NSW Department of Education

Step by step guide - tailoring health and wellbeing approaches at your school

Identify and assess needs of students in your school context and capture baseline data.

Link to your school's Strategic Improvement Plan (SIP).

Refer to the Tailoring health and wellbeing approaches at your school checklist and guidelines.

P1, P3, P4 and P10

Respecfully consult with your broader school community, including the local AECG.

Ensure diversity in student voice is captured.

P1, P4 and P6

Review what supports and roles currently exist within your school and identify any gaps.

Review opportunities to strengthen:

- whole school approach
- Learning and Support Team
- community of schools approach

P2, P5 and P8

Consider the practicalities for sustainability of approaches in your school context such as:

- capacity
- available funding
- key capabilities for staffing
- asset needs

P1, P4 and P6

Identify success criteria for approach options.

Consult with stakeholders to build collaborative approaches and accountabilities

P2, P6 and P9

Embed monitoring and evaluation practices.

Capture relevant data sets ensuring student confidentiality.

P7 and P10

Collaborate with external stakeholders to develop a common vison and agreed evaluation practices.

Consider what legal agreements need to be in place and if a governance structure is required.

P1, P4, P8 and P10

Implement clear role statements and induction processes for new staff.

Ensure new and current staff understand each others' roles and responsibilites, and how they can work collaboratively to achieve the intended student outcomes.

P2, P6 and P8

Build tracking and referral systems that protect student confidentiality.

Ensure students can access wrap around, connected supports.

P1, P8 and P9

Evaluate and refine practices to continue to maximise student outcomes.

P2, P3 and P10

Key

- Start here. Move clockwise to next step
- Suggested pathway for all approaches
- After considering practicalities and embedding practice, schools may consider that strengthening existing supports is the best way forward
- This may be the best point to implement your tailored health and wellbeing approach
- For schools who have identified a need for a 'School-initiated health and wellbeing alliance' (hub), these additional steps may need to be considered

The 10 key principles underpinning successful health and wellbeing approaches have been mapped into the Step by Step Guide:

P1 - Student Voice

P2 - Whole school approach

P3 - Linked to school planning

P4 - Acknowledges and respects local context

P5 - Effective Learning and Support Teams

P6 - Capacity building

P7 - Fit for purpose and culturally safe spaces

P8 - Clear roles, responsibilities and legal agreements

P9 - Continuity of support

P10 - Evidence based approach is embedded.