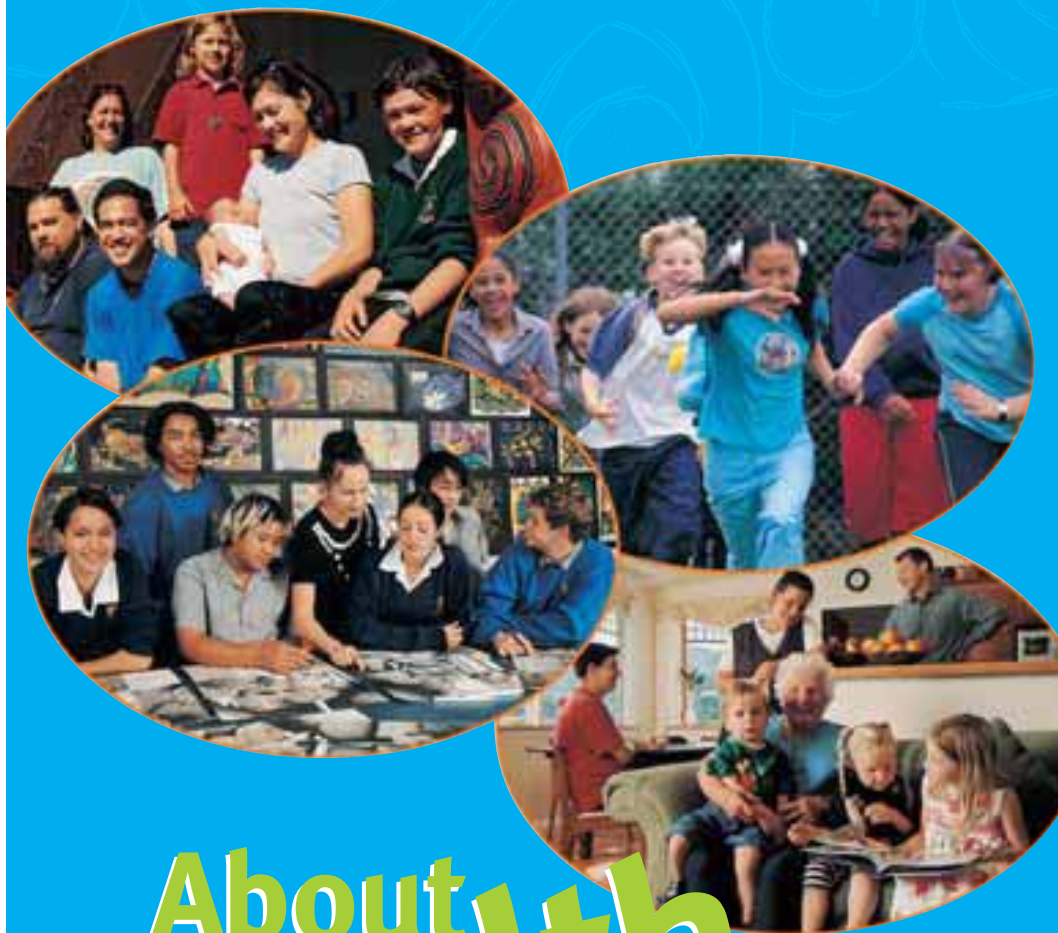


*A Health Promoting School fosters  
a happy, healthy, supportive and caring environment  
for students, staff and families*



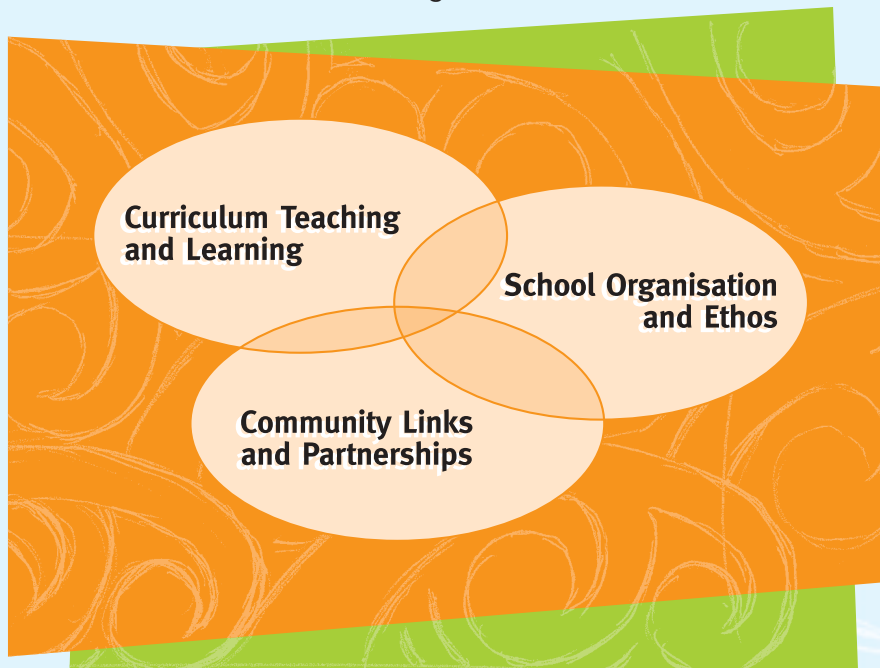
# About Health Promoting Schools

## About Health Promoting Schools...

Health Promoting Schools (HPS) is a worldwide movement developed by the World Health Organization in the early 1990s to promote and support the health and wellbeing of children and young people. Since 1997, many schools in Aotearoa/New Zealand have become part of this movement.

## The Health Promoting Schools Model

There are three building blocks for HPS:



## Health Promoting Schools and Hauora/Wellbeing

- Hauora/wellbeing refers to physical, mental and emotional, social, and spiritual health.

## Health Promoting Schools:

- see the school as part of the wider community which reaches out to and is supported by parents, local health services and other agencies
- encourage parents to feel at home in the school
- invite everyone (students, staff, parents, community members) to have a say in how the school is managed – a 'bottom-up' approach
- share the view that being healthy and being able to learn are closely linked
- link classroom teaching and learning with what happens in the whole school environment. For example, if the school has a safe school policy, classrooms and the school grounds would be safe places for students
- have a positive and supportive working environment for staff
- create an environment of care, trust and friendliness which encourages student attendance and involvement
- ensure that the school's physical surroundings are safe, pleasant and stimulating
- communicate regularly with parents and seek feedback and advice from parents on health promoting activities
- focus on the areas that will make the most difference to the health and wellbeing of students and staff.

## What people have said about the benefits of being a Health Promoting School

- The school is a place where each person feels they belong, feels cared for, valued and safe:

*' When I first came here (school), there was the Principal and he was very welcoming. People were very friendly right from the start and teachers had a big input. That would probably be a big factor. It felt warm.'*

(Year 10 student)

- Quality relationships help students feel good about themselves and their ability to learn and achieve:

*' I found the teachers here (school) more down to earth and they are willing to speak to you as a human being rather than you are the student and you are here to learn. Here, it's more like they want you to learn, not expect you to. I really enjoy my subjects now.'*

(Year 13 student)

- Young people, school staff, families, community members and organisations associated with the school are encouraged to contribute:

*' Personally I believe that HPS is the single most significant project we have been involved in for effecting change in the school.'*

(Principal)

- Positive changes can occur when everyone is involved and understands the HPS process:

*' The main benefit has been that the students have had their say and this information has been acted on.'*

(Teacher)

- Families can become more involved in the school:

*' Increasingly, trustees and staff feel that families are becoming more confident and relaxed about approaching the school.'*

(Education Review Office)

*' This school has demonstrated real success in involving parents in the HPS project.'*

(Phoenix Research)

How does Health Promoting Schools happen for your school?

- A HPS advisor from the community works with the school.
- A HPS team of students, staff, parents, health agencies and other community members is set up.
- The HPS team asks all members of the school and its community to take part in finding out what health needs there are.
- Once the health needs are identified the HPS team develops a plan of how to start to meet these needs and takes action.

**Some health promoting school initiatives that have been undertaken in primary, intermediate and secondary schools in Aotearoa/New Zealand are:**

- education programmes for parents such as first aid, parenting skills, drug and alcohol education, mental health and involvement in Kidsafe Week activities
- after school care programmes
- parent support groups
- improvements to what the school offers for school lunches and more involvement of parents
- landscaping the school grounds
- safe school policies to prevent bullying, harassment and racism
- rights and responsibilities charters for teachers and students
- ways to welcome new students and families to the school and local community
- close links with community agencies, eg, child and adolescent mental health services.

For further information about Health Promoting Schools please contact your local HPS advisor or your school: