

Staff Health and Wellbeing Policy

Rationale

This policy applies to all staff/employees at Croydon Hills Primary School. We are committed to our staff having the opportunity to engage in positive health and wellbeing practices.

Policy Statement

At Croydon Hills we are committed to creating and maintaining a workplace environment where the health and wellbeing of all staff is highly valued. Our workplace environment encourages and supports our staff to maintain or adopt healthy lifestyles.

Everyone in this workplace has a responsibility to maintain and support our healthy workplace. All individuals have the right to choose their level of participation.

Objectives

- To raise awareness within the workplace about issues that impact on health and wellbeing, including health benefits of physical activity and healthy eating.
- To promote a positive and equitable workplace environment where positive health and wellbeing is supported.
- To promote and encourage participation in workplace health and wellbeing initiatives within and outside the workplace.
- To develop further awareness of ways each individual can implement positive behaviours to assist them undertake a healthy life/work balance.

Implementation

Croydon Hills will meet its commitment to supporting our staff members to achieve our objectives by:

- Establishing a Health and Wellbeing committee.
- Hosting information sessions on work and life balance.
- Organising opportunities for staff to be involved in a range of health and wellbeing supporting activities at the workplace.
- Providing all employees with information on how to support and maintain positive health in the workplace.
- Ensuring all staff are aware of this policy and its provisions via the notice board, intranet, staff meetings and as part of new staff induction process.
- Establishing a noticeboard, resources area in the staffroom.

Review and Monitoring

- Staff will be provided the opportunity to give feedback. This could be through simple surveys.
- The Health and Wellbeing Committee will be responsible for undertaking an annual review.

References:



Croydon Hills Primary School

Worksafe Victoria