



HPSAQ

Health Promoting Schools Association – Queensland Inc

MEDIA RELEASE

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CHILDREN'S COMMISSIONER LAUNCHES HEALTH PROMOTING SCHOOLS WEBSITE

The Commissioner for Children and Young People, Robin Sullivan, will unveil the newest resource to promote the health of Queensland's school children tomorrow when she launches the Health Promoting Schools Association Qld's (HPSAQ) website at Redbank State School.

The website, www.hpsaq.org, is designed to provide parents, teachers and other care givers with valuable information about how to make schools healthier places for their children to learn, work and play.

Based on the holistic idea that a child's health goes beyond physical fitness and includes social, mental, emotional and spiritual well-being, the health promoting schools (HPS) framework has been adopted successfully by a number of schools throughout Queensland.

As Patron of the Health Promoting Schools Association, Dr Sullivan, said she is pleased to be involved in a project aimed at improving children and young people's overall wellbeing.

"I hope this resource prompts a greater community commitment to solving issues such as the rise in childhood obesity and levels of physical fitness among children and young people", she said.

"This new website highlights the fact that effective health education requires supportive school environments, along with community action and personal skill and knowledge development."

President of the HPSAQ, Tracey Millar, says many school communities are realising the importance of an holistic approach to their children's schooling, involving a combination of school/community partnerships and an integrated curriculum,.

"I find it really exciting that so many schools are seeing the benefits of adopting the health promoting schools approach, and we're happy to support them by way of resources such as this website," Tracey said.

"Things like promoting healthy eating in schools, providing plenty of opportunities for physical activity, encouraging sun-smart practices, and considering emotional and psychological welfare really do improve a child's learning outcomes,"

"It is vital that any health promotion intervention undertaken by schools is supported by an integrated curriculum that promotes the selected health issue."

The HPSAQ website provides a range of practical HPS examples that support schools in their efforts to take on more health promoting activities.

www.hpsaq.org

Ends.

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