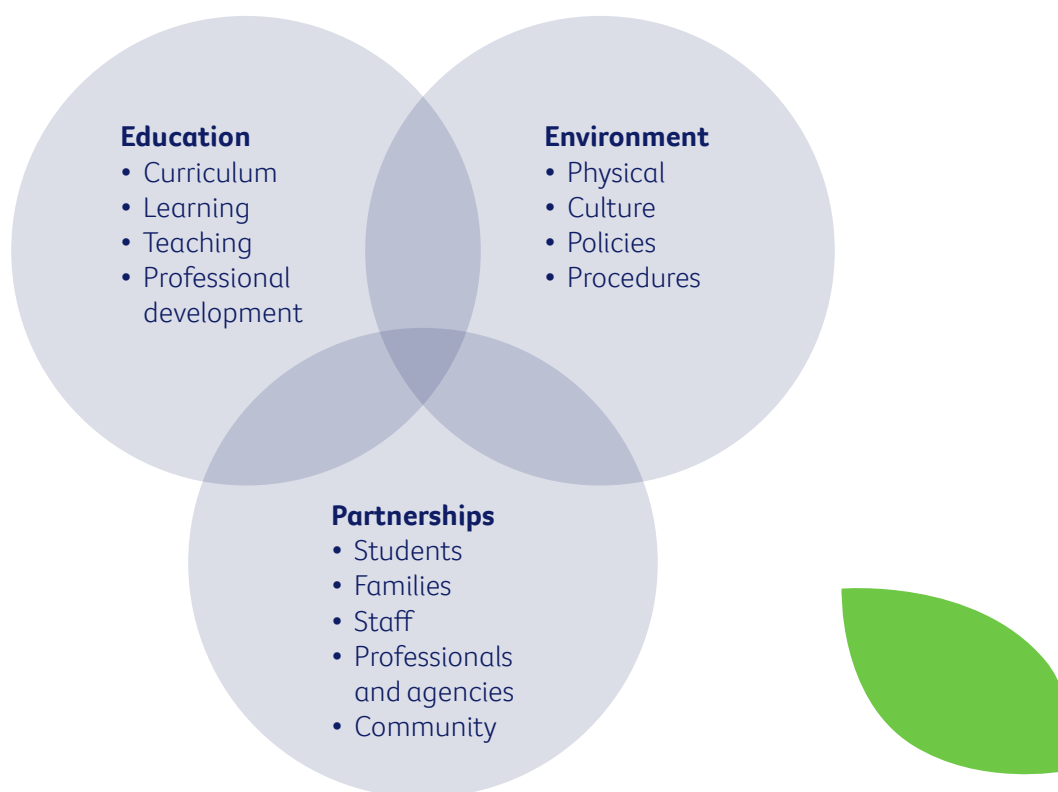


# Guidelines for Developing your School Health and Wellbeing Policy.

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'**.



*Source: WA Health Promoting Schools Association (Inc.)*

## A health and wellbeing policy will:

- Reassure families, students and school staff that health and wellbeing measures are being undertaken as a whole school approach.
- Provide an inclusive 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
- Introduce your students to enjoyable activities and programs that will contribute to their lifelong health and wellbeing.
- Empower students to be create a healthier environment for themselves and the community by involving them in decision-making processes.

## 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 our health and wellbeing policy template

Our template is designed for schools to use as a base or framework when developing a health and wellbeing policy.

The template focuses on nutrition, physical activity, sun protection, tobacco, alcohol and mental health. Other school health priority areas can be added such as injury prevention, road safety, drug education, relationships and sexual health education.

The highlighted areas in this policy template relate to the SunSmart Schools, Crunch&Sip® and Mentally Healthy Schools programs. 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 Cancer Council WA's <b>SunSmart Schools</b> program.          |
|  | Inclusion of these clauses in this policy will enable your participation in Cancer Council WA's <b>Crunch&amp;Sip</b> ® program.          |
|  | Inclusion of these clauses in this policy will support your participation in Act-Belong-Commit's <b>Mentally Healthy Schools</b> program. |

## Contact

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