

## NORTH ALBANY SHS

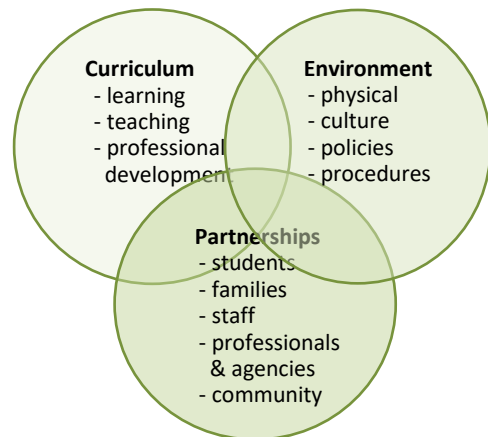
### STUDENT HEALTH & WELL BEING POLICY AND GUIDELINES

Updated November 2018

North Albany SHS school vision is to provide opportunities for students to achieve personal excellence so they can participate actively in a changing world.

North Albany SHS is a Health Promoting School with a focus on caring for oneself and for others.

- **Curriculum** - teaching and learning
- **ethos and environment** - school organisation,
- **partnerships** and services



#### Rationale:

Health promoting practices and education are fundamental to good health and contribute to good health and wellbeing. For children - resiliency, healthy eating and physical activity contribute to improved learning and concentration, better behaviour, prevention of disease, healthy growth and healthy weight.

#### Our student H&WB guidelines are guided by NASHS values. We want to:

Be Safe: Provide a safe, stimulating and positive place to learn, work and play.

Be your best: Create opportunities to improve learning outcomes, health and wellbeing.

Be responsible: Increase awareness in the school community of the benefits of eating healthy food, being physically active and sun smart.

Be kind: Implement a whole school approach to positive health and wellbeing

Be respectful: Build capacity for positive education, equity, social justice and sustainable environment.

#### Our Health & Well Being policy & guidelines aims to:

- Improve student learning outcomes
- Nurture a sense of pride and commitment where the whole community collaborates to create and maintain a healthy school community.
- Provide support for students to develop resilience and achieve good mental health
- Increase awareness within the school community of the benefits of healthy eating, being physically active and protecting against the sun's rays.
- Provide a comprehensive physical and health education program
- Encourage positive behaviour for learning

### **Supportive Practices:**

NASHS will incorporate health and wellbeing concepts into school activities by:

- Providing professional development opportunities for teachers and support staff. This includes annual updates for management of asthma, diabetes, anaphylaxis, epilepsy.
- Ensuring the opportunity for regular physical activity and nutritional advice, in line with national guidelines.
- Ensuring that the standards for healthy food and drink choices are consistent with curriculum messages, 'Department of Education' policies and relevant government recommendations. These standards apply to the canteen and other food services, class cooking activities, 'healthy breakfast' program, school camps and excursions. NASHS has adopted the 'Traffic light system'.
- Reviewing and developing activities that will give students the knowledge and skills to make healthy eating, physical activity and sun safety choices for themselves.
- Consulting with health organisations and providing curriculum which is current, relevant, engaging, and educational.
- Promoting our school values.
- Following mandatory reporting guidelines.
- Promoting resilience through universal and targeted programs. In 2018 the targeted programs include:
  - Keys for Life - Year 10
  - Rock & Water – Year 8,9
  - Raising Men program – Year 7, 8, 9,10

Universal programs include but not limited to:

- Resiliency Program – Year 7
- Teen Mental Health First Aid – Year 10
- Health Education one hour per week – Years 7, 8, 9, 10.

### **Supportive Environment:**

- Encouraging students to eat a healthy breakfast before attending school and provide a 'healthy breakfast club' one morning per week supported by 'Foodbank'
- Encouraging parents/carers to ensure their children eat healthy, varied lunches and snacks at school and healthy eating practices are reinforced at home.
- Providing clean, safe and accessible drinking water. Students are able to take water bottles into class to sip on.
- Providing health and wellbeing information to the school community via the school newsletter and NASHS website. .
- Encouraging students to wear sun protective clothing, sunscreen and a hat. Sunscreen is provided for all physical education activities. Encourage parents to ensure sunscreen is applied before students leave home for the day.
- NASHS uniform incorporates sun protective elements: SPF material, collars and sleeves.

- Providing shade for outdoor whole school events.
- Establishing a 'health and wellbeing' notice board in the canteen.
- Displaying health and wellbeing posters around the school
- Encouraging positive role models within the school community by:
  1. Staff wearing appropriate clothing, sunglasses and hats while on duty.
  2. P&C fundraising initiatives that uphold the principles of healthy eating and physical activity.

### **Supportive partnerships:**

NASHS will actively seek opportunities to form partnerships with parents/carers, community groups, health professionals and agencies to provide relevant and educational program for students. Including but not limited to:

- Aboriginal Health – Years 7-12
- Youth Focus and Headspace – student mental health program - Year 9
- Health Dept PARTY program – Year 11 and 12
- Paraplegic Benefit Fund (Driving safely) – Year 10,11 12.
- Core of Life - Year 9
- Health Dept immunization programs – Year 8 & Year 10-12.
- Annual NASHS – Health Dept service agreement
- Teen Mental Health First Aid – Year 10
- Albany City Council Youth Interagency Network
- CHAT – Community Health Acting Together. NASHS is a CHAT school and we are recognized for our resilience support programs. We currently have silver status. We are pursuing gold status within this program.

The Department of Education and Health Department have an MOU which provides for community nurses in schools. The Health Department provides a school nurse at NASHS for four days per week. The school nurse has an integral role in delivery of education programs. The annual service agreement is negotiated between the school nurse and principal, and signed off in Term One.

### **Supportive programs, policies & processes:**

Including but not limited to:

- All students in years 7-10 engage in 2 hours of physical activity per week.
- All students in years 7-10 engage in at least one hour of health education per week.
- Individualized health care plans developed for students with higher risk health care needs and placed on the RED file for all staff to access.
- NASHS Paracetamol policy reviewed annually.
- NASHS Substance policy reviewed annually.
- NASHS Healthy Food and Drink Policy reviewed annually
- NASHS Bullying policy reviewed annually
- NASHS Mobile phone and electronic devices policy reviewed annually
- First aid in the workplace – NASHS First Aid policy & procedures document updated annually (shared drive 862\_4); a number of staff are first aid trained; first aid kits available in each learning area.
- Department of Health Communicable diseases booklet used for reference.
- Celebrating national days of health (School nurse – education role)
- Student Support team (Emotional Health and Well Being)

**Our Health Team:**

NASHS Student Health and Well Being team will monitor and review this policy and guidelines. The team comprises:

- School Nurse
- Student Services Program Coordinator
- HOLA Health and Physical Education
- Deputy Principal
- 2 x Student representatives (to attend meetings when deemed appropriate)
- 1 x parent representative (to attend meetings when deemed appropriate)

**Evaluation:**

At the end of each school year, our **NASHS Health and Well Being Policy and Guidelines** will be reviewed by the Health Team. The review will aim to identify

- Achievements and shortfalls.
- Recommend courses of action for the following year.

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