

Health & Wellbeing Policy



RATIONALE

Health promotion practices such as **healthy eating, physical activity, positive mental health** and **sun protection** are fundamental to good health and contribute to lifelong health and wellbeing. For children, health status and academic achievement are directly connected. Secret Harbour Primary School can make a difference by helping children to learn and establish healthy, life-long behaviours.

Our policy aims to:

- Create better learning outcomes, health, and wellbeing for students and staff.
- Promote 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, getting involved in groups or clubs and protecting against UV (ultraviolet) radiation.
- Embed healthy behaviours into our school community using a whole school approach.

OUR COMMITMENT:

CURRICULUM, TEACHING AND LEARNING:

Secret Harbour Primary School will incorporate health and wellbeing concepts into school curriculum by:

- Providing regular professional development opportunities for teachers and other staff relating to health and wellbeing.
- Allocating adequate resources and managing the budget for health-related professional development and curriculum materials.
- Ensuring regular physical activity and health sessions are scheduled during teaching periods for years K-6.
- Reviewing and developing activities that will give students the knowledge, attitudes, beliefs and skills to make healthy eating, mentally healthy, sun protection and physical activity choices for themselves.
- Developing physical activity opportunities that are in line with 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 healthy, enjoyable and developmentally appropriate²

¹ Australia's Physical Activity and Sedentary Behaviour Guidelines from Commonwealth of Australia, Department of Health – see <http://www.health.gov.au>

² Refer to Australian Dietary Guidelines – see <http://www.eatforhealth.gov.au/>

- Encouraging parent/carer participation in school based healthy eating activities, physical activity and other health sessions (eg Food Bank donations and incursions, parent workshops, etc).
- Encouraging whole school community participation in activities that promote positive mental health and wellbeing such as mindfulness and family breakfasts, etc.

SunSmart School:

- 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

Crunch&Sip®:

- Establishing a Crunch & Sip Registered trademark program across the whole school 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 Registered trademark. (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 (not recommended due to high concentration of sugar), fresh vegetables and plain water. A full list of permitted foods for crunch & Sip registered trademark is available at www.crunchandsip.com.au .

Act-Belong-Commit Schools:

- The use by teachers of Act-Belong-Commit materials and concepts 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 stay mentally healthy.

SCHOOL ORGANISATION, ETHOS AND ENVIRONMENT:

Secret Harbour Primary School will nurture and environment where students will receive consistent messages about health and wellbeing 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.
- Ensuring all students have access to healthy food, compulsory uniform items (eg 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, school camps and excursions.
- Encouraging and supporting parents/carers to provide their children with healthy, varied lunches, snacks and treats at school and that 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.

³ Healthy Food & Drink Policy see <http://www.det.wa.edu.au/healthyfoodanddrink>

⁴ Act-Belong-Commit see <http://www.actbelongcommit.org.au>

SunSmart School:

- 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 YUV 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, long style shorts and rash vests for swimming.
- Ensuring that there is adequate provision of shade, particularly in areas where students congregate. Encourage staff and student 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 (eg sports carnivals).

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 piece of vegetable or fruit in the class/room during a daily designated Crunch & Sip registered trademark time and drink water from their own bottle throughout the day.
- Encourage students to wash their hands prior to the Cruch & Sip registered trademark break and wash their water bottle daily.
- Actively finding ways to provide vegetable and/or fruit for Crunch & Sip registered trademark for students who do not have access to them. For example, seeking donations of fresh produce from Food Bank.

Act-Belong-Commit Schools:

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

PARTNERSHIPS AND SERVICES:

Secret Harbour Primary School will develop strong community links to the school by:

- Providing information to parents and staff about the **Crunch&Sip®**, **Mentally Healthy Schools and SunSmart** programs, and other health messages. For example, through newsletters, the school website, during the student enrolment process, and 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 & Wellbeing Policy.
- Actively sourcing educational opportunities for parents/carers to improve knowledge and behaviours around key areas of nutrition, mental health, sun protection and physical activity.

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:

Secret Harbour Primary School has formed a small team to implement, manage and review our Health & Wellbeing Policy. Our team includes:

<i>Principal:</i>	Ms Lisa Fletcher
<i>Associate Principal:</i>	Mrs Heidi Cooper
<i>Teacher Representatives:</i>	Mrs Jill van Koolbergen Mrs Katherine Anson
<i>Parent:</i>	
<i>Non-Teaching Student Services Representative:</i>	Mrs Michele Owen
<i>School Chaplain:</i>	Mrs Christell Lotriet

EVALUATION & REVIEW:

At the end of each school year, the **Wellbeing Committee** will review our Health & Wellbeing Policy to:

- Identify our achievements and areas for further development;
- Recommend a course of action for the forthcoming year;
- Allow parents and staff to provide comment.

Dated: 1st May 2022

To be reviewed: November 2022