



Health and Wellbeing Policy Template

<Insert school name>

Rationale

Health promoting practices such as healthy eating, physical activity and sun protection are fundamental to good health and contribute to lifelong health and wellbeing. For children, they contribute to improved learning and concentration; better behaviour; prevention of disease; healthy growth and weight.



Inclusion of these clauses in this policy is a requirement of the Crunch&Sip[®] program



Inclusion of these clauses in this policy is a requirement of the SunSmart program

Our policy aims to:

- Create better learning outcomes, health and well-being for 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, being physically active and protecting against the sun's rays
- Educate staff, students and the school community about sun protection by using online learning workshops available on the [SunSmart website \(external site\)](#)
- Encourage all students and teachers to participate in a daily classroom fruit and vegetable break and drink water throughout the day for [Crunch&Sip[®]\(external site\)](#)

Our Commitment

Supportive Practice

<Insert school name> will incorporate **health and wellbeing** concepts into school activities by:

- Providing regular professional development opportunities for teachers and other staff
- Ensuring there is regular physical activity and good nutrition sessions during teaching periods for years K-10

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- 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)
- Ensure that the standards for healthy food and drink choices are consistent with curriculum messages and relevant mandatory Departmental policies, and that these standards apply to canteens and food services, class treats and cooking activities, school camps and excursions.
- Encouraging food-centred activities that are healthful, enjoyable and developmentally appropriate²
- Reviewing and developing activities that will give students the skills to make healthy eating and physical activity choices for themselves
- Offering parents the opportunity to participate in school based healthy eating and physical activities
- Incorporating Sun safety education as part of the curriculum for at least 3 year levels
- Establishing a set time for [Crunch&Sip®\(external site\)](#) in most/ all classrooms each day.

Supportive Environment

<Insert school name> will nurture an environment where students will receive consistent messages about health and wellbeing by:

- Motivating and supporting staff to achieve quality outcomes for students for the students' health and wellbeing, e.g. assigning a school Health and Wellbeing Coordinator.
- Encouraging students to eat breakfast before attending school and/ or providing an economically sustainable school breakfast club.
- Encouraging and support parents/ carers to ensure their children eat healthy, varied lunches, snacks and treats at school and that healthy eating practices are reinforced at home.
- Providing clean, safe and accessible drinking water available for [Crunch&Sip®\(external site\)](#) and reminding students to refill their water bottles throughout the day.
- Providing information to parents and staff about the Crunch&Sip® and SunSmart programs, e.g. through newsletters; the school website; during student enrolment; in the school policy and procedures manual.
- Requiring students to wear sun protective clothing, including sun protective hats (broad-brimmed, bucket and legionnaire style) for all outdoor activities as appropriate. 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.
- Providing shade and ensuring that, where possible, outdoor activities take place in shade and are scheduled away from peak UV times- preferably when the UV index is below 3.

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

² Australian Dietary Guidelines - see www.eatforhealth.gov.au

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- Establishing role models within the school community through:
 1. Wearing appropriate clothing and hats while on duty and at other outdoor activities and
 2. When appropriate, being seen consuming fruit, vegetables and water to reinforce the Crunch&Sip® message
 3. The support of P&C fundraising initiatives that uphold the principles of healthy eating and physical activity
- Actively encouraging students to apply minimum SPF 30+ water resistant broad spectrum sunscreen 20 minutes before commencing outdoor activity.
- Encouraging all students to eat a piece of fruit or vegetable in the classroom daily during a designated Crunch&Sip® time and drink water from their own bottle throughout the day
- Actively finding ways to provide fruit or vegetables for Crunch&Sip® for students who do not have access to them, e.g. seeking donations of produce from Foodbank or local retailers; allocating available funds to purchase fruit and vegetables.

Supportive Partnerships

<Insert school name> will actively seek opportunities to form partnerships with parents/carers, community groups, health service professionals and agencies to achieve the aims outlined in our **Health and Wellbeing Policy**.

<list your active partnerships>

Our team

<Insert school name> will form a small team to implement our **Health and Wellbeing Policy**. *(Note: 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:

1. identify our achievements and shortfalls
2. recommend a course of action for the forthcoming year
3. allow parents and staff to provide comment.

DATE

SIGNED