

SCHOOL LOGO

Health and Wellbeing Policy

<<insert school name>>

RATIONALE

Health promotion practices such as healthy eating, physical activity, positive mental health, sun protection, not using tobacco products or electronic cigarettes (e-cigarettes) and avoiding alcohol use is fundamental to good health and can improve 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 habits 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, protecting against UV (ultraviolet) radiation, not using tobacco products or e-cigarettes, and avoiding alcohol use.
- Embed healthy behaviours into our school community using a whole school approach.

OUR COMMITMENT

Curriculum, Teaching and Learning

<<insert school name>> will incorporate age appropriate, evidence-based health and well-being concepts and programs into school curriculum by:

- Providing regular professional learning opportunities for teachers and other staff relating to health and wellbeing.
- Allocating adequate budget for health-related professional learning and curriculum materials.
- Reviewing and developing activities that will give students the knowledge, attitudes, beliefs, and skills to make healthy eating, mentally healthy, sun protection, physical activity, tobacco, e-cigarette, alcohol, and other drug use choices for themselves.

- Minimising sedentary recreational screen time and 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.¹
- 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 5–17-year-olds, a minimum of 60 minutes of moderate to vigorous activity every day).
- Encouraging food-centred activities that are healthful, enjoyable, and developmentally appropriate.²
- Encouraging parent/carer and community participation in school-based health sessions and whole school activities.

¹ Australia's Physical Activity and Sedentary Behaviour Guidelines from Commonwealth of Australia, Department of Health - see www.health.gov.au

² Refer to the Australian Dietary Guidelines - see www.eatforhealth.gov.au/

For SunSmart Schools:

NB: For non-SunSmart schools, all or some of the following dot points can be incorporated into your health & wellbeing policy.

- 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.

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 daily in a classroom vegetable and fruit break for Crunch&Sip® (For information go to the Crunch&Sip® website: www.crunchandsip.com.au).
- Permitted foods and drinks include fresh fruit, fruit canned in water or juice, dried fruit (in limited quantities due 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.

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.

School Organisation, Ethos and Environment

<<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 wellbeing. 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, and not consuming alcohol or using tobacco products or e-cigarettes at or around work premises and events.
- Empowering students to be meaningfully involved in the planning, implementation, and evaluation of all health-related activities in the school and community.
- Ensuring sports and school uniforms have sun protective items as standard or options to purchase, with all uniform options encouraging active play.
- 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 (walking, cycling, scooting or mixed-modes to get to/from school) where possible.
- Ensure all staff and students have opportunities to be active (especially with options for students to actively play in shade during lunchtimes), increase their sense of belonging, and have meaning/purpose in their life through the Act-Belong-Commit Ethos.⁴
- Ensure students have the opportunity and are encouraged to apply sunscreen before outdoor activities and/or play when the UV is 3 or above.
- Provision of evidence-informed early intervention support programs for students engaging in alcohol, tobacco, e-cigarette, and other drug use.
- 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.
- Encouraging the provision of alternatives to alcohol as gifts for teachers and other school staff and discouraging access to alcohol within the school grounds i.e. removing alcohol from staff fridges.
- Involving parents in alcohol, tobacco, e-cigarettes, and other drug education by providing them with key information that will equip them to continue discussions about alcohol, tobacco, e-cigarettes, and other drugs at home and to understand the reasons why no one should supply alcohol, tobacco and e-cigarettes to under 18s.
- Ensuring staff, parents/carers and other visitors understand and are aware of their obligations to not smoke on school grounds or in Department of Education vehicles, under Tobacco Control and Occupational Health and Safety legislation⁵ embedded in the WA Department of Education's Standards for Maintaining a Smoke-free Workplace.⁶

³ *Healthy Food and Drink Policy* see www.det.wa.edu.au/healthyfoodanddrink

⁴ *Act-Belong-Commit* see www.actbelongcommit.org.au

⁵ Relevant legislation includes the Tobacco Products Control Act 2006 (WA), the Tobacco Products Control Regulations 2006 (WA), the Occupational Safety and Health Act 1984 (WA) and the Occupational Safety and Health Regulations 1996 (WA).

⁶ WA Department of Health, Occupational Safety and Health Procedures, v3.4, 2019 (last updated Feb 2021), Appendix B see <http://det.wa.edu.au/policies/detcms/policy-planning-and-accountability/policies-framework/policies/occupational-safety-and-health-policy-and-procedures.en?cat-id=3458001>

For SunSmart Schools:

NB: For non-SunSmart schools, all or some of the following dot points can be incorporated into your health & wellbeing policy.

- 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 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 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 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 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.
- A decrease in stigma associated with mental illness and increased openness to talk about mental health issues amongst students, staff, and parents.

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 and social media accounts; during student enrolment; in the school policy and procedures manual.
- Participation in programs delivered by the Road Safety and Drug Education Branch.
- 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 Well-being Policy.
- Actively sourcing educational opportunities for parents/carers to improve knowledge and behaviours around key areas of tobacco, e-cigarette and alcohol use among young people, nutrition, mental health, sun protection and physical activity.

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: