School Health Policy
RATIONALE:

The school environment has a great influence on future lifestyle and health practices. The school has a responsibility to provide a healthy, safe and supportive environment. Good physical, social, mental and emotional health for all should be vigorously pursued.

The health policy will apply to the total school population, i.e. teaching and clerical staff, students, ancillary staff and voluntary workers.

PURPOSE:
The School Health Policy will be consistent with:


STRUCTURE:
The Health/PE Committee will:

- evaluate the School Health Policy and monitor adherence to that policy
- provide access to information and resources on health issues
- Liaise with the P&C
- Liaise with other staff and groups within the school community.

AIMS:
These purposes will be achieved by:

- education and awareness of common health problems, or problems as they arise
- encouraging personal responsibility for prevention of lifestyle diseases
- ensuring confidentiality of individual health status
- recognising good mental and emotional health as necessary for management of daily life
- programming daily physical fitness for K – 7
- specialist PE teacher to provide 120min yrs 4-7, 30min yrs 1-3
- the health education of students through the School Curriculum
- promoting sound nutritional practices (ie Crunch n’ Sip)
- developing skills/knowledge to enable informed decisions on the appropriate and responsible use of drugs through Health Education
- encouraging community agencies and parents to be involved in health issues, as documented in the current School Development Plan
- ensuring all staff are informed of the school’s Sudden Death/Suicide Response Plan
- monitoring potential physical hazards within the school environment
- actively encouraging the use of protective equipment
- providing opportunities for the development of the skills of basic life support; and
- promoting a litter-free environment and encouraging recycling.
IMPLEMENTATION

The School Health Policy will be consistent with the following policies, which are available for reference in the listed places.

DET “Our Policies” website.

Student health information supplied by parents (First Aid Room).

1 Education and awareness of common health problems or issues as they arise eg: asthma, epilepsy, bee sting / nut allergies, nits is provided to staff and students.
The School Community Nurse will provide information to the school community on the management of common health issues as required.

Information will be made available for teachers of students with serious medical disabilities in student files. Students with Epi-Pens are identified in staff room, first aid room and in duty file.

2 Encouraging personal responsibility for prevention of lifestyle diseases
All sectors of the school will be encouraged to reduce the likelihood of skin cancer, through Sun Smart Policy. Sunscreen is made available to each classroom and PE specialist to be used for all outdoor activities. Students can wear suitable sunglasses if they choose. It is desirable that all staff wear hats, sunglasses and use sunscreen when participating in outdoor activities to set a good example.

Lifestyle diseases such as Cancer, Heart Disease, Stress are covered briefly in the upper primary classes as part of Health Education. School fundraising activities carried out in the school also provide opportunity to remind students of the dangers.

3 Ensuring confidentiality of individual health status.
Staff accessing medical information are expected to discuss it as necessary only with staff concerned with the student.

If a teacher has concerns about a student’s physical or emotional health, they should contact the school nurse, the school psychologist or the principal.

4 Recognising good mental and emotional health as necessary for management of daily life.
Provide information about mental health to staff and students if required.

5 Encouraging physical fitness.
Daily fitness of 15mins K-7

In addition:
Years 4 -7 have 120mins per week of PE with PE specialist.
Years 1 – 3 have 90mins per week of PE with PE specialist.
Edu Dance is an option for 8 weeks.

Healthy attitudes towards fitness and physical fitness are encouraged through the school curriculum and extra curricula activities.

6 Promoting the health education of students through the school curriculum.
The syllabus covers the areas of communication, human sexuality, drug education, lifestyle diseases and nutrition.
Health Promotional days including Fruit and Veg Week, Jump Rope for Heart, Bandana Day, Walk to School Day are highlighted and participation is encouraged.

8 **Encouraging community agencies and parents to be involved in health issues.**
   Guest speakers from community agencies are invited to speak to the school community (eg Nits prevention with school nurse)

9 **Monitoring potential physical hazards within the school environment.**
   As determined and reported to the Occupational Health and Safety Committee.

10 **Actively encouraging the use of protective equipment.**
   The use of appropriate protective equipment is enforced in certain curriculum areas such as Physical Education, Science, Home Economics and Design and Technology.

   Students are encouraged to adhere to the law regarding the wearing of bicycle helmets.

   Staff and students are made aware of the appropriate manner in which to use equipment such as photocopiers.

   Appropriate protective equipment is provided for staff such as gardeners.

Written: 2008

To be reviewed: 2010 by Executive Curriculum Team