



Healthy Schools Program

Toolkit



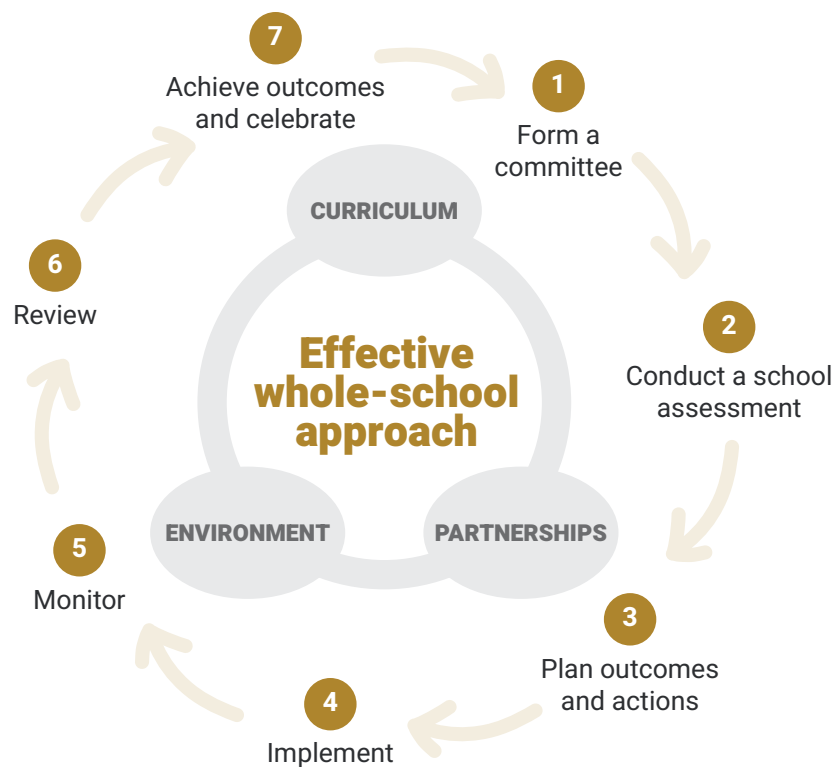
What is a health promoting school?

The World Health Organisation describes a health promoting school as 'a school that is constantly strengthening its capacity as a healthy setting for living, learning and working'. Schools have a significant impact on the social, emotional, physical, and spiritual wellbeing of young people, and provides a unique opportunity to promote health across demographic, cultural, religious and social boundaries.

Cover image and image opposite
from Crunch & Sip® Nutrition
Education Project courtesy
Cancer Council WA.



The Health Promoting Schools Framework



The Health Promoting Schools Framework is a comprehensive whole-school approach that aims to promote student health and wellbeing while ensuring sustainable improvements across the school community. An effective whole-school approach addresses school health needs by influencing three key components:

- 1. Curriculum:** This includes the teaching and learning across various subject areas.
- 2. School environment and ethos:** This encompasses the physical and cultural surroundings, as well as the policies and procedures in place.
- 3. Partnerships:** This refers to the relationships between students, families, staff, professionals and the wider community.

Find out more about the Health Promoting Schools Framework [here](#).

How do I implement a Healthy Schools project?

To ensure your project effectively impacts the whole school, we encourage schools to design and implement a Healthy Schools project using these seven steps.



1. Form a committee

A committee provides a means to work together on school projects and policies, offers networks and contacts, and encourages discussion and sharing of ideas and workload.

Your school may already have a health and wellbeing committee, or you may need to set up a new committee. Make sure the committee represents students, teachers and parents who will take responsibility for developing the initiatives of this grant. We encourage teachers from different learning areas to be involved.



2. Conduct a school assessment

Once a committee is formed, start an assessment by identifying what the school is currently doing in relation to health and wellbeing and address any gaps or areas of concern.

Talk to the school community (parents, staff, and students) to identify what health needs are most prevalent amongst students and determine the priority areas of need. Discuss ideas on how the topic(s) could be addressed at the school through a program of work. To understand the health needs, challenges, and priorities for the school, conduct interviews, group discussions or surveys with the school community.



3. Plan actions and outcomes

Using the findings from the school assessment, work with the committee to identify objectives, actions and outcomes for your project. If you are looking for ideas see the case studies featured on our website and speak to students and staff, as well as the health partners. Consider the following when planning your project:

- **Create project objectives**

Create project objectives that are SMART (specific, measurable, achievable, realistic, and have a time frame). Your objectives should describe the changes your project will bring about.

- **Develop strategies for these objectives**

When designing strategies or actions, consider the three key components of the Health Promotion Schools Framework: curriculum, partnerships and environment.

- **How will you keep it going?**

When designing the project, consider how your school can ensure the project, or some elements, can be sustainable and continue beyond the Healthway funding period, for example:

- Revise or develop a school health promotion guideline or policy.
- Implement educational resources into the school curriculum.
- Become a member of a school health promotion program or organisation.

- **Develop partnerships**

A key strength of any project is the partnerships that are developed. Consider the organisations/services you can collaborate with for your project. They may be able to support you with resources, in-kind support, or promotion and publicity of the project in the community.



There are also a number of organisations listed on page 7 that can support your school during and beyond the project. Consider reaching out to these organisations at any stage of your project.

- **Healthy Schools funding inclusion**

When planning the project budget consider what your funding can and cannot be used for. Please refer to the guidelines for further details. The budget should also consider contributions from the school and other partners.



4. Implement

To implement a project effectively, we encourage you to nominate a passionate and enthusiastic project leader. This person can be the project coordinator and a key point of contact going forward for any project related enquiries. During this step, consider the following:

- **Parent and community involvement**

An effective project is one that engages the whole school community. Consider how your project can engage with parents and the broader community. For example, conduct several interactive parent/child activities or community events based on the health and priority issues.



- **Spread the word in the school community**

There are many ways you can promote your project. For example, publish an article in the school newsletter or website, write a media release for your local paper, and promote the project through the school's social media channels. If you write an article for your local paper and plan any social media announcements reach out to media@healthway.wa.gov.au who will support you with your promotions before you publish. Please refer to the guidelines for more information.



5. Monitor

As the project runs its course, continue monitoring the project and make any amendments and changes as required. While monitoring the project, think about:

- **Extending classroom activities**

In conjunction with your usual lessons on health education with students, consider how the project may be applied across other areas of the curriculum. For example: use the school's edible garden to address concepts in science or mathematics.



6. Review

As the project is wrapped up, it is a great time to review and evaluate. Reflect on what worked and what didn't work. How many staff, students and families the project reached, any successful outcomes, and the permanent and positive changes made to school policies or the school environment as a result of the project. Consider ways to improve any of the strategies that will continue once the funding for the project has ended.



7. Achieve outcomes and celebrate

An important part of every project is to reflect and celebrate the outcomes that have been achieved with the school community. Make sure you share the results of your project with the school and broader community.



*Food Ladder School Systems
by Isabella Moore, image courtesy
Food Ladder.*



Support organisations and programs

Health promotion organisations /programs	What do they do?	Contact details
National Nutrition Foundation- freshSNAP (School Nutrition Advisory Program)	<ul style="list-style-type: none"> • Healthy food and drink policy support and training • FoodChecker - an online recipe, menu, and assessment tool • Support teachers with curriculum aligned nutrition education resources and professional learning and support all elements of a whole school approach to healthy eating. 	<p>freshsnap@nnf.org.au</p> <p>www.freshsnap.org.au</p> <p>nationalnutritionfoundation.org.au</p> <p>08 6182 2260</p>
Road Safety and Drug Education Branch (Department of Education)	<ul style="list-style-type: none"> • Challenges and Choices • Wraparound • Drug Talk: Body. Mind. Future. 	<p>sdera.co@education.wa.edu.au</p> <p>08 9402 6415</p>
Act Belong Commit	<ul style="list-style-type: none"> • Mentally Healthy Schools Program 	<p>www.actbelongcommit.org.au/contact</p> <p>08 9266 1705</p>
The Kids Research Institute Australia	<ul style="list-style-type: none"> • Friendly Schools 	<p>FriendlySchools.SMB@thekids.org.au</p> <p>08 6319 1000</p>
Cancer Council WA	<ul style="list-style-type: none"> • Crunch&Sip® • Clear the Air digital vaping education campaign 	<p>www.crunchandsip.com.au/contact-us/questions-and-feedback</p> <p>www.cleartheair.org.au</p>

Foodbank WA	<ul style="list-style-type: none"> • Superhero Foods • School Breakfast Program 	<p>www.superherofoodshq.org.au</p> <p>Wa.info@foodbankwa.org.au</p> <p>08 9258 9277</p>
Foodcore Nutrition Services	<ul style="list-style-type: none"> • Training, practical tools, information and policy support for school canteens to advocate for healthy food environments 	<p>foodcore@education.wa.edu.au</p> <p>08 9264 4999</p>
Your Move (Department of Transport)	<ul style="list-style-type: none"> • A free program with information and resources to help students get active by increasing walking, scooting and riding to school. 	<p>www.yourmove.org.au/schools</p>
KIDDO	<ul style="list-style-type: none"> • Fundamental Movement Skill (FMS) Teacher professional development • Teacher programs and resources • FMS incursions and assessment 	<p>admin@kiddo.edu.au</p> <p>www.kiddo.edu.au/activeschools</p> <p>08 6488 1378</p>
WA Health Promoting Schools Association	<ul style="list-style-type: none"> • Assists schools in implementing the Health Promoting Schools Framework 	<p>www.wahpsa.org.au/contact-wahpsa</p>
Animal Fun	<ul style="list-style-type: none"> • Play-based motor and social skills program • Teachers and parents' program and resources 	<p>sue@animalfun.com.au</p> <p>0409 942 182</p> <p>www.animalfun.com.au</p>



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