

STUDENT HEALTH & WELLBEING FRAMEWORK - 2018 -



Wooroolin State School

Wellbeing – Connected to Learning

**Wellbeing –
our approach**



Creating Safe, Supportive and Inclusive Environments

Wooroolin State School actively supports student health and wellbeing. Our school is a Positive Behaviour for Learning (PBL) school and as such, this Framework should be considered alongside our Responsible Behaviour Plan for Students, our PBL Handbook and our Inclusion and Diversity Framework. The school's Suicide Prevention and Postvention Plan also adds to the strength of commitment Wooroolin has for student health and wellbeing. Wooroolin State School responds to student health and wellbeing in a variety of ways by:

- Providing safe environments where diversity is valued, positive social interactions are promoted, and risk of injury or harm is minimised
- Developing an approach to wellbeing that supports the collective action of parents, support services and the wider community
- Demonstrating and communicating positive respectful relationships between staff, students, parents and members of the community
- Explicitly teaching and modelling social and emotional skills, values and expectations for behaviour to support student wellbeing
- Making sure the physical environment and school policies and practices are accessible and inclusive of students and families
- Planning for opportunities to promote and celebrate the traditions, values and cultures of the school community
- Providing learning opportunities and environments that promote healthy lifestyle choices.



Building the Capability of Staff, Students and the Whole Community

Wooroolin State School builds capability by:

- Providing health and wellbeing learning opportunities for students through curriculum focused on mental health, relationships and sexuality, alcohol and other drugs, food and nutrition, benefits of physical activity, and safety
- Identifying opportunities to build the capabilities of teachers and school leaders to support a whole school approach to student wellbeing and its connection to learning
- Communicating information and advice on the benefits of supporting young people to be healthy, confident and resilient
- Responding positively to the needs of different groups within the school community
- Strengthening connections with parents to support early intervention for students whose wellbeing is at risk
- Increasing visibility of local support services to families whose children have higher levels of need
- Supporting staff health and wellbeing and recognising the resulting benefits for students
- Committing to continual improvement using evidence-based strategies to improve student wellbeing, seeking ways to develop and share new ideas.



Developing Strong Systems for Early Intervention

Wooroolin State School seeks to develop strong systems for early intervention by:

- Planning and documenting school processes to support staff to respond appropriately to students at risk
- Recognising the early signs that a student's wellbeing is at risk and responding appropriately by noticing, inquiring, planning
- Sharing responsibility for supporting students at risk by: seeking support from Guidance Officers and the leadership team as first responders
- Encouraging students and families to access support services
- Using a wrap-around approach for students involving parents, school support services, health professionals and other agencies.



Learning Environment

A safe learning environment covers the physical and cyberspaces students engage in for school activities. A positive learning environment supports students' personal and social development and staff wellbeing. Wooroolin State School seeks to provide rich learning environments that are open, respectful, caring and safe.

Curriculum and Pedagogy

Wooroolin State School builds the foundations for wellbeing and lifelong learning through curriculum embedding personal and social capabilities (self-awareness, self-management, social awareness and social management) in the implementation of the P-12 curriculum, assessment and reporting framework.

As part of the whole school's curriculum, Wooroolin State School provides age-appropriate public health and safety messages. Wooroolin State School acknowledges the positive impact that a meaningful relationship between teacher and students can have on students' academic and social outcomes. Wooroolin State School enacts a pedagogical framework that reflects the school's expectations and principles.



Policy and Expectations

Within a school community, there are specific health and wellbeing issues that will need to be addressed for the whole school, specific students, or in certain circumstances. These are now discussed.

Sun Safety

Wooroolin State School has a sun safety strategy that has been developed in consultation with the school community. The strategy includes the student dress code which includes wearing of hats and swim shirts. Wooroolin State School provides SPF 30+ (or more) broad spectrum water resistant sunscreen for students to use. Wooroolin State School believes the entire school community has a part to play in sun safety.



Physical Activity

Wooroolin State School provides opportunities for students to participate in structured and unstructured physical activity during school time to support health and wellbeing. Structured activities are supported by the Health & Physical Education teacher, teacher aide and the student council Sport & Fitness leader and committee. The committee works with a teacher aide to coordinate and provide a range of physical activities before school and at lunch breaks. From time to time, with support from the staff mentor, the Sport & Fitness committee will organise competitive sporting activities such as whole school soccer or cricket. Before-school fitness includes *Walk Around Australia*, skipping (*Jump Rope for Heart*), ball skills, cross country and athletics practice. All students are encouraged to participate.

Road Safety

Wooroolin State School implements a cooperative approach regarding road safety in and around the school that promotes safe road user behaviour, reinforces the road safety messages, and as much as possible protects students against risk of injury or harm associated with road use.

Health Conditions and Medications

Specialised Health Needs

Wooroolin State School ensures students with specialised health needs, including those requiring specialised health procedures, have access to a reasonable standard of support for their health needs whilst attending school or school-based activities. This means that appropriate health plans are developed and followed for students with specialised health needs, that staff are aware of the student's medical condition and that an appropriate number of staff have been trained to support the student's health condition.

Medications

Wooroolin State School requires medical authorisation from the student's prescribing health practitioner and written instructions from the parent to administer any medication to students (both prescription and non-prescription).

For students with a long term health condition requiring medication, parents need to provide the school with a *Request to administer medication at school* form signed by the prescribing health practitioner.

Wooroolin State School maintains a minimum of one adrenaline auto-injector and asthma reliever/puffer, stored in the school's first aid kit to provide emergency first aid medication if required.

Contagious Conditions

In the event that a child at school is found to have a prescribed contagious condition or is suspected of having one, Wooroolin State School will take action in accordance with the *Public Health Act 2005 (Chapter 5, Part 2)* and comply with directions from the Public Health Medical Officer (PHMO) at the Public Health Unit.

Headlice

The presence of head lice is a very common childhood condition. The detection and treatment of head lice in students' hair is the responsibility of parents. Wooroolin State School will not exclude students from class because of the presence of head lice. Parents should refer to the school's Headlice Policy which includes suggestions for treatment.

Student Mental Health

Wooroolin State School plays a vital role in supporting the mental health and wellbeing of all students in an inclusive learning environment.

Wooroolin State School believes that parents play a crucial role in developing resilient children who enjoy positive mental health and wellbeing. As such, Wooroolin State School believes that it is important that parents have access to accurate information and feel confident about managing the emotional and social wellbeing of their children.

The following links provide practical information for how families can promote positive mental health and wellbeing, factual information about mental health conditions and community agencies that can provide support.

BeyondBlue

National Depression Initiative. Gives a range of information on depression and supports available to people suffering depression and their family.

CYMHS

Information on Child Youth Mental Health Service, including referral requirements, opening times and contact information.

Headspace

Provides helpful information for parents on boys and girls, adolescents, emotional development, parenting practices and how best to support children and young people.

KidsMatter

KidsMatter is the national initiative for mental health promotion, prevention and early intervention in primary schools. It provides a comprehensive whole-school framework designed to build schools' capacities for supporting student mental health and wellbeing focussing on four areas:

A positive school community;

Social and emotional learning for students;

Parenting support and education; and

Early intervention for students experiencing mental health difficulties.

Wooroolin State School is a KidsMatter school and staff have undertaken training in KidsMatter to support student mental health and wellbeing.



Information for students

The following links provide information to promote mental health and wellbeing, mental health conditions and community agencies that can support students.

Kids Helpline

Provides information and advice for children and young people. This site is linked to the telephone counselling service.

Reach Out

Provides information, forums and competitions for young people, with a focus on mental health and issues facing young people today.

Say NO to Bullying

Provides information for students on bullies and their victims, and a range of useful links.

Bullying. No way!

Provides a range of useful information to assist students create a learning environment where every student and school community member is safe, supported, respected, valued - and free from bullying, violence, harassment and discrimination.

Information for teachers

Mental health difficulties can significantly interfere with a student's cognitive, emotional or social abilities. Educational adjustments in a school setting provide support for students with high support needs in mental health.

Clinical Care Providers may include public and private psychiatrists, specialist mental health nurses, psychologists, general practitioners and others with specialised mental health training.

While a single symptom or isolated event is rarely a sign of mental illness, a symptom that occurs frequently, lasts for several weeks or becomes a general pattern of an individual's behaviour may indicate the onset of a more serious mental health problem that requires additional support. Some of the more significant indicators of a possible mental illness include:

- marked personality change over time
- confused thinking, grandiose ideas
- prolonged feelings of depression or apathy
- feelings of extreme highs or lows
- heightened anxieties, fears of anger or suspicion; blaming others
- social withdrawal, increased self-centredness
- denial of obvious problems and strong resistance to offers of help
- substance abuse
- thinking or talking about suicide.

Students who require educational adjustments as a result of a mental health difficulty will most likely be participating in some form of medical treatment intervention. Wooroolin State School is happy to work in collaboration with Clinical Care Providers in hospitals and community agencies to ensure that students with high support needs in mental health are able to access the school curriculum, achieve curriculum outcomes and participate in school life.

A supportive learning environment is a major contributor to success at school for these students. Further information on supportive learning environments is available on the [KidsMatter](#) and [Mind Matters](#) websites.

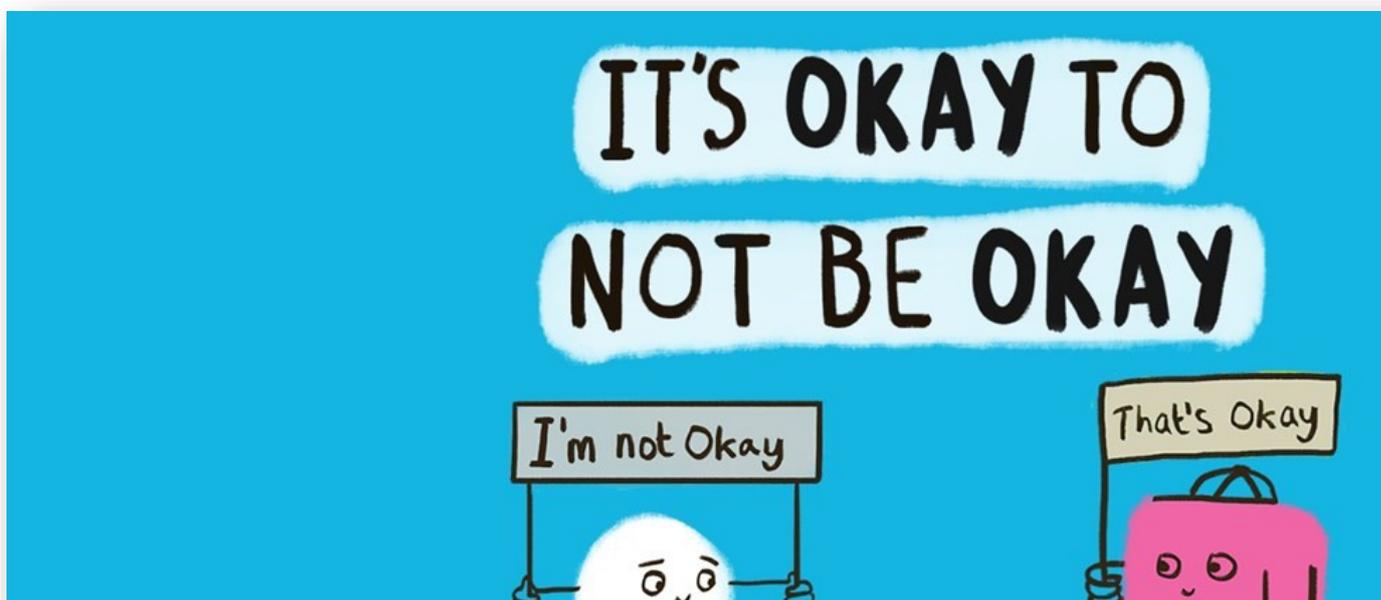
Mental health resource hub

The Mental health resource hub (DETE employees only) is a central source of information for school staff, principals and leaderships teams on ways to support the mental health and wellbeing of students to improve educational outcomes. The hub promotes the understanding of mental health issues and reflects a whole-school approach to supporting mental health promotion and illness prevention.

This section provides a number of fact sheets including:

- depression
- anxiety
- bipolar
- schizophrenia and
- eating disorders

Each fact sheet provides a brief overview of each disorder, its impact on education and possible educational adjustments.



Suicide

Please refer to the Wooroolin State School *Suicide Prevention and Postvention Plan* for full information.

Suicide Prevention

School staff who notice suicide warning signs in a student should seek help immediately, from the school guidance officer, senior guidance officer or other appropriate staff.

When dealing with a suicidal or mental health crisis, schools call 000 when there is an imminent threat to the safety of student in the first instance, and where necessary provide first aid. In all other situations, schools follow suicide intervention and prevention advice by ensuring:

- The student is not left alone
- Their safety and safety of other students and staff is maintained
- Students receive appropriate support immediately
- Parents are advised
- All actions are documented and reported.

Suicide Postvention

In the case of a suicide, please refer to the school's *Suicide Prevention and Postvention Plan*.



Partnerships

Wooroolin State School facilitates collaborative and productive partnerships with and between students, teachers, parents and carers, support staff and community groups, and engages a range of school-based services and external agencies to support the health and wellbeing of students and their families. Examples of support could include:

- Guidance Officer and/or Senior Guidance Officer
- Regional Mental Health Coach
- External child psychologists and counsellors
- Child and Youth Mental Health
- Family and Child Connect
- Intensive Family Support
- General practitioner and/or paediatrician
- School nurse
- Autism Queensland
- Advisory Visiting Teachers
- TA:EI and TA:LM (AUSLAN assistance)



Supporting documents

Supporting Student Health and Wellbeing Policy Statement

Health and Wellbeing Policy, Procedures and Guidelines

Administration of medications in schools procedure

Management of students with specialised health needs

Management of prescribed contagious conditions

Student protection procedure

Supporting students mental health and wellbeing

Australian Curriculum: Personal and Social Capabilities

Sun safety case studies

Chaplaincy and student welfare services policy statement and supporting documents

Quick links

[Student Learning and Wellbeing Framework Reflection and Implementation Tool](https://oneportal.deta.qld.gov.au/Students/mental-health-wellbeing/Pages/default.aspx) (DE employees only)
(<https://oneportal.deta.qld.gov.au/Students/mental-health-wellbeing/Pages/default.aspx>)

[DET Staff Wellbeing Model](https://oneportal.deta.qld.gov.au/Services/HumanResources/OrganisationalHealth/health-wellbeing/Pages/TheDETStaffWellbeingModel.aspx) (DE employees only)
(<https://oneportal.deta.qld.gov.au/Services/HumanResources/OrganisationalHealth/health-wellbeing/Pages/TheDETStaffWellbeingModel.aspx>)

[Protecting students from suspected harm](http://education.qld.gov.au/parents/school-life/health-wellbeing/student-protection-policy.html)
(<http://education.qld.gov.au/parents/school-life/health-wellbeing/student-protection-policy.html>)

[Parent and community engagement framework](http://education.qld.gov.au/schools/parent-community-engagement-framework/)
(<http://education.qld.gov.au/schools/parent-community-engagement-framework/>)

[The Evidence Hub Inquiry Cycle](https://oneportal.deta.qld.gov.au/EducationDelivery/Stateschooling/Pages/EvidenceHub.aspx) (DE employees only)
(<https://oneportal.deta.qld.gov.au/EducationDelivery/Stateschooling/Pages/EvidenceHub.aspx>)

[Positive Behaviour for Learning framework](http://behaviour.education.qld.gov.au/positive-behaviour/whole-school/Pages/why.aspx)
(<http://behaviour.education.qld.gov.au/positive-behaviour/whole-school/Pages/why.aspx>)

[Inclusive education policy statement](http://education.qld.gov.au/schools/inclusive/index.html)
(<http://education.qld.gov.au/schools/inclusive/index.html>)

[Supporting students' mental health and wellbeing](http://ppr.det.qld.gov.au/education/learning/Pages/Supporting-Students%27-Mental-Health-and-Wellbeing.aspx)
(<http://ppr.det.qld.gov.au/education/learning/Pages/Supporting-Students%27-Mental-Health-and-Wellbeing.aspx>)

[Diversity in Queensland schools](http://education.qld.gov.au/schools/inclusive/docs/diversity-in-qld-schools-information-for-principals.pdf)
(<http://education.qld.gov.au/schools/inclusive/docs/diversity-in-qld-schools-information-for-principals.pdf>)

[Disability Policy](http://education.qld.gov.au/schools/disability/index.html)
(<http://education.qld.gov.au/schools/disability/index.html>)

[Indigenous education support](http://indigenous.education.qld.gov.au/Pages/default.aspx)
(<http://indigenous.education.qld.gov.au/Pages/default.aspx>)