

# Healthway

*Creating a Healthier WA*

## Healthy Schools Grant Program 2023



# Our Purpose

Healthway, the Western Australian Health Promotion Foundation, is a WA Government agency with a responsibility to support health promotion.

Promote and facilitate good health and activities that encourage healthy lifestyles for Western Australians, in particular:

- Children and young people
- Aboriginal and Torres Strait Islander people
- People living in rural and remote communities
- People disadvantaged through economic, physical, cultural, social or educational factors



Miling Primary School Garden

# Highlights of the 2022 Healthy Schools Program

- More than \$300,000 in funding was granted to 78 schools across Western Australia
- Funded projects include sensory spaces, edible gardens, and healthy eating education sessions
- The projects focused mainly on increasing healthy eating and physical activity and improving mental health with many regional and remote schools receiving funding



Applecross Primary School 'Super Tuesdays' program

# Case Study – Capel Primary School

Capel Primary School requested \$5,000 to implement before and after school cooking and nutrition activities to educate and increase access to healthy food. The regional school has 320 students of which 30 identify as Aboriginal and 50 are from CaLD backgrounds.

Many students were arriving at school hungry which impacted on learning, physical activity, and mental health. The project included:

- Three before school cooking sessions per week where students were involved in preparing and cooking their own healthy breakfast
- A weekly after school My Kitchen Rules club where sweet and savoury recipes were trialled, eaten and also cooked at home
- An edible garden with the yield being utilised for the program and food scraps were returned to the garden compost, worm farm and chickens closing the circle of sustainable food production and use.

The program was attended by YouthCARE to support students and mental health issues. Partnerships were also created with Foodbank, Capel Uniting Church and Coles. Funding supported kitchen equipment, nutrition resource and vegetable garden resources.

## Outcomes:

- **The Cooking Club was voted as one of the most popular clubs and the students' feedback said they would like it to continue next year (2023). The Breakfast Club had a 95% approval rating.**
- **Disadvantaged students participating in the Breakfast Club were more likely to turn up to school in time, settle quicker and were able to learn after they have had a healthy breakfast.**
- **Recently during Health lessons students have been able to have real life experiences about how to prepare and eat healthy foods. Most recently the AUSLAN teacher has been teaching students to cook using sign language.**



Capel Primary School – Healthy Eating Practices Program

# What is the Healthy Schools Program for 2023?

In 2023, Healthway is offering grants of up to \$5,000 to WA school communities to support schools to develop projects that increasing healthy eating, and creating a smoke-free WA, particularly in relation to the issue of e-cigarette use (vaping).

The Program is open to all schools across WA and applications are encouraged from schools in rural and remote areas, and those with a high proportion of students from Aboriginal and Torres Strait Islander backgrounds, CaLD communities and/or others experiencing disadvantage. Applications may be submitted by the school, or the P&C.

## General Requirements

- Projects that address vaping must align with and utilise the Department of Education's [Anti-Vaping Toolkit and the Department of Health's campaign Do You Know What You're Vaping?](#)
- If the project focuses on vaping, the project team/school staff are required to download **and** view the Department of Education's [Addressing e-cigarettes and vaping in school communities](#) pre-recorded presentation (under 'Professional Learning') prior to commencing the project.
- Projects should use a combination of strategies aligned with a whole-school approach.
- Projects addressing healthy eating should ensure appropriate partnerships are established to support the delivery of the project, as outlined in the Healthy Schools Programs Toolkit.

**Applications are open from Monday February 27 and close Friday March 24.**



Brookman Primary School – 'Land Revegetation Project' to create a nature space to improve mental health of students.

# Health Promoting Schools Framework

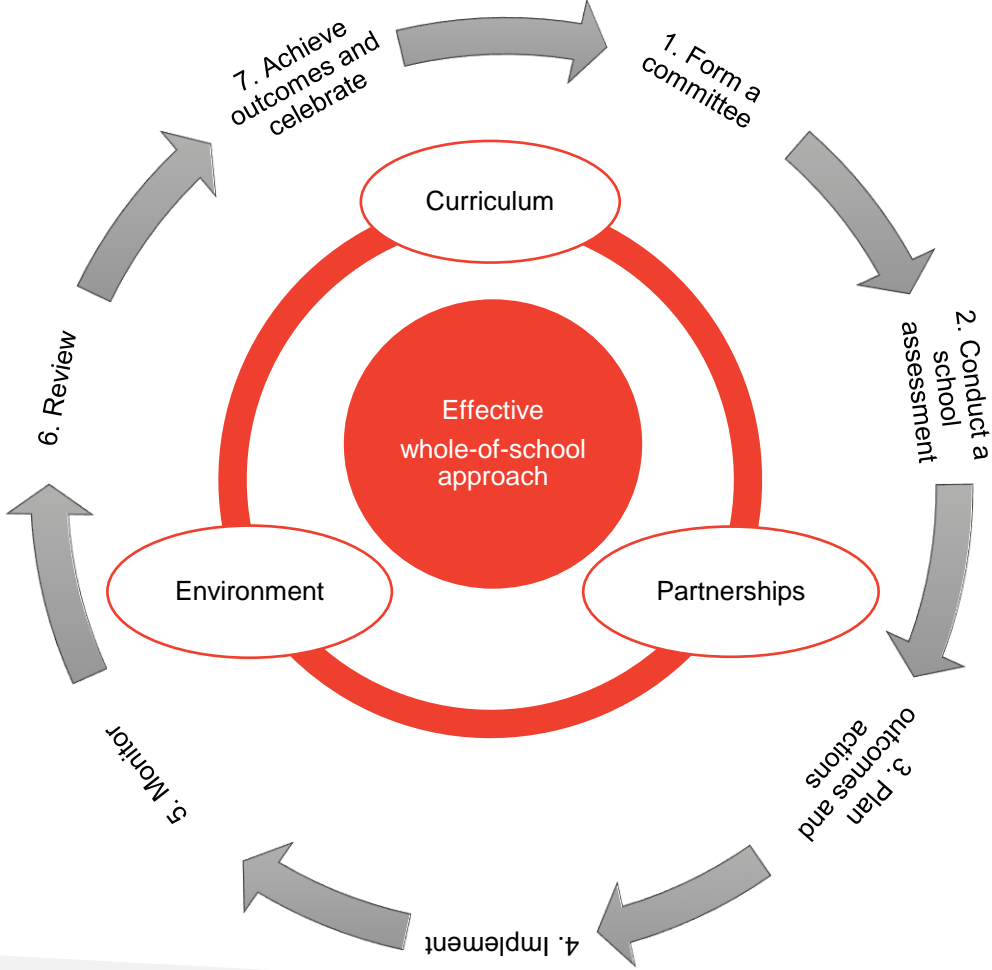


Figure 1: The Health Promotion Schools Framework

# Eligibility

## Funds granted by Healthway can be used as a contribution towards:

- Development of resources for classroom activities
- Prizes or incentives for the students involved in activities
- Administrative costs associated with classroom activities or publicity, for example: photocopying
- Up to two days of teacher relief to participate in the preparation and management of the project (up to \$1,000)
- Materials required to make promotional items, for example: signs
- Catering expenses for promotional activities/launch of guidelines/parent activities (up to \$100).
- Equipment costs associated with project delivery (up to \$500)
- Inviting guest speakers for parents and the wider school community (up to \$1,000).

## Funds cannot be used for:

- Intrastate/interstate travel and camps or conferences
- Catering and food for an ongoing activity, for example: breakfast clubs
- Capital works, equipment, fundraising, purchase of infrastructure or costs associated with running the school or office. This includes items such as vape detectors.
- School activities that form part of the core curriculum (refer to Healthway's [Educational Settings policy](#)).
- The advancement or promotion of religion, religious outlook, or faith-based activities.
- Treatment/rehabilitation/counselling/therapy and direct health service delivery or the provision of food and welfare assistance.
- Projects that are not based on best practice in health promotion.



Morley Senior High School – ‘Be You’ kitchen garden and bush tucker project which included a mindfulness space to improve mental health of students.

# Resources to support the 2023 Program



A graphic for the Healthy Schools Program. It features a large red circle on the left. To its right is a circular inset showing children in a library. Further right is another circular inset showing hands being joined together. The Healthway logo is in the top right corner of the graphic area.

## Healthy Schools Program

Our **Healthy Schools Program** works in partnership with Western Australian (WA) schools to build a healthy and more active Western Australia.

**Applications must be received by Healthway at least four (4) calendar months before the commencement of your project.**

Please contact the Health Promotion Team at Healthway to discuss your ideas prior to developing your proposal on 133 777 or email [healthway@healthway.wa.gov.au](mailto:healthway@healthway.wa.gov.au).

Street: Level 2, 38 Station Street, Subiaco  
Call: 133 777  
Email: [healthway@healthway.wa.gov.au](mailto:healthway@healthway.wa.gov.au)  
Web: [healthway.wa.gov.au](http://healthway.wa.gov.au)



A graphic for the Healthy Schools Project toolkit. It features a large red circle on the left. To its right is a circular inset showing children in a library. Further right is another circular inset showing hands being joined together. The Healthway logo is in the top right corner of the graphic area.

## Healthy Schools

### Project toolkit

This toolkit is designed to support schools to implement a Healthy Schools Project in accordance with the Health Promoting Schools Framework. The toolkit has information, resources, and case studies to help you develop your school project.

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Web: [healthway.wa.gov.au](http://healthway.wa.gov.au)



# Get in touch

Visit: [healthway.wa.gov.au](http://healthway.wa.gov.au)

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