australian schools are encouraged to improve the health and wellbeing of students and the school community by using a whole school approach with the 'Health Promoting Schools Framework'.



The three interrelated components of the Health Promoting Schools Framework are:

- Curriculum, teaching and learning;
- School organisation, ethos and environment; and
- School partnerships and services.

The Framework provides a model to assist with planning and identifying areas that require improvement.

A whole school health and wellbeing policy will:

- Reassure families, students and school staff that health and wellbeing measures are in place;
- Provide an consistent approach to school-based health activities for all members of the school community;
- Establish a framework for deciding what health activities your school will undertake;
- Assist your teachers to meet curriculum requirements and achieve better learning outcomes for their students; and
- Introduce your students to enjoyable activities and programs that will contribute to their lifelong health and wellbeing.

Steps to creating a policy

- 1. Identify a group of interested people.** This may be the development of a new team or the enhancement of an existing team/committee. Members may include administrators, teachers, students, canteen representatives, school nurse, parents and health professionals. Allocate a leader or coordinator.
- 2. Identify policy development process and school needs.** Consider existing programs, priorities, available resources, compliance with mandated requirements and identify areas of improvement.
- 3. Adapt this health and wellbeing policy template to meet school needs.** Gather input from the school and community if possible.
- 4. Build awareness and support.** Keep decision makers such as administration and parent committees informed, as well as communicating to students, staff and the community.
- 5. Adopt and implement the policy.**
- 6. Maintain, measure and evaluate.** Review the policy annually and adapt as necessary.

About Cancer Council WA/Mentally Healthy WA's Health and Wellbeing policy template

This template is designed for schools to use as a base or framework when developing a health and wellbeing policy. This template focuses on nutrition, physical activity, sun protection, alcohol use and mental health. Other school health priority areas can be added such as injury prevention, drug education, relationships and sexual health education etc. It may be appropriate to combine other policies with this one such as the guidelines from the Department of Education's Road Safety and Drug Education branch.

The highlighted areas in this policy template relate to the SunSmart Schools, Crunch&Sip[®] and Mentally Healthy Schools programs, and support schools to become alcohol-free environments. Including these components satisfies the requirements of the programs and meets the accreditation criteria for membership.

	Inclusion of these clauses in this policy will enable your participation in the Cancer Council WA SunSmart Schools program.
	Inclusion of these clauses in this policy will enable your participation in the Crunch&Sip[®] program.
	Inclusion of these clauses in this policy will support your participation in the Act-Belong-Commit Mentally Healthy Schools Program.
	Inclusion of these clauses in this policy will support your intention to create an alcohol-free school.

Contact:

E: schools@cancerwa.asn.au P: 08 9212 4333

For more information:

Crunch&Sip[®] www.crunchandsip.com.au

SunSmart Schools www.generationsunsmart.com.au

Mentally Healthy Schools www.actbelongcommit.org.au

