WA HEALTH PROMOTING SCHOOLS ASSOCIATION (INC.)
Supporting Student Health
www.wahpsa.org.au

ACTION PLAN:
Health Promoting Schools

An action plan for a whole school approach to health is a proactive step toward creating a safe, supportive and thriving environment for students, staff and the broader school community. Just like academic performance is regularly assessed, the physical and emotional wellbeing of a school community should also be evaluated to ensure that every student has the best chance to succeed.

The initial 2 steps in establishing and implementing a HPS initiative are key.

1. Raise the concept of HPS with colleagues; advocate 'the what, why and how' of being a HPS.
2. Gain support and commitment of the principal and senior administration. Think, 'What's in it for them?'

Planning and Implementing a HPS initiative:		
Build a leadership team	Form a committee with representatives from school staff, students, parents and community members	
	Assign roles and responsibilities to ensure collaboration and accountability	
Conduct a needs assessment/audit	Identify key health issues affecting students and staff through surveys, focus groups or community input	
	Identify strengths and areas for improvement across key aspects	
	Evaluate the school's current health-related policies, practices and culture	
Set clear SMART goals and objectives	Define specific, measurable, achievable, realistic and time-specific goals for the initiative	
	Align goals with local health priorities and school policies	

Develop an action plan	Create a roadmap outlining activities, timelines and resources needed	
	Ensure the plan integrates health promotion into the curriculum, environment and policies	
Engage the school community	Foster participation by involving students, staff, families and community organisations	
	Promote awareness of the initiative through events, newsletters and social media	
Integrate health throughout the curriculum	Incorporate health education topics like nutrition, mental health, AOD, physical activity, injury prevention and relationships education into all areas of the curriculum where relevant	
	Use interactive and inclusive teaching methods	
Create a supportive environment	Promote healthy eating with school meal programs and canteen policies	
	Encourage physical activity through sports, active recess and safe infrastructure	
	Foster mental wellbeing with supportive counselling services and anti-bullying policies	
Secure resources and partnerships	Seek funding or resources from local governments, nongovernment organisations or businesses	
	Partner with healthcare providers or community organisations for support, grants and expertise	
Implement and monitor activities	Roll out planned activities and ensure they are implemented as intended	
	Track participation rates and gather feedback from stakeholders	

Evaluate and improve	Measure the impact of the initiative against set goals and objectives	
	Adjust strategies based on feedback and evaluation results for continuous improvement	
Celebrate successes	Recognise and reward achievements to sustain motivation and momentum	
	Share success stories to inspire ongoing commitment	

Remember:

- Small steps
- Careful, realistic planning with clear goals
- Use a team approach
- Culture change takes time

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