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Healthy Schools Program

Program toolkit 2023

This toolkit is designed to support schools to implement a health promotion project in their school. The toolkit is based on best practice approaches aligned with the Health Promoting Schools Framework and has information and resources to help you develop your school project.

Healthy Schools Program Toolkit

Healthway works in partnership with Western Australian (WA) schools to build a healthy and more active WA. The Healthy Schools Program aims to support schools to develop projects that promote the health of students through activities aligned with the Health Promoting Schools Framework.

What is a health promoting school?

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

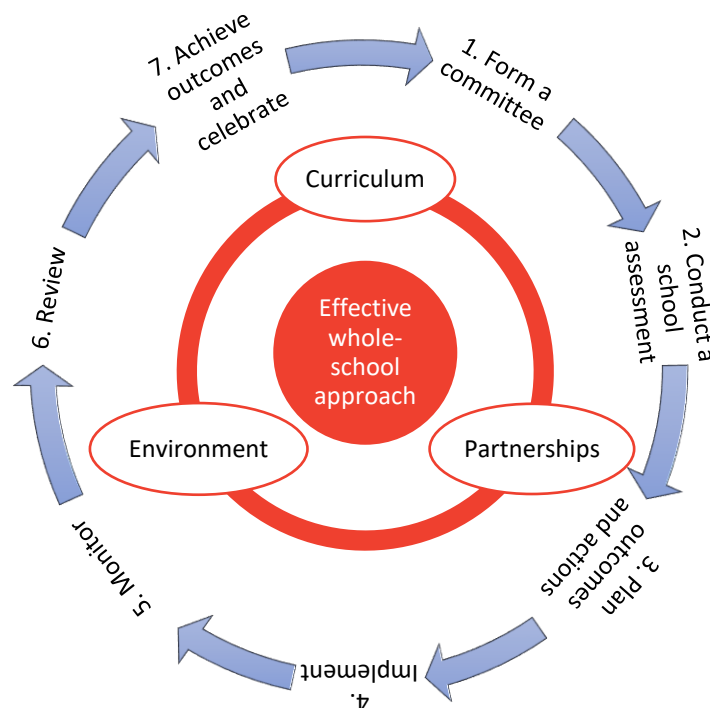


Figure 1: The Health Promotion Schools Framework

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

1. Curriculum – teaching and learning across subject areas.
2. School environment and ethos – the physical and cultural surroundings, policies, and procedures.
3. Partnerships – between students, families, staff, professionals and the wider community.

For more information about Health Promoting Schools, please visit:
<https://wahpsa.org.au/resources/what-is-a-health-promoting-school/>

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How do I implement a Healthy Schools project?

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

Step 1. Form a committee (tick box when complete)

The first step to implementing a Healthy Schools project is forming a committee. A committee provides a means to work together on school projects and policies, provides 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. Ensure the committee represents interested students, teachers and parents and will take responsibility for developing the initiatives of this grant. We encourage teachers from different learning areas to be involved.

Step 2. Conduct a school assessment

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

Have discussions with the school community to identify what health needs are most prevalent amongst students. Engage with parents, staff, and students to determine areas of need, and discuss ideas on how this could be addressed at the school. You can conduct interviews, group discussions or surveys to understand the health needs and challenges of the school.

Step 3. Plan actions and outcomes

Using the findings from the school assessment, work with the committee to identify actions and outcomes for your project. If you are looking for ideas, speak to students and staff, as well as some of the health partners identified in this document. Consider the following items when planning your project:

- **Create project objectives**

The first step when planning your project is to create project objectives that are SMART (specific, measurable, achievable, realistic, and have a time frame). Your objectives should describe the changes the 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, also consider how your school can ensure the project or some elements can be sustainable and continue beyond the Healthway funding period. You can think about:

- Revising or developing a school health promotion guideline or policy.
- Implementing education resources into school curriculum.
- Becoming a member of a WA school health promotion program.

- **Develop partnerships**

A key strength of any project is the partnerships that are developed. Consider the organisations or services you can consult 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.

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There are also a number of school health promotion organisations in WA that can support your school during and beyond the project to assist. Consider reaching out to these organisations at any stage of your project.

Health promotion organisations	What do they do?	Contact details
Road Safety and Drug Education Branch	Changing Health Acting Together Challenges and Choices Wraparound Drug Talk: Body. Mind. Future.	sdera.co@education.wa.edu.au 08 9402 6415
Nutrition Australia	Healthy Food and Drink policy support and training FoodChecker – an online recipe, menu, and assessment tool	https://freshsnap.org.au/ 08 6182 2260
Cancer Council WA	Crunch&Sip Parent Education Program	https://www.crunchandsip.com.au/contact-us/questions-and-feedback
WA School Canteens Association	Healthy Food and Drink policy support and training Star Choice Program	wasca@education.wa.edu.au 08 9264 4999
Foodbank WA	Superhero Foods School Breakfast Program Food Sensations for Schools	Wa.info@foodbankwa.org.au https://www.superherofoodshq.org.au/ 08 9258 9277

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WAHPSA

Assists schools in implementing the Health Promoting Schools Framework

<https://wahpsa.org.au/contact-wahpsa/>

- **Healthy Schools funding inclusion**

When planning the project budget consider what your funding can and cannot be used for. A budget example is available in the [Healthy Schools Program guidelines and application form](#). The budget should also consider contributions from the school and other partners.

Step 4. Implement

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

- **Parent and community involvement**

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

- **Spread the word to the school community**

To effectively implement the project and engage with students, parents, and staff, the project needs to be promoted and published. There are many ways you can do this depending on your school and community context. For example, have an article in the school newsletter or school website, ask students and the health committee to write to contact the local media regarding the project, or engage with the community through social media channels.

Step 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:

- **Extension of classroom activities**

In conjunction with your usual lessons on health education with students, think about how you intend to conduct some extension activities. Consider how the project activities may be applied across other areas of the curriculum.

For example: Older students conducting health education activities with younger students and providing peer support, and/or setting personal health goals.

Step 6. Review

As the project is wrapped up, it is a great time to review and evaluate the project, what worked and didn't work, how many students did the project reach, any successful outcomes, and ways to improve.

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Step 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.

Need funding support for your project? Please go to the [Healthy Schools Program application form](#) and contact Healthway to discuss your project on 133 777 or healthway@healthway.wa.gov.au.

Resources

There are numerous resources that exist to support you as you develop health promotion initiatives at your school.

Creating a smoke-free WA

- Department of Education's Anti-Vaping Resources [Do You Know What You're Vaping?](#)
- Department of Education's [Addressing e-cigarettes and vaping in school communities](#) pre-recorded presentation
- [Challenges and Choices](#)
- [CHAT \(Changing Health Acting Together\) program](#)
- [Smoking and Lung Cancer education sessions](#)

Increasing healthy eating

- [Nutrition Australia](#)
- [Crunch&Sip and parent education program](#)
- [Food Sensations for Schools program](#)
- [Superhero Foods](#)
- [Star Choice program](#)
- [The Kitchen Garden Classroom program](#)
- [SNAC](#)
- [EON Thriving Communities program](#)

General resources

- [WAHPSA resources](#)