



# **COCOS ISLANDS DISTRICT HIGH SCHOOL**

## **Policy-Health & Well Being**

Health covers all areas to do with a person's mental, emotional, social and physical well-being. Cocos Islands District High School endeavours to provide an environment supportive in all these areas and also aims to educate our students toward adopting a healthy lifestyle for the future.

The Health Policy addresses the holistic health of the school community, which includes students and staff, through the following areas:

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# **POLICY GUIDELINES**

## **Nutrition**

Our school encourages healthy eating for our students.

### **Education**

- The school will implement the Department of Education's Healthy Food Choices Policy
- Teachers will promote nutrition and healthy eating in all year groups, especially and including the HPE and Home Economics curriculum.
- Teachers and students will be made aware of allergies and allergic reactions from certain foods, ie peanut allergy. Teachers will be given appropriate information and training as required. Students who are allergic to any specific food are to be identified and information circulated to staff. Peanuts, and foods and spreads containing nuts are allowed in school but must be used cautiously.

### **School Environment**

- Staff are not to use unhealthy food as a reward for students.
- Nutritionally unsound treats are not to be used for fundraising purposes. (See Department of Education's Healthy Food Choices Policy)
- Cultural foods are valued within the school and this is reinforced through providing and utilising halal cooking facilities.
- Carbonated drinks and chewing gum are banned from school. The school has a water only policy.

## **Dental**

The school sees the need for education of the students and parents in dental care.

### **Education**

- Dental care covered in K-10 as part of Health Programs with support of local dental staff.
- HI Primary school staff are to allow class time for students to brush their teeth after lunch each day as part of the 'Teeth Brushing Program'.

### **School Environment**

- The school dentist when on island sees every student each year for the purpose of a check-up and treatment.
- All students and staff have access to the dentist in case of emergency situations.

## **Sun Protection**

The climate at Cocos Islands is such that there is need for student to be educated in the need for sun protection. This is further supported by guidelines designed to enhance student safety.

### **Education**

- Students are educated through the HPE program in regard to sun-safe practices and diseases associated with sun damage as well as effects of heat on the body.

### **School Environment**

- A 'no hat, no play' policy for all students (when outdoors) is to be upheld throughout the year. This applies to ALL outdoor activities as well as recess and lunch.
- Duty teachers are expected to wear a hat when on duty and are responsible for the enforcement of the 'no hat, no play' rule at recess and lunchtimes.
- The school supplies sunscreen and all classes have access to this.
- Drink fountains are available and students are encouraged to provide water bottles for use throughout the day.

## **Fitness**

Personal fitness relates to many lifestyle illnesses that affect our students now and in the future. We aim to give students the information and skills necessary to become and maintain a healthy active lifestyle. The general overall fitness of the students is the responsibility of all staff at CIDHS.

### **Education**

- The school will implement the Department of Education's Physical Education Policy, ie 2 hours per week for students from PP-Year 10.
- All students are educated, through the K-10 HPE program, to understand how the body changes during exercise, lifestyle benefits of exercise and the physiological effects of fitness on the body.

### **School Environment**

- The school encourages and supports the pursuit of fitness within extra-curricular activities by assisting with community based sporting events.
- The school provides safe environments and equipment to encourage physical activity in the students.

## **Mental Health**

The school aims to provide education about mental health issues and also attempts to provide support for students and staff in dealing with these issues personally through:

### **Education**

- Education of students in regard to knowledge, skills and attitude about mental health through on going HPE in years K – 10.
- The school supports no tolerance of bullying and teachers are to educate students in dealing with bullying situations by using appropriate interpersonal and self-management skills.

### **School Environment**

- Curriculum information and PD on dealing with and teaching mental health is available for staff.
- The School Psychologist is available for staff reference when dealing with mental health issues and for referral of students with mental health concerns.

## **Drugs and Harmful Substances**

Given the trend in modern society toward the use of drugs for medical and recreational purposes we recognise the need to provide education in knowledge; skills and values that will help students make informed positive decisions in regard to substance use.

**Please refer to the CIDHS Drug policy for more information.**

### **Education**

- All students participate in HPE lessons designed to provide education about various kinds of drugs. With aim of promoting informed, effective decision making and assertive behaviour

### **School Environment**

- There is no unsanctioned drug use (i.e. recreational or medical etc) by students on school grounds. Any students caught or proven to be using such substances within the school grounds and/or any school-based activity will be dealt with by school administration.
- The school grounds and its buildings are considered a 'no smoking zone'. This applies to anyone on the school grounds at any time.

For information about students and medication please refer to the Medication Policy.

## **Environmental Health**

This covers environmental safety within the school as well as awareness of environmental issues.

### **Education**

- Students are educated to protect the school, wider community and global environment (within Health, Society and Environment, Science and other learning areas) across years K - 10.
- Students are encouraged to take responsibility in maintaining a clean, safe environment by disposing of rubbish and participating in 'Clean-up Australia Day'.
- The school is pro-active in environmental issues that affect the local and global environment

### **School Environment**

- Issues to do with environmental health that may cause harm to the staff, students and/or educational programs should, upon recognition, be forwarded to a member of the Occupational Health and Safety Committee and school administration.
- It is all staff members' responsibility to recognise such situations and take precautions to avoid unsafe situations and environments.
- Other policies related to this issue are:  
Water Based Excursion Policy

## **Medication**

CIDHS has a medication policy, which supports DET guidelines that prohibit staff administering medication to students.

### **Education**

- As part of K – 10 drug education students should have opportunity to explore issues associated with legal drugs and medications.

### **Environment**

- Staff should follow procedures set out in **Medication Procedure** document when dealing with administration of medication.
- Any incidences of unsanctioned drug use should be reported and dealt with through the Drug Policy procedures.

## **Student Health Records**

- The school has records on each child and their general health information. These records can be accessed by all staff but are confidential and are to be treated as such.
- There are some individual students with medical conditions that all staff need to be aware of. Information about these students and their illness is located on the staff Information pin-up board in the staffroom. The whole staff is notified at the beginning of each year.

## **Medical Emergency Response**

In the event of a medical emergency, during class or when on duty, staff should utilise the **Red Tag Emergency** Procedure. The full details of this procedure are located in the Critical Incident Policy (Appendix 1 – Notification process in event of an emergency)

## **Disclosure Policy**

Should a student disclose information that may need professional guidance or follow-up staff should notify the relevant deputy for further assistance.  
(Refer to Child Protection Policy)