



# SAWYERS VALLEY PRIMARY SCHOOL

## HEALTH AND WELLBEING POLICY 2017/18

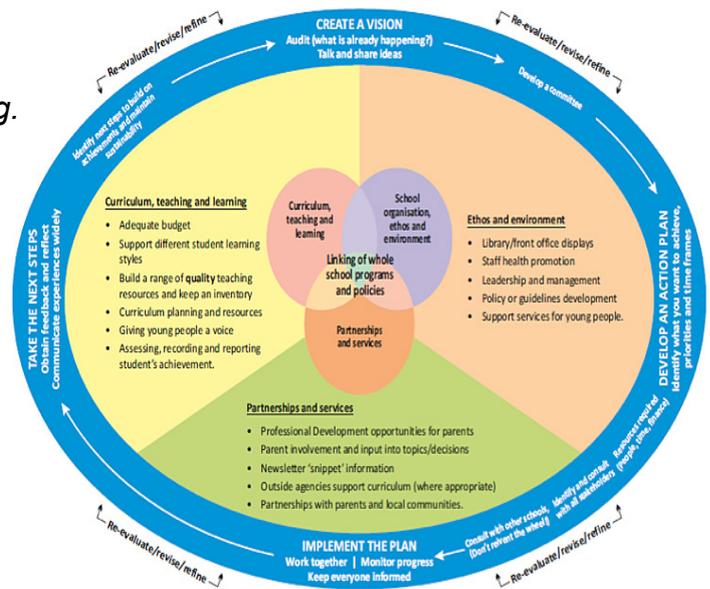
### RATIONALE

*“Good health supports successful learning. Successful learning supports health. Education and health are inseparable.”<sup>1</sup>*

Practices such as healthy eating, physical activity, sun protection, road safety and drug awareness are fundamental to good health. Promoting these practices provides students with opportunities to have the knowledge and skills needed in order to maintain a healthy approach to life. In children, healthy practices contribute to: the maintenance of healthy growth and weight; improved learning and concentration; better behaviour and prevention of injury and disease.<sup>2</sup>

At Sawyers Valley Primary School, we are committed to providing quality teaching and learning in the area of Health and Physical Education and to maintaining an ethos and environment in which health is a promoted and visible priority for our whole school community. We aim to work together with parents, outside agencies and local community groups to promote lifelong health and wellbeing practices. Our policy aims to:

- Increase awareness in the school community of the benefits of eating healthy foods, being physically active, practising sun protection, practising road safety and being drug aware.
- Create a sense of commitment amongst students, teachers/staff, parents/caregivers, health professionals and community groups who all collaborate to create and maintain a healthy school community.
- Provide a safe, stimulating and fun place to learn, work and play.
- Create quality learning outcomes with a whole school approach to ensure consistency of teaching and assessment in common and age-appropriate health contexts across all learning areas.
- Educate staff, students and the school community about sun protection by using online learning workshops available on the SunSmart website.<sup>3</sup>
- Encourage all students and teachers to participate in a daily classroom fruit and vegetable break and drink water throughout the day for Crunch&Sip®.<sup>4</sup>



1. Dr Desmond O'Byrne Health Promotion, Non-communicable Disease Prevention and Surveillance, WHO 2000.  
 2. Health and Wellbeing Policy Template, Department of Health, WA Healthy Schools Project.  
 3. Inclusion and implementation of this clause meets the requirement of the Sunsmart program.  
 4. Inclusion and implementation of this clause meets the requirement of the Crunch&Sip®. program.

## CURRICULUM, TEACHING AND LEARNING

Sawyers Valley Primary School will incorporate health and wellbeing concepts into school activities by:

- Ensuring School Administration supports staff to deliver quality lessons by allowing in-school time for planning, providing professional development opportunities and allocating funds for resources and materials.
- Ensuring there are regular physical activity lessons, good nutrition sessions, and age-appropriate road safety and drug awareness lessons during teaching periods for all years K-6.
- Ensuring all classroom resources are quality resources endorsed by the Department of Education and evidence-based where possible such as resources from the Department's *Connect* site and *Challenges and Choices*.<sup>5</sup>
- Maintaining a whole school approach with a K-6 scope and sequence to ensure, nutrition, physical activity, road safety and drug awareness lessons are covered in all year levels each year.
- Developing physical activity opportunities that are in line with national guidelines<sup>6</sup> (for 5 to 17 year olds, a minimum of 60 minutes of moderate to vigorous activity every day).
- Ensuring 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 food services, class treats and cooking activities, school camps and excursions.
- Ensuring that excursions and after-school duties will be used as road safety learning opportunities where the road user behaviour of school staff and students is a focus. Sawyers Valley Primary School staff will ensure that risk management of students in a traffic environment is always addressed.
- Encouraging food-centred activities that are healthy, enjoyable and developmentally appropriate.<sup>7</sup>
- Extending learning from the classroom to promote parental support of nutrition, physical education, road safety and drug education programs through the use of take-home activities, guest speakers and open forums and by offering parents the opportunity to participate in school based physical activities.
- Incorporating sun safety education as part of the curriculum, integrated with other subjects especially if they are conducted out doors for all year levels.<sup>8</sup>
- Establishing a set time for Crunch&Sip® in all classrooms every day.<sup>9</sup>

5. [det.wa.edu.au/.../for-schools/resources/challenges-and-choices](http://det.wa.edu.au/.../for-schools/resources/challenges-and-choices) © Government of Western Australia, School Drug Education and Road Aware, 2013

6. Australia's Physical Activity and Sedentary Behaviour Guidelines from Commonwealth of Australia, Department of Health - see [www.health.gov.au](http://www.health.gov.au)

7. Australian Dietary Guidelines - see [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

8. Inclusion and implementation of this clause meets the requirement of the Sunsmart program.

9. Inclusion and implementation of this clause meets the requirement of the Crunch&Sip® program.

## **ETHOS AND ENVIRONMENT**

Sawyers Valley Primary School will nurture an environment where students will receive messages about health by:

- Providing all students opportunities to participate in physical education programs and initiatives as well as providing appropriate play areas and accessible sporting equipment.
- Encouraging students to eat breakfast before attending school and including information about the importance of eating a healthy breakfast in nutrition lessons.
- Encouraging and supporting parents/carers to ensure their children eat healthy, varied lunches, snacks and treats at school and providing parent information on healthy eating practices at home.
- Providing clean, safe and accessible drinking water available for Crunch&Sip® and reminding students to refill their water bottles throughout the day.<sup>10</sup>
- 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.<sup>11</sup>
- Providing information to parents and staff about the Crunch&Sip® and SunSmart programs, e.g. through newsletters; the school website; during student enrolment and in school policies.<sup>12</sup>
- Requiring students and encouraging school visitors to wear sun protective clothing, including sun protective hats (broad-brimmed, bucket and legionnaire style) for all outdoor activities as appropriate.<sup>13</sup>
- 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.<sup>14</sup>
- 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.<sup>15</sup>
- Actively encouraging students to apply minimum SPF 30+ water resistant broad spectrum sunscreen 20 minutes before commencing outdoor activity.<sup>16</sup>

10-11. Inclusion and implementation of these clauses meets the requirement of the Crunch&Sip®. program.

12-16. Inclusion and implementation of these clauses meets the requirement of the Sunsmart program.

## PARENTS AND COMMUNITY PARTNERSHIPS

Sawyers Valley Primary School will actively seek to form partnerships with parents/carers, community groups, health service professionals and agencies to achieve the aims outlined in our Health and Wellbeing Policy by:

- Ensuring all staff wear appropriate clothing and hats while on duty and at other outdoor activities.<sup>17</sup>
- Staff and community members, when appropriate, being seen consuming fruit, vegetables and water to reinforce the Crunch&Sip® message.<sup>18</sup>
- Supporting P&C fundraising initiatives that wherever possible, uphold the principles of healthy eating and physical activity.
- Actively finding ways to provide fruit or vegetables for Crunch&Sip® for students who do not have access to them, e.g. by forming partnerships and seeking donations from local retailers.<sup>19</sup>
- Identifying traffic issues through community feedback (survey) and managing issues in consultation with the school community and relevant agencies.
- Develop and implement a *Procedure for Drug Use Incident Management and Intervention Support*. This procedure will include administering medication in school time and it will be communicated through the whole school community and will form part of the Health and Wellbeing Policy.
- Develop and implement a *Procedure In The Event of a Road Incident*. This procedure will identify useful contacts and information and form part of the Health and Wellbeing Policy.
- Seeking involvement from parent and community members in decisions and discussion about: nutrition and physical activities in and around the school; road safety issues in and around the school and drug education in and around the school. A Health and Wellbeing Committee comprised of the principal, the school chaplain, an upper school and ECE teacher, a P&C representative and a student will ensure involvement from many areas of the whole school community.
- The Health and Wellbeing Committee conducting an initial Healthy Schools Checklist (Appendix 1) to identify current health and wellbeing areas of need.
- Members of the Health and Wellbeing Committee biennially reviewing the Health and Wellbeing Policy by completing the Healthy Schools Checklist to rate the policy implementation, identify achievements and shortfalls and recommending a course of action for the forthcoming period.

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SIGNED

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DATE

17. Inclusion and implementation of this clause meets the requirement of the SunSmart program.

18-19. Inclusion and implementation of this clause meets the requirement of the Crunch 'n' Sip® program.