

Promoting Children's Health and Wellbeing

3rd September 2012

Health promotion in schools/early childhood education and care services

- Can schools/services change their environment to influence health and wellbeing?
- Can school/services encourage healthier behaviours for students/children, staff and the school/service community?
- Can a focus on health and wellbeing in schools/services support educational outcomes?

Healthy is...

“I go to sleep and I have a big sleep.”

“I eat a banana. I feel healthy straight away!”

“If you don’t brush your teeth you look like a monster.”

“I can run and run and run till I get slow and slow and then I stop.”

“We have scooters and bikes and we ride them.”

“Children and grown-ups look healthy when they are safe...I feel healthy when there’s no danger.”

Healthy is...

“Happy, relaxed kids.”

“A fun structure which instils confidence in the children.”

“Fantastic outside play space.”

“A place where my child can develop and grow socially, physically, intellectually, creatively and emotionally.”

“Rubbish free – unprocessed snacks.”

What is a health promoting school /service?

A health promoting school [service] is a place where all members of the school [service] community work together to provide students [children] with integrated and positive experiences and structures that promote and protect their health.

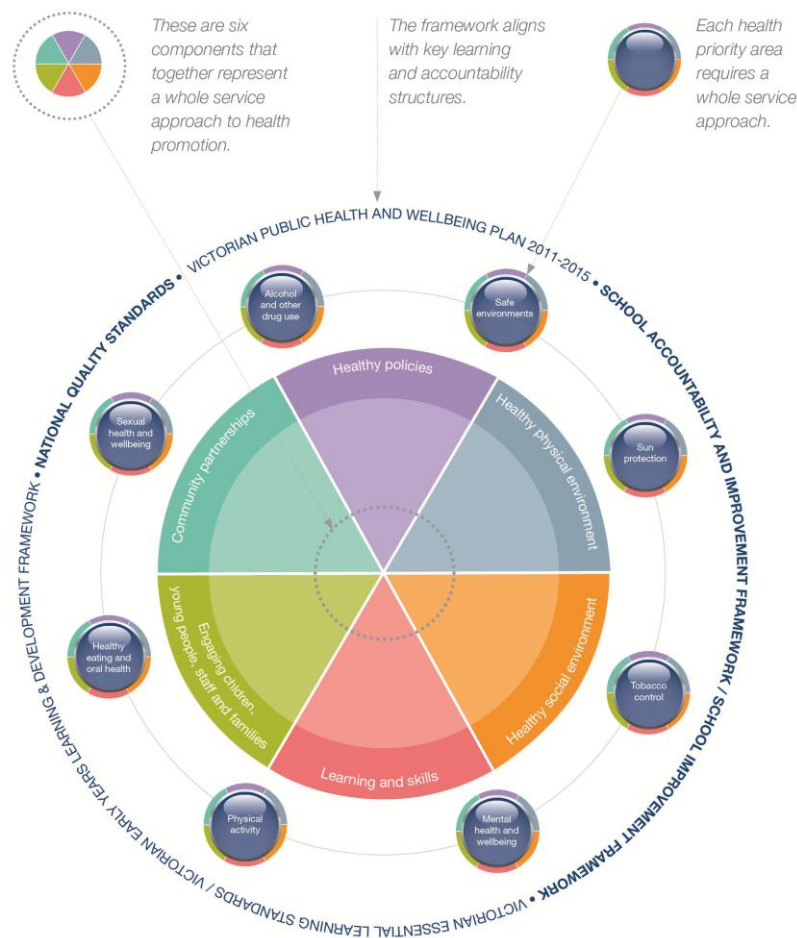
World Health Organization.

The Victorian Prevention and Health Promotion Achievement Program

- Supports a whole-school / whole-service approach to health promotion
- It is a coordinating framework for health and wellbeing activities
- Schools and services receive guidance to work through a cycle of continuous planning, action and review, with the aim of meeting benchmarks for health priority areas.
- Recognises health promotion achievements and shares them with the broader community

Victorian Health Promoting Schools and Early Childhood Education and Care Services Framework

Figure 2: Victorian Health Promoting Schools and Early Childhood Education and Care Services Framework



The framework components

Healthy policies	Policies clearly articulate conditions and practices necessary to create a physical and social environment which promotes health and wellbeing.
Healthy physical environment	The physical environment facilitates and encourages healthy choices and lifestyles, complementing the health messages taught in the curriculum.
Healthy social environment	Respect, fairness and equality is promoted and modelled, and a sense of belonging is fostered.
Learning and skills	Learning opportunities and experiences within the curriculum enable children and young people to gain knowledge and skills and take action to enhance health and wellbeing.
Engaging children, young people, staff and families	Structures are established to engage children, young people, families and staff as active participants in the promotion of health and wellbeing.
Community partnerships	Partnerships with local health professionals, services and the wider community enhance health promotion capacity and support children, young people and their families' health and wellbeing needs.

Benchmarks

The Victorian Prevention and Health Promotion Achievement Program

Early childhood education and care services

Healthy eating and oral health benchmarks

Healthy policies

1. A whole-service nutrition/healthy eating policy is in place.
2. A whole-service oral health policy is in place.
3. The service has a staff health and wellbeing policy which supports healthy eating and oral health.



Healthy physical environment

4. The service promotes the consumption of fruit and vegetables and healthy food options in line with Australian Guidelines^{1,2}.
5. The service menu, if applicable, is assessed by the Victorian Healthy Eating Advisory Service (VHEAS) to ensure it meets Australian Guidelines^{1,2}.
6. Children are encouraged to taste a wide variety of foods with a range of flavours, colours, textures and aromas through menus and food experiences.
7. Safe drinking water is available at the service.
8. Children are encouraged to undertake oral hygiene practices in the service where appropriate.



Healthy social environment

9. The service provides a positive eating environment with relaxed, social and enjoyable experiences.
10. Food and drink are not used as an incentive, bribe or reward at any time.
11. Educators, staff and families recognise they are role models and are encouraged to bring foods and drinks that are in line with the service's healthy eating and oral health policies.



Learning and skills

- Opportunities to learn about food, healthy eating and oral health are embedded in the curriculum as recommended in the EYLF³, the EYLF⁴, VEYLDP⁵ and Australian Government guidelines⁶.
- Through growing, cooking and shopping, learners, children are involved in healthy food experiences supported to access resources, tools and information to enhance their knowledge and skills for healthy eating and oral health.



Engaging young people, staff and families

- Educators and staff are key partners in promoting healthy eating and oral health.



Partnerships with local organisations



1. Dietary Guidelines for Children and Adolescents in Australia, incorporating the Infant Feeding Guidelines for Health Workers. NHMRC, 2003
 2. Get Up and Grow: Healthy Eating and Physical Activity for Early Childhood. Australian Government, 2009

Quality Authority, 2011
 Wealth of Australia 2009
 Years. State of Victoria, 2009

...funded initiative of the

The Achievement Program cycle



Coordinate



Create



Gain Health
Promoting
Schools/Services
status

Celebrate



Support for implementation

- Resources: guidelines, tools, templates
- Professional learning, support and advice
- Regular communication and updates
- Links to health and community professionals and organisations
- Access to local data
- Opportunities to showcase local work, e.g. case studies

Reasons to participate



Healthy children
learn better

Integrate existing
work into
strategy/plans



Work in partnership



Promote the health of
the whole
school/service

Work at a pace that best
suits the school/service



Receive guidelines,
tools and support



Be recognised

The Health and Community Professionals Network

To support uptake and implementation of the Achievement Program

Health and community professionals will receive:

- Free professional development and networking opportunities
- Access to information, support and advice from state team
- Information and updates to help schools and early childhood education and care services adopt a health promoting approach
- Access to evidence-based resources and case studies to support local implementation, monitoring and evaluation

To register contact: community@achievementprogram.org.au

Achievement Program update

Statewide membership, September 2012.

Early childhood education and care services

= 360

Primary schools = 163

Health professionals

= 255



Victorian Prevention and Health Promotion Achievement Program

Further information:

[http://www.health.vic.gov.au/prevention/achievement
program](http://www.health.vic.gov.au/prevention/achievement_program)

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