

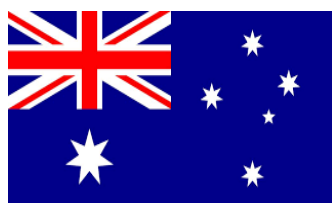
Coorow Primary School

Health & Wellbeing Policy

2021 – 2024



At our school, we develop the attitudes and skills for lifelong health and wellbeing.



RATIONALE

Health promotion practices such as healthy eating, physical activity, positive mental health, sun protection, road safety and protective behaviours are fundamental to good health and contribute to lifelong health and wellbeing. For children, health status, attendance and academic achievement are all directly connected. Schools can make a difference by helping children to learn healthy behaviours and establish lifelong behaviours.

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, upholding our exceptional pastoral care reputation.
- Improve attendance
- 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, following road safety rules and guidelines, getting involved in groups or clubs and protecting against UV (ultraviolet) radiation.
- Embed healthy behaviours, particularly healthy eating, physical activity, mental health, sun safety, road safety, protective behaviours, and disease prevention into our school community using a whole school approach and addressing the Health and Physical Education curriculum.
- Ensure the school community is consulted and informed about our Health and Physical Education practices.

OUR COMMITMENT

Coorow Primary School will incorporate health and wellbeing concepts into the teaching and learning program by:

- Providing formal professional development opportunities relating to health and wellbeing at least every two years for key teachers, and regular sharing of information and upskilling at staff meetings, for all classroom staff.
- Allocating adequate budget for health-related professional development and curriculum materials, including the purchase of sunscreen and sanitiser for student and staff use.
- Ensuring there are regular physical activity and health sessions during teaching periods for years K-6 (2 hours total for Health and Physical Education) for explicit teaching of topics and practicing of skills. Every child will have the opportunity for a minimum of 60 minutes of moderate to vigorous activity every day (including recess and lunch).
- Reviewing and developing activities that will give students the knowledge, attitudes, beliefs and skills to make healthy eating, physical activity, mental health, sun safety, road safety, protective behaviours and disease prevention choices independently. Staff will model and discuss appropriate attitudes and behaviours
- Providing healthy food at breakfast club and encouraging all students and teachers to drink water throughout the day
- Encouraging all food-centred activities to be healthful and enjoyable according to the traffic light system.
- Teaching students appropriate handwashing and sanitising procedures to wash hands before and after eating, after playing, after using the toilet, after coughing, sneezing and blowing their nose, and at any time when they look unclean.
- Teaching students how to maintain clear airways, sneeze and cough without spreading germs, and dispose of used tissues and other health-related disposable items in a hygienic manner.

- Encouraging parent/carer participation in school based healthy eating, physical activity, mental health, sun safety, road safety, protective behaviours, disease prevention, and other health sessions.
- Encouraging whole school community participation in activities that promote healthy eating, physical activity, mental health, sun safety, road safety, protective behaviours and disease prevention

SCHOOL ORGANISATION, ETHOS AND ENVIRONMENT

Coorow Primary School 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' health and wellbeing, focusing on healthy eating, physical activity, mental health, sun safety, road safety, protective behaviours and disease prevention.
- Promoting the consumption of healthy foods at school (eat fruit/veg first at recess, water only in water bottles), encouraging participation in physically and mentally healthy activities, wearing of wide brimmed hats and collared shirts (no hat, play in the shade), wearing helmets when riding bikes, scooters and skateboards, walking with an adult across roads (K-Yr 4), and the use of protective behaviours skills.
- Ensuring that the standards for healthy food and drink choices are consistent with curriculum messages and relevant mandatory policies, and that these standards apply to canteens and food services, class treats and cooking activities, school camps and excursions.
- Providing clean, safe and accessible drinking water and reminding staff and students to refill their water bottles throughout the day.
- Actively finding ways to provide vegetables and/or fruit for students who do not have access to them.

- Reminding students of appropriate handwashing and sanitising procedures to wash hands before and after eating, after playing, after using the toilet, after coughing, sneezing and blowing their nose, and at any time when they look unclean.
- Providing soap, sanitiser and paper towels at hand-washing stations.
- Providing time in class for activities intended to maintain clear airways. Remind students of appropriate sneezing and coughing practices, and the disposal of used tissues and other health-related disposable items in a hygienic manner.
- 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 UV Index is below 3.
- 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 compulsory school uniform requirements incorporate sun protective elements such as shirts with collars and/or longer sleeves, longer style shorts/shirts and rash vests for swimming.
- Providing rash vests for student use when necessary.
- Ensuring that there is adequate provision of shade, particularly in areas where students congregate, and providing protection from the elements, including extreme heat (See Appendix A – Heatwave Policy)
- Encourage staff and students 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 (e.g. sports carnivals).
- Encouraging and supporting parents/ carers to provide their children with healthy, varied lunches, snacks and treats at school and encourage healthy eating practices to be reinforced at home, according to the traffic light system.

- Educating parents to help them decide if a child is well enough to come to school or unwell and should stay at home.
- Encouraging students and families to utilise active transport where possible.
- Ensuring that all students receive instruction in road, pedestrian and passenger safety, Encouraging and supporting parents/ carers and staff to model appropriate road safety behaviours at all times.
- Ensuring that the school grounds and surrounding areas are monitored to ensure student safety, including road safety.
- 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-Commit ethos. A health week to take place in week 7 each term.
- Develop the staff room as a family friendly area for staff, students and families, with a focus on wellbeing.

PARTNERSHIPS AND SERVICES

Coorow Primary will develop strong community links to the school by:

- Attaining bronze (and later silver and gold) CHAT accreditation from SDERA for our health education planning, practices, and communication.
- Providing information to parents and staff about health messages, including but not limited to newsletters; the skoolbag app; during student enrolment; and in the school policy and procedures manual.
- Supporting fundraising initiatives that uphold the principles of healthy eating, physical activity, mental health, sun protection, road safety, protective behaviours and disease prevention.
- Actively seeking 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, including with Be You, SDERA and WACHS Allied health professionals.

- Actively sourcing educational opportunities for parents/carers to improve knowledge and behaviours around key areas of nutrition, physical activity, mental health, sun protection, road safety, protective behaviours and disease prevention.
- 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, actively creating community engagement.

EVALUATION

At the end of each school year, staff will review our Health and Wellbeing Policy to:

- identify our achievements and shortfalls
- recommend areas of focus and a course of action for the forthcoming year
- link relevant current activities to Act-Belong-Commit and identify increased participation in mentally healthy activities amongst students, staff and parents
- build the capacity of school staff to create mentally healthy environments
- allow parents and other school staff to provide comment



Jancy Whyte Principal,

Signed

20 March, 2023

Date

Appendix A – Heatwave Policy

INTRODUCTION

This policy aims to ensure a consistent, coordinated approach to reducing and managing student exposure to extreme heat. It will operative if a heatwave warning is in place, or at the discretion of the principal if no warning is in place.

1. Air conditioners in all rooms, including Room 4, to be turned on before students arrive to assist in keeping rooms cool as the day warms up.
2. Duty roster changes will apply as follows:

Recess:

All students, including K/P to proceed to Room 4.

- The 'main' duty teacher as well as the teacher and assistant rostered on for ECE duty will supervise students. Students eat morning tea inside.
- After eating, those students who wish to play outside will be supervised by the principal.
- Other students will remain inside with the 'main' duty teacher and the EA, and play with construction equipment etc. No screen entertainment will be provided.

Lunch:

As for recess except:

- Makerspace, Reading club, Lego club will all operate as usual. (Lego club may move into Junior Room and be supervised through the door by the duty teacher.)
- Any outside play will be at the principal's discretion. If no students are to play outside, the principal will remain on duty with the other duty teacher/s (and assistant Mon, Tues, Wed.)
- The whiteboard may be on to something child suitable – Bluey, Little J and Big Cuz, Little Lunch etc

All students will eat inside at the end of the play period.

Notes (These notes apply to both recess and lunch):

1. There is no EA on Thursday or Friday.
2. Students who choose to remain inside must stay inside (no changing their mind.)

3. Students who go outside will be sent to Room 4 if the principal feels it is in the interests of their health. This may be one student or all students.
4. If there are fewer than 5 outside, all students and principal will go back into Room 4.
5. Duty teachers please ensure room is left tidy at the end of the session.

Document History		
Date	Name	Notes
March 2020	Jancy Whyte	Policy written
Feb 2023	Jancy Whyte	Policy reviewed by staff. Changes to formatting, change to food provided at breakfast club
November 2023	Jancy Whyte	Policy amended to include heatwave response.