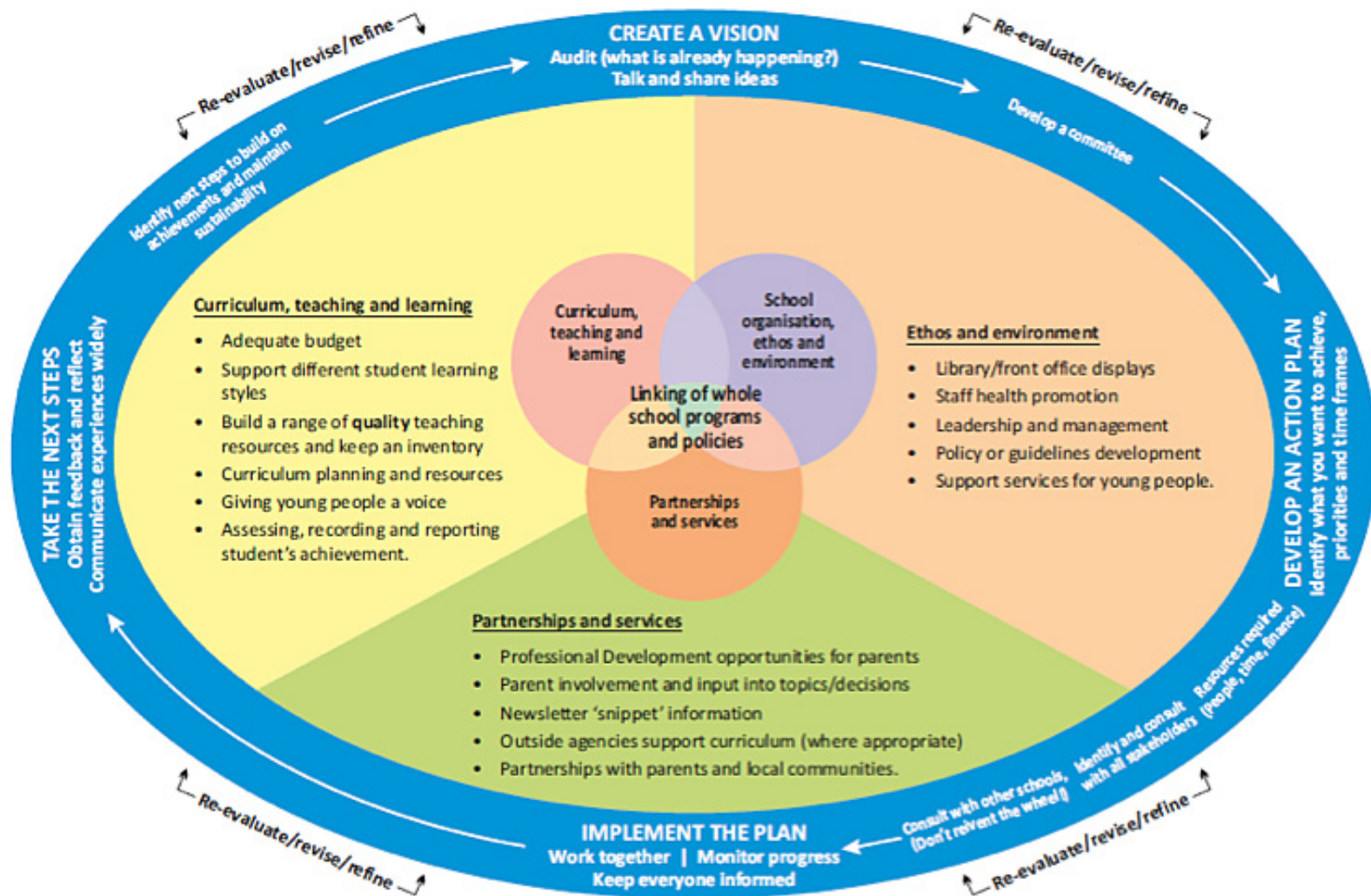




WAHPSA

Building on our strengths, embracing
our opportunities

Health Promoting Schools Framework



VISION



Health promotion embedded in the ethos of Western Australian schools

Schools are a hub for health promotion in communities.
The health of school users is improved and/or protected through their school.
Throughout their schooling, children and youth are healthy, safe and equipped to embark on a journey of lifelong learning.
Agencies better understand the needs of schools and can develop appropriate programs and initiatives.

PURPOSE



To assist schools in understanding and implementing the Health Promoting Schools Framework

By helping schools define health in the context of their school and community, the health needs of school users can be more efficiently and effectively addressed. This in turn assists schools in achieving their educational and social goals.
By informing and equipping schools with resources on how to implement the Health Promoting Schools Framework across the 3 main areas of Education, Environment, and Partnerships; how to identify areas of improvement or opportunity; and how to reorient health services and agencies based on the schools needs, both schools and stakeholders are better able to meet their health promotion objectives.

STRATEGY



Be the lead advocating body for the Health Promoting Schools Framework in WA

Advocate for the development of school health promotion and promote the health promoting schools concept.
Develop policies of mutual co-operation for groups working in the area of school health promotion.
Promote the adequate resourcing of school health promotion and maximise the efficient use of existing resources.
Provide a network to encourage appropriate partnerships among health and education organisations.
Provide professional development opportunities.
Provide a forum for the exchange of knowledge and expertise; and an opportunity to comment on issues affecting school health promotion.

2015 Achievements

www.wahpsa.org.au



The screenshot displays the homepage of the WA Health Promoting Schools Association (Inc.) website. The header features the organization's logo and name, a search bar, and a navigation menu with links for Home, About Us, Health Areas, Meetings, Events, Resources, News, and Contact WAHPSA. The main content area is divided into two sections. The first section, titled "Who is WAHPSA?", includes a circular image of a teacher and students, a text block describing the organization as a not-for-profit entity, and a "Read More" button. The second section, titled "Health Areas", is subtitled "How can the Network assist your school?" and contains six program cards: Food and Nutrition, Health & Safety, Health Conditions, Mental Health Wellbeing, Physical Activity, and Professional Support. Each card includes a representative image and a "Programs" button.

Who is WAHPSA?

The WA Health Promoting Schools Association Inc (WAHPSA) is a not for profit, non-government entity which advocates and supports a whole school and community approach to health and wellbeing.

[Read More →](#)

Health Areas
How can the Network assist your school?

Food and Nutrition
Including healthy eating and sustainability.

[Programs →](#)

Health & Safety
Injury prevention, drug education and more

[Programs →](#)

Health Conditions
Such as continence, asthma and others.

[Programs →](#)

Mental Health Wellbeing
Promoting good mental health in childhood.

[Programs →](#)

Physical Activity
Programs for keeping kids active.

[Programs →](#)

Professional Support
Training and information to assist school staff.

[Programs →](#)

2015 Achievements - Healthy Schools Forum

A partnership with the WA Healthy Schools Project to deliver a one day professional development and networking opportunity for 150 education and health professionals.

Healthy Schools Forum 22 May, 2015

More than 150 teachers and public health nurses attended the Healthy Schools Forum in Perth last month. Hosted by the WA Health Promoting Schools Association, the forum brought together professionals working in the health and education sectors to improve the health of young people through school-based health promotion.



An early start with registrations and the networking breakfast prepared by students from Cyni Jackson Senior Campus and the 5000 Meals program

Telethon Kids Institute Senior Research Fellow Dr. Kevin Runions delivered a keynote address examining "healthy relationships for healthy schools". He investigated whether relationships, bullying and social exclusion impact on participation in sport and healthy eating. He also discussed the role teachers may have in managing peer dynamics.



Pauline Chambers,
Community Health
Nurse, was MC for the
Forum



Dr Kevin Runions,
Telethon Kids Institute

Subsequent guest speakers and case studies provided teachers and community health nurses with resources and tips to address complex health issues in schools. Matt Byrne from Edith Cowan University inspired participants with his research findings on quality teaching and positive learning environments, while Tracey Baszkow from Kidsafe provided ideas to inspire students to participate in unstructured play. Rex Milligan from FoodbankWA related the importance of fostering partnerships as pathways to creating better health outcomes in schools.



A lively exhibition from a variety of Health Promotion agencies offering support and resources for schools was a worthwhile diversion during the session breaks. Healthway support enabled a number of country schools to attend and two of the three case studies presented to the Forum were from the regions, Cranbrook Primary and Nullagine Remote Community School. The WA Health Promoting Schools Association (INC) launched their updated website at the event and all presentations are available at wahpsa.org.au.



Peter Slater,
Cranbrook Primary
School



Emma Dawson,
Nullagine Remote
Community School



2015 Achievements - Meetings and members

Six general meetings were held in 2015, with speakers from Headwest, Healthy Schools Project, Act Belong Commit, WASCA and SAKGF.

Financial memberships increased after the launch of our website.

How you can get involved

1. Stay updated – check the website and sign up for our e-news
2. Join up – become a member
3. Share – events, news and program details
4. Contribute – join the executive committee

Benefits

- Working together to address health promotion in schools
- A source of information and a way to share information
- Networking, networking and more networking!

2016 and beyond...

1. Continue to review and meet the targets in our Strategic Plan (e.g. resources)
2. Build communications with schools
3. Aim to be financially sustainable
4. Seek guidance from members



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