



Healthy Schools Program

Toolkit



What is a health promoting school?

A health promoting school is a place where healthy living, learning and working go hand in hand. Schools play an important role in shaping the social, emotional, physical and spiritual wellbeing of young people. Your school is in a strong position to make health a priority for everyone, across all cultures and communities.

We support school projects that align with the health promoting schools approach. This means your project will improve student health and wellbeing through these three key areas:

1. Curriculum, teaching and learning

Teaching, learning and professional development that supports health and wellbeing.

2. School environment

Policies, procedures, cultural and physical spaces that promote health and wellbeing.

3. Partnerships

Strong connections between students, families, staff, services, professionals and the wider community.

See the '**What is a health promoting school**' resource for more details on the health promoting schools approach.

Seven steps to create a Healthy Schools project

To make sure your project benefits the whole school, follow these steps:

1. Form a committee



- Bring together a team of school staff, students, parents and community members to lead wellbeing initiatives.
- Assign clear roles and responsibilities so the team works together effectively.



2. Assess your school



- Find out the key health issues for students and staff through surveys, discussions and community input.
- Identify what's working well and what needs improvement.
- Review your school's health policies, practices and culture.



3. Plan actions and outcomes



- **Set clear goals** using SMART principles (specific, measurable, achievable, realistic and timely).
- **Plan strategies** that will influence the three key areas: curriculum, teaching and learning, school environment and partnerships.
- **Plan for sustainability** – consider how your project can continue after Healthway funding. For example:
 - Update or create a health policy.
 - Add health and wellbeing resources to the curriculum.
 - Partner with a school health promotion program or organisation (see ideas on page 4).



4. Implement your plan



- **Put your strategies into action** – carry out project activities as planned.
- **Promote your project** with the school and wider community.
 - If your school receives funding, you'll receive a toolkit to help showcase your project and celebrate its success.



5. Monitor progress



- **Track how your project is going** and make changes if needed.



6. Evaluate and review



- **Measure your results** against your goals.
- At the end of your project, **reflect on what worked** and what could be improved.



7. Celebrate successes



- **Acknowledge achievements** and thank everyone involved.
- **Share your results** with the school and wider community to inspire others.



Support organisations and recommended programs

We recommend partnering with the organisations and programs listed below to help you develop and implement health-promoting strategies for your project.

Need inspiration? Check out the **case studies** on our website for ideas and examples of projects that align with the **Healthy Schools Guidelines**.

 Promote healthy eating	Health promotion program/ organisation	Support provided
FreshSNAP National Nutrition Foundation		Helps schools create a whole-school approach to healthy eating by improving food practices, processes and policies. Offers free tools, curriculum resources, online training and personalised support via phone, email or face-to-face.
nom! Foodbank WA		Delivers fun, interactive Superhero Foods sessions that teach children how to make healthy food choices. Includes hands-on cooking activities where students prepare and enjoy healthy recipes together.
Superhero Foods Foodbank WA		Provides an engaging online hub for educators with recipes, games and teaching resources - where everyday healthy foods become superheroes.
Crunch & Sip Cancer Council WA		Encourages healthy habits in classrooms by adding an extra serve of vegetables or fruit and regular water breaks to boost energy and concentration. Offers free parent nutrition education sessions through the Packed with Goodness program.
Food Ladder		Provides the tools and systems for schools to grow and harvest fresh produce year-round by integrating climate-controlled hydroponic infrastructure with curriculum-aligned programs. Embeds nutrition education, food literacy and healthy habits into everyday learning.
Foodcore Nutrition Services		Provides training, practical tools, information and policy support to help school canteens to create and promote healthy food environments.



Promote active living

Health promotion organisation/program

Support provided

Your Move Schools
Department of Transport and Major Infrastructure

Provides free information and resources to help students get active by walking, scooting and riding to school more often.

KIDDO
The University of Western Australia

Provides an evidence-based program to build student's fundamental movement skills and physical literacy. Includes lesson plans, assessment tools and teacher professional development.

Animal Fun

Offers a play-based program for children aged 3–6 years to build motor and social skills through fun activities, physical resources and teacher professional development.

Nature Play WA

Provides nature-based learning ideas, printables and lesson plans to help educators take classes outdoors. Nature Play WA also runs the Talk N Walk program, encouraging students to spend time outside walking and talking with their peers or family.

Image courtesy
Baynton West Primary School.



	Health promotion organisation/program	Support provided
Promote mental wellbeing	Be You Beyond Blue	Provides a searchable database of mental health and wellbeing programs for schools. Only programs with an evidence rating of 3 or above in the directory are eligible for Healthway funding. Be You also offers free professional development for teachers.
	Friendly Schools The Kids Research Institute Australia	Provides tools and resources for a whole-school approach to reduce issues like depression, anxiety, stress, loneliness, bullying and other harmful behaviours.
	Mentally Healthy Schools Act Belong Commit	Provides training in mental health promotion strategies and the Act Belong Commit message, plus resources to teach and encourage mentally healthy behaviours.
	Mindful Movement Education Program Act Belong Commit	Provides curriculum-aligned, trauma-informed Mindful Movement short courses as professional development for teachers.
	Helping Minds	Delivers workshops for students, teachers and parents to build mental health awareness and reduce stigma around mental health challenges.

*Food Ladder School Systems
by Isabella Moore, image courtesy
Food Ladder.*



 <p>Prevent and reduce use of tobacco, e-cigarettes and other novel tobacco products</p>	<p>Health promotion organisation/program</p>	<p>Support provided</p>
	<p>Clear the Air Cancer Council WA</p>	<p>Provides digital campaigns and resources to educate students about the health risks of vaping and share practical tips for quitting.</p>
	<p>Anti-Vaping Toolkit Department of Education</p>	<p>Provides resources and creative materials to raise awareness about the health risks of using vapes.</p>
	<p>Blurred Minds Griffith University</p>	<p>Provides alcohol, vaping, and drug education through curriculum-aligned modules, interactive resources, workshops, online games and teacher training.</p>
	<p>Vaping Prevention Program Our Futures</p>	<p>Provides lesson plans with engaging stories, quizzes and discussions to teach students about the harms of vaping and equip them with the skills to avoid it.</p>

 <p>Prevent and reduce use of alcohol</p>	<p>Health promotion organisation/program</p>	<p>Support provided</p>
	<p>Challenges and Choices Department of Education</p>	<p>Delivers resilience and drug education programs for secondary schools through curriculum modules and teacher professional development.</p>
	<p>Whole-school road safety and alcohol and other drugs education Department of Education</p>	<p>Provides templates to help schools create a whole-school alcohol and other drug education plan.</p>
	<p>Alcohol Think Again Mental Health Commission</p>	<p>Provides digital campaigns and resources to teach students about alcohol-related harms and challenge attitudes and perceptions.</p>



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