



Achievement Program information sheet

What is the Achievement Program?

The Achievement Program gives you a simple, evidence-based framework to support the health and wellbeing of everyone in your school.

It helps students develop to their full potential and boost staff productivity.

The Achievement Program is based on the World Health Organization's model for health promoting schools and uses an internationally-recognised best practice approach for enhancing health, wellbeing, learning and development outcomes.

If you're already doing good things to promote health and wellbeing at your school, the Achievement Program will build on this and allow you to achieve recognition from the Victorian Government as a Healthy School.

We will provide you with the evidence to help you communicate your ideas to management and get your school leaders and staff on board with the initiatives you're proposing. (*State of Victoria, 2015*).

Best of all - the Achievement Program is free (*State of Victoria, 2015b*).

The Achievement Program Cycle

- four easy steps

The guidelines, tools and templates you'll receive will help you work through a process of engagement, planning, implementation and review.

Step 1 - Register for the Achievement Program.

Step 2 - Complete the Service Health and Wellbeing Snapshot tool.

Step 3 - Develop and start a health and wellbeing plan based on your school's health priorities.

Step 4 - Review your work and apply to be recognised by the State Government as a Healthy School.

The benchmarks

You will identify one or more health priorities to focus on in the early stages that reflect the needs and interests of your school. These evidence-based benchmarks contain strategies to help you implement best practice in health and wellbeing. They are an invaluable planning tool.

1 - Tobacco, alcohol and other drug use: Promote healthy behaviours around the use of tobacco, alcohol and other drugs. Support student wellbeing and foster healthy habits.

2 - Sun Protection: A balanced approach to UV exposure helps with Vitamin D and minimises skin and eye damage and the risk of cancer.

3 - Healthy Eating and Oral Health: A healthy diet and good oral health is important for growth, development, health and wellbeing.

4 - Mental Health and Wellbeing: Provide an inclusive and empowering social environment for students.

5 - Physical Activity and Movement: Engaging students in sport, recreation and incidental activity provides a range of physical, emotional and social benefits.

6 - Sexual Health and Wellbeing: Create a safe, respectful and inclusive environment.

7 - Safe environments: Create a safe place for children and young people to develop and learn.

What supports will I have?

There are several supports available. These include:

- A health professional in your local area
- The Cancer Council of Victoria
- Interactive member portal
- Share of resources between schools

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Program





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Benefits of the Achievement Program

By embedding the Achievement Program in your school culture you will have happier and healthier students achieving better outcomes.

You will have happy and healthy teachers and support staff helping students to reach their full potential.

Healthy students learn more effectively.

By creating a healthy learning environment you're helping students make the most of their education.

By signing up, you're boosting the wellbeing and productivity of everyone in the school.

(State of Victoria, 2015).

But just don't take our word for it ...

"The Achievement Program has helped to give our school a real focus for health and wellbeing and has been a tool to assist us in pulling all our health and wellbeing activities together. It's also provided a great opportunity

for our school to engage with the whole school community (students, staff, families and outside agencies) throughout the Achievement Program process.

Claire Green

Student Wellbeing Leader

St Francis Xavier School, Geelong

Source: www.achievementprogram.health.vic.gov.au

How much does it cost to join?

Nothing. The Achievement Program is a free initiative.

How can I register my workplace for the Achievement Program and get started?

All you have to do is visit the Achievement Program schools website page, <http://www.achievementprogram.health.vic.gov.au/schools/register-now> and click the big 'Register now' tab on the right-hand side.

