



Health Promoting Schools

Ballarat High School is committed to creating a school where students learn better and are more engaged and active during school hours.

To achieve this, our school is working through the *Health Promoting Schools Framework*. The Framework is based on the World Health Organisation's *Health Promoting Schools Model* and reflects the Victorian Government's ongoing commitment to improving the health and wellbeing of children and young people.

The Framework provides a whole-of-school approach to health and wellbeing, supporting short- and long-term health outcomes by making healthy changes to a school's physical environment, policies and practices. This approach to health and wellbeing is recommended by the Department of Education as best-practice.

The whole-of-school approach strengthens the relationship between health and education by linking the *Victorian Public Health and Wellbeing Plan* with the Framework for Student Outcomes 2.0 (FISO 2.0) and the Victorian curriculum.

The Framework aligns with our school's strategic planning and annual implementation plans and further strengthens family engagement and community partnerships with local services, including Ballarat Community Health.

The Framework is centred around eight health areas, including:



Wellbeing



Movement



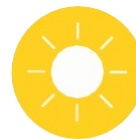
Safety



Relationships



Food Environment



Sun Protection



Vaping, Alcohol & Other Drugs



Climate & Health

Through participation in the *Health Promoting Schools Framework*, our school will become recognised as a 'Healthy School' with health and wellbeing successfully embedded into everyday school life.