

HEALTH & WELL-BEING

INTRODUCTION

An audit is a technique that through unbiased exploration helps establish the baseline levels of a particular facet of an organisation (your school in this case). Once the baseline has been ascertained you can move to improve wherever you fall short.

To perform an environmental audit, one is required to **investigate, measure, analyse** and **evaluate** our environment, in an unbiased way using a resource or activity.

Sustainable Schools' audits employ the **Active Learning Framework** – learners investigate information about environmental issues, explore these through direct interactions in the environment and, are then able to act based on their findings. Learners become active participants in positive environmental change.

All our activities follow the four steps of the Active Learning Framework:

1. **Tuning in** (collect & analyse data – access information)
2. **Finding out** (investigate, experiment, and explore – document evidence)
3. **Act** (plan projects that focus on environmental improvement)
4. **Communicate/Report** (discuss, reflect and share)

Why is it important to focus on health and wellness?

A HEALTHY school is one where all members of the school work together to promote healthy, happy learners and staff members.

Many schools in South Africa are challenged by countless issues that can contribute to poor health. Maybe learners come from impoverished backgrounds and struggle with food security or maybe there are issues in the community like gangsterism or drug use.

The Department of Education endorses the idea of a health-promoting school that focuses on the following:

- Creating a safe and healthy environment for living, learning, and working.
- Building the necessary skills of all members of the school community.
- Strengthening interaction between the school and the surrounding community.
- Establishing a beautiful, useful garden in the environment.
- Improving nutritional status and learner performance.
- Addressing violence & conflict resolution.
- Implementing teenage life skills and HIV/AIDS plans.
- Developing safe and healthy school premises.
- Maintaining good standards of sanitation and clean water.

Is your school a healthy school?

There are many different factors that influence health. For ease, we can break them down into the following groups:

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|----------|---|------------------|---|---|
| H | - | Healthy | - | a focus on mental health and wellbeing |
| E | - | Eat well | - | a focus on healthy eating habits. |
| A | - | Attitude | - | a focus on a resilient attitude |
| L | - | Lifestyle | - | a focus on healthy exercise habits |
| T | - | Tomorrow | - | a focus on a healthy environment |
| H | - | Heart | - | a focus on creating healthy communities |
| Y | - | You | - | change starts with you |

According to the factors above, how healthy is your school?

The objectives of the health and wellness audits include the following:

1. To introduce the concept of health and wellness to learners.

2. To introduce learners to the varying aspects of health and wellness and how to measure them.
3. To understand the levels of health within the school community.
4. To facilitate discussion around the importance of focusing on health and wellness.
5. To strategize methods to improve health and wellness within the school community.

Basic guidelines

1. **Understand** – ascertain the learners' understanding of introduced concepts
2. **Introduce** – establish the basic concepts of health and wellness and methodology used to measure it
3. **Discuss** – establish the methodology to be used
4. **Act** – undertake health and wellness audits
5. **Reflect** – discuss results
6. **Communicate/Report** – learners should be able to communicate method, results, and conclusion

All the audits have been designed to be completed for the learners and by the learners.

Teacher input can be as significant as deemed appropriate. The audits have been designed in a stepwise method, so learners can proceed through the process in an orderly fashion. Each step is explained in the audit documents. Educators can choose to focus on all the aspects or single out particular issues.

Grade 1-11

Health for Tomorrow	
All grades focus on the same aspects of health, albeit with varying audit levels to cater for abilities.	
Equipment needed:	Worksheets, pens, coloured pencils/crayons
Duration:	1 - 2 hours dependant on learner level
Happy	
This section focuses on recognising emotions and the importance of well-being over happiness. It also allows the learners to identify components of the classroom that can contribute to well-being. It includes exercises like mindfulness and positive affirmation to contribute to future classroom well-being.	
Eat Well	
This section focuses on the aspects of eating that contribute to good health. These include mindfulness as well as healthy food choices. It also encourages learners to think of challenges to making healthy eating choices and how to overcome them.	
Attitude	
This section focuses on the school's abilities to build resilient learners, well suited to adapt to change as well as reframe stress in a positive manner. Being resilient is all about growing and moving forward. It walks learners through the strategy of developing a growth mindset and how the school can assist in this process.	
Life Style	
This section is all about how exercise has a positive effect on our bodies. It aims to encourage improvement in personal fitness as well as identifying school factors that can	

challenge movement and play.

Tomorrow

This section briefly focuses on how our health is intricately linked to sustainable lifestyles.

This section is covered more in-depth in the other audit networks.

Heart

This section covers the importance of community both within the school and outside its gates. It helps the learners identify both their role and the school's role in creating cohesive communities.