



## School A - Health Promoting Schools Action & Evaluation Plan (Term 1, 2013 – Term 4, 2013)

<b>PRIORITY ISSUES</b> <i>WHAT your top priorities are</i>	<b>Priority 1. Behaviour</b>	<b>Priority 2. Nutrition</b>	<b>Priority 3. Skin infections</b>
<b>RATIONALE:</b> <i>WHY these are your priority issues? How was the issue identified? Identify contributing factors.</i>	<p>During 2012 School 'A' had its highest number of stand downs and exclusions since 2005.</p> <p>School 'A' consulted with parents/whānau, students and staff during term 4 2012. A strong theme within the findings was issues regarding poor student behaviour.</p> <p>Students cited bullying, fighting, naughty kids and name calling; parents/whānau identified bullying and behaviour/discipline; and staff identified behaviour issues, in particular at lunch time and in the afternoon.</p>	<p>During 2012 School 'A' undertook a survey of eating patterns of students. The survey identified that:</p> <ul style="list-style-type: none"> <li>• 85% of students eat high sugar foods at least 3-4 times per week</li> <li>• 75% eat high fat foods 1-2 times per week</li> <li>• Only 22% eat the recommended 5 or more portions of fruit and vegetables a day</li> <li>• Only 35% eat breakfast 5 a more times a week</li> <li>• 87% indicated that they would like to eat more healthily</li> </ul>	<p>Skin infections are more common in NZ than in comparable OECD countries and rates in the Bay of Plenty are amongst the highest in New Zealand. Skin infections disproportionately affect children living in lower socioeconomic circumstances and Maori and Pacific children. A significant proportion of all hospital admissions are potentially preventable through addressing a range of risk factors.</p> <p>The public health nurse highlighted that she had 35 referrals in 2012 for skin infections and school sores, parents were often not aware how to treat these and often children had to be excluded from school due to these infections.</p>
<b>GOAL:</b> <i>WHAT you ultimately want to achieve</i>	<p>Children are engaged and achieve in school</p>	<p>Children eat a balanced diet</p>	<p>Children have healthy skin</p>
<b>SMART Objectives</b> <i>What the programme/HPS inquiry intends to achieve</i>	<ol style="list-style-type: none"> <li>1. Reduce the number of 2012 stand downs and expulsions by half in 2013.</li> <li>2. Increase student leadership in 2013.</li> </ol>	<ol style="list-style-type: none"> <li>3. Achieve Heart Start Award by the end of 2013.</li> <li>4. Nutrition aspects of the curriculum is underpinned by 'Food and Nutrition for Healthy, Confident Kids Guidelines'.</li> <li>5. Increase students consumption of the recommended 5 or more portions of fruit and vegetables a day to 30% by end of 2013.</li> <li>6. Increase students consumption of breakfast to 75% by the end of 2013.</li> </ol>	<ol style="list-style-type: none"> <li>7. Reduce the number of skin infections and school sores by 60% by Dec 2013.</li> </ol>



<b>Objectives</b> WHAT the programme/HPS inquiry intends to achieve (copy from above)	<b>Activities</b> WHAT are you going to do to achieve your objective? Consider multi-level approaches i.e. Organisational, Environmental and Individual approaches	<b>Responsibility WHOM</b> <b>Timeline WHEN</b>	<b>Outcomes</b> If your activities are successful and your objective is achieved, what changes in behaviour, practice or environments would you want /expect to see?	<b>Indicators/Measures</b> HOW will you be able to tell if your outcomes have been achieved? How will you measure this? <b>Responsibility</b> WHO will be responsible?	<b>Accelerated Equity</b> HOW will the programme/HPS inquiry contribute to accelerated equity in outcomes through improvement in: <ul style="list-style-type: none"> <li>• Presence</li> <li>• Engagement</li> <li>• Achievement through quality relationships</li> <li>• Whānau wellbeing</li> </ul> Consider pre & post measures	<b>Communication Strategies</b> (HOW you will raise awareness /ensure buy-in for your activities – students, staff, senior management and parents/whanau) <b>Evaluation Reporting:</b> How will this be reported and to whom?
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**Priority 1 - Behaviour**

<b>Objective 1.</b>		Review student wellbeing and support policy	<b>Responsibility:</b> DP: staff & parents/whānau consultation & draft All teachers: student consultation BOT and principal: finalise <b>Timeline:</b> Feb – May 2013	<ul style="list-style-type: none"> <li>• Reduced stand downs and expulsions</li> <li>• Positive behaviour role modelling</li> <li>• Children and staff will be able to identify positive behaviour, and take action to address poor behaviour</li> <li>• Students demonstrating leadership qualities and behaviours</li> <li>• Improved student behaviour</li> <li>• Increased engagement parents/whānau and home /school partnership approach</li> </ul>	<ul style="list-style-type: none"> <li>• Number of stand downs and exclusions monitored <i>Responsibility</i> – DP</li> <li>• Leadership units planned and delivered <i>Responsibility</i> – DP &amp; classroom teachers</li> <li>• Lesson objectives achieved and unit assessments completed. <i>Responsibility</i> – classroom teachers</li> <li>• Behaviour and discipline policy objectives evaluated <i>Responsibility</i> – DP</li> <li>• Staff, student and parent/ whānau consultation results documented <i>Responsibility</i> – DP &amp; classroom teachers</li> <li>• Number and type of behaviour strategies implemented monitored and evaluated <i>Responsibility</i> – DP &amp; Mr Orange</li> <li>• Number and type of student led activities monitored and evaluated <i>Responsibility</i> – DP &amp; Mr Orange</li> <li>• Number and type of sports and games available at lunchtime monitored and evaluated <i>Responsibility</i> – Mr Orange</li> <li>• Student, staff and parent/ whānau 'leadership and behaviour survey' completed and data compared to 2012 results <i>Responsibility</i> – DP &amp; Mr Orange</li> </ul>	<b>Presence:</b> <ul style="list-style-type: none"> <li>• Attendance, stand down and exclusion rates</li> </ul>	<b>Communication Strategies:</b> <ul style="list-style-type: none"> <li>• Staff meetings</li> <li>• Classroom activities</li> <li>• Quarterly update reports to BOT</li> <li>• School newsletters to raise awareness, encourage participation in survey, consultation and to invite involvement of parents/whānau</li> <li>• Information with survey</li> <li>• Quarterly updates at assembly and whānau hui</li> </ul>
<b>Objective 2.</b> Increase student leadership in 2013	Develop leadership units	<b>Responsibility:</b> DP & classroom teachers <b>Timeline:</b> Develop: March/April 2013 Implement: May 2013			<b>Engagement:</b> <ul style="list-style-type: none"> <li>• Number of parents/whānau involved in consultation hui</li> </ul>	<b>Evaluation Reporting:</b> <ul style="list-style-type: none"> <li>• Outcome evaluation and report completed and presented to BOT Dec 2013</li> <li>• Summary of information reported to parents/whānau, students and staff</li> </ul>	
	Engage with staff, parents/whānau and students to explore strategies to strengthen school culture. home school partnerships and behaviour and implement recommendations	<b>Responsibility:</b> DP: staff & parents/whānau consultation All teachers: student consultation <b>Timeline:</b> Consult Feb/March 2013 Implement May 2013			<b>Achievement through quality relationships:</b> <ul style="list-style-type: none"> <li>• Involvement of any parents/whānau in curricular activities</li> <li>• Involvement of other agencies and new relationships developed identified</li> </ul>		
	Introduce a variety of student led activities	<b>Responsibility:</b> DP & classroom teachers <b>Timeline:</b> May 2013 onwards			<b>Whānau wellbeing:</b> <ul style="list-style-type: none"> <li>• Identification of any behaviour strategies implemented at home through the parent/ whānau survey</li> </ul>		
	Make sports and games equipment available at lunchtime	<b>Responsibility:</b> Playground supervisor <b>Timeline:</b> Feb 2013					



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**Priority 2 - Nutrition**

<b>Objective 3.</b> Achieve Heart Start Award by the end of 2013  <b>Objective 4.</b> Nutrition aspects of the curriculum is underpinned by 'Food and Nutrition for Healthy, Confident Kids guidelines'  <b>Objective 5.</b> Increase students consumption of the recommended 5 or more portions of fruit and vegetables a day to 30% by end of the end of 2013  <b>Objective 6.</b> Increase students consumption of breakfast to 75% by 2013	Provide professional development for all staff on the 'Food and Nutrition for Healthy, Confident Kids Guidelines' and review curriculum  Develop School Food & Nutrition policy  Review the lunches that the school provides  Develop school vegetable gardens  Develop breakfast club  Apply for Heart Start Award	<b>Responsibility:</b> Mrs Smith <b>Timeline:</b> By April 2013  <b>Responsibility:</b> Draft – HPS working group Consultation – Mrs Brown Finalise – BOT <b>Timeline:</b> By May 2013  <b>Responsibility:</b> Senior school - teachers and students <b>Timeline:</b> By June 2013  <b>Responsibility:</b> Middle school (teachers and students), caretaker & parents/whānau <b>Timeline:</b> Aug- Nov 2013  <b>Responsibility:</b> Mr White <b>Timeline:</b> June – Nov 2013  <b>Responsibility:</b> Mrs Smith <b>Timeline:</b> By Dec 2013	<ul style="list-style-type: none"> <li>• Teachers have increased knowledge and awareness of effective teaching and learning in relation to healthy eating and nutrition</li> <li>• Children's prior knowledge is evident and new knowledge can be transferred back into the classroom.</li> <li>• Children will be able to identify, and take action to address food and nutrition issues in school</li> <li>• Children will be able to grow, prepare and cook healthy food.</li> <li>• Healthy options (in line with Food and Beverage Classification System) available for purchase within the school</li> <li>• Food service personnel and school staff support and promote healthy eating practices</li> <li>• Increased number of children consuming breakfast</li> </ul>	<ul style="list-style-type: none"> <li>• Teachers knowledge pre and post professional development through session evaluation. <i>Responsibility – Mrs Smith</i></li> <li>• Nutrition units planned and delivered <i>Responsibility – All teachers</i></li> <li>• Lesson objectives achieved and unit assessments completed. <i>Responsibility – All teachers</i></li> <li>• Vegetable gardens completed and maintained, and produce utilised in curriculum activities <i>Responsibility - Middle school (teachers and students), caretaker</i></li> <li>• Food preparation / cooking lessons completed <i>Responsibility – All teachers</i></li> <li>• Monitoring of school lunch options including: mapping of options against food and beverage classification system, lunch option survey completed, sales of healthy options measured (all pre and post changes) <i>Responsibility - Senior school students</i></li> <li>• Food and Nutrition Policy objectives evaluated <i>Responsibility – Mrs Brown</i></li> <li>• Student fruit and vegetable consumption survey completed and data compared <i>Responsibility - Senior school students</i></li> <li>• Monitoring of breakfast club attendance and breakfast consumption (pre and post survey) <i>Responsibility - Senior school students</i></li> <li>• Heart Start Award achieved. <i>Responsibility – Mrs Smith</i></li> </ul>	<b>Presence:</b> <ul style="list-style-type: none"> <li>• Attendance rates</li> </ul> <b>Engagement:</b> <ul style="list-style-type: none"> <li>• Number of parents/whānau involved in vegetable gardens and breakfast club</li> </ul> <b>Achievement through quality relationships:</b> <ul style="list-style-type: none"> <li>• Involvement of any parents/whānau in curricular activities</li> <li>• Involvement of other agencies and new relationships developed identified</li> </ul> <b>Whānau wellbeing:</b> <ul style="list-style-type: none"> <li>• Number of parents/whānau developing their own vegetable gardens</li> <li>• Changes in whānau healthy eating behaviours – pre and post survey</li> </ul>	<b>Communication Strategies:</b> <ul style="list-style-type: none"> <li>• Staff meetings</li> <li>• Classroom activities</li> <li>• Quarterly update reports to BOT</li> <li>• School newsletters to raise awareness, encourage participation in nutrition survey and invite involvement of parents/whānau</li> <li>• Information with survey</li> <li>• Quarterly updates at assembly and whānau hui</li> </ul> <b>Evaluation Reporting:</b> <ul style="list-style-type: none"> <li>• Outcome evaluation and report completed and presented to BOT Dec 2013</li> <li>• Summary of information reported to parents/whānau, students and staff</li> </ul>
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**Priority 3 – Skin Infections**

<b>Objective 7.</b> Reduce the number of skin infections and school sores by 60% by Dec 2013.	<b>Activities</b> Public health nurse present at staff meeting on skin infections including prevention messages for all staff and provide follow up information Review health and safety policy (including first aid practices and resources) Review hygiene units Provide information on skin infections and prevention measures/treatment options for parents/whānau through whānau hui, newsletter and providing information packs for all parents. Display handwashing signage Improve toilet facilities, ensuring soap, hot water and hand towels available at all times.	<b>Responsibility:</b> Mrs Green <b>Timeline:</b> March 2013  <b>Responsibility:</b> Principal/BOT <b>Timeline:</b> March 2013  <b>Responsibility:</b> Mrs Green and classroom teachers <b>Timeline:</b> Review: March/April 2013 Implement: May 2013  <b>Responsibility:</b> Mrs Black and PHN <b>Timeline:</b> Whānau hui – May 2013 Information packs - May 2013 Newsletter – May, Oct and Dec 2013  <b>Responsibility:</b> Caretaker <b>Timeline:</b> Feb 2013  <b>Responsibility:</b> Caretaker <b>Timeline:</b> Daily	<ul style="list-style-type: none"> <li>• Parents/whānau , students and staff have increased knowledge on skin infections (including preventative measures and treatment)and undertake appropriate action</li> <li>• Improved hygiene</li> <li>• Reduction in number of school sores and skin infections</li> </ul>	<ul style="list-style-type: none"> <li>• Whānau and staff skin infection sessions evaluated <i>Responsibility: Mrs Green</i></li> <li>• Hygiene units planned and delivered <i>Responsibility: All teachers</i></li> <li>• Lesson objectives achieved and unit assessments completed <i>Responsibility: All teachers</i></li> <li>• Hand washing signage in place; and soap, hot water and hand towels available at all times <i>Responsibility: Caretaker</i></li> <li>• Number of referrals to public health nurse for school sores and skin infections <i>Responsibility: PHN</i></li> <li>• Was target of 60% reduction of skin infections and school sores achieved? <i>Responsibility: Mrs Green</i></li> </ul>	<b>Presence:</b> <ul style="list-style-type: none"> <li>• Attendance rates</li> </ul> <b>Engagement:</b> <ul style="list-style-type: none"> <li>• Number of parents/whānau at whānau hui</li> <li>• Number of parent/whānau information packs distributed</li> </ul> <b>Achievement through quality relationships:</b> <ul style="list-style-type: none"> <li>• Involvement of other agencies and new relationships developed identified</li> </ul> <b>Whānau wellbeing:</b> <ul style="list-style-type: none"> <li>• Number of referrals to public health nurse for school sores and skin infections</li> </ul>	<b>Communication Strategies:</b> <ul style="list-style-type: none"> <li>• Staff meetings</li> <li>• Whanau hui</li> <li>• Classroom activities</li> <li>• Newsletters</li> <li>• Quarterly update reports to BOT</li> </ul> <b>Evaluation Reporting:</b> <ul style="list-style-type: none"> <li>• Outcome evaluation and report completed and presented to BOT Dec 2013</li> <li>• Summary of information reported to parents/whānau, students and staff</li> </ul>
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Bay of Plenty and Lakes District

# Health Promoting Schools

*Kia Piki Ake te Kete Hauora*

Signed by Principal \_\_\_\_\_

Signed by HPS Leader \_\_\_\_\_

Signed by BoT \_\_\_\_\_

Signed by Student Rep \_\_\_\_\_