Health Promoting Schools Policy

Definition:
Health and wellbeing incorporates the integration of physical, social, emotional, cognitive and spiritual aspects of development. Wellbeing includes good physical health, feelings, satisfaction and successful functioning.

Rationale:
A health promoting schools approach is an internationally recognised best practice approach for enhancing both educational and health outcomes through a whole-school commitment to health and wellbeing. The Health Promoting schools Program supports Gembrook Primary School to co-ordinate action across six components including:

- Healthy policies – Policies clearly articulate conditions and practices necessary to create a physical and social environment which promotes health and wellbeing.
- Healthy Physical environment - The physical environment facilitates and encourages health choices and lifestyles, complementing the health messages taught in the curriculum.
- Healthy social environment - Respect, fairness and equality is promoted and modelled, and a sense of belonging is fostered.
- Learning and Skills - Learning opportunities and experiences within the curriculum enable children and young people to gain knowledge and skills and take action to enhance health and wellbeing.
- Engaging children, young people, staff and families - Structures are established to engage children, young people, families and staff as active participants in the promotion of health and wellbeing.
- Community partnerships - Partnerships with local health professionals, services and the wider community enhance health promotion capacity and support children, young people and their families' health and wellbeing needs.

Aims:
- To support the health and wellbeing of children, young people, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.
- Actively promote the health and wellbeing of its students, staff and community
- Link health and education through the curriculum and school culture
- Empower students to take action health and wellbeing
- Provide a safe and supportive environment for staff, students and families
- Promote respect, fairness, equality and belong
- Integrate health into day-to-day activities and planning
- Work collaboratively with staff, families, children and young people
- Develop partnerships between schools, early childhood education and care services, the local community and health organisations
- Seek continuous improvement through ongoing monitoring and evaluation

Implementation:
- The school will implement policies, programs and curriculum based on the following eight areas:
  - Healthy eating and oral health
  - Physical activity
  - Sun protection
  - Tobacco control
  - Mental health and wellbeing
  - Safe environments
  - Sexual health and wellbeing
  - Alcohol and other drug use

Ratified in 2013
The Health Promoting Schools strategy will be based upon the Victorian Prevention and Health Promotion Achievement program document available at: http://www.health.vic.gov.au/prevention/achieve_schools.htm

**Evaluation**

- Gembrook Primary School promotes the health and well-being of its students and families through education, empowerment, and partnerships with community health organisations.
- All will be for 3 year review unless otherwise stated.