

# Achievement Program

Early childhood education  
and care services



# Improving health and wellbeing outcomes for Victorian children

The Achievement Program supports early childhood education and care services to create healthier environments and recognises achievements in promoting the health and wellbeing of children.

The Achievement Program is a Healthy Together Victoria initiative which was jointly developed by the Department of Health and Department of Education and Early Childhood Development. Healthy Together Victoria incorporates statewide and locally-led strategies to improve people's health where they live, learn, work and play. This includes a particular focus on creating healthier environments where children spend a lot of their time, including early childhood services and schools.

## Great reasons to participate:

### 1. Healthy children learn better

There are many benefits to promoting health in early childhood services, the simplest being that healthy children learn better. The early years environment can influence children's health and wellbeing, and children's health and wellbeing impacts on their learning and development.

### 2. Coordinate existing health and wellbeing activities to align with the National Quality Standard and Victorian Early Years Learning and Development Framework

Services can build on existing work and coordinate this with changes in the early years sector.

Participation will help:

- address elements of the National Quality Standard,
- develop a Quality Improvement Plan, and
- meet outcomes of the Victorian Early Years Learning and Development Framework.

### 3. Promote the health of the whole service

A whole-service approach to health promotion brings together educators, staff, management, children, families and the broader community to promote health and wellbeing. As well as children, health benefits extend to staff, educators and families.

### 4. Receive guidelines, tools and support

Participating services will receive step-by-step guidelines, tools and templates. They will be linked with local health professionals, organisations and programs to access additional support.

### 5. Work in partnership

Work with other early years services and schools to share ideas, experiences and resources.

### 6. Select priorities and work at a pace that best suits the service

Select health priorities for action which are most relevant to your service's needs.

### 7. Be recognised

Participating services will receive a certificate and an outdoor sign from the Victorian Government acknowledging their work in promoting health and wellbeing. As benchmarks for each health priority area are reached, services will receive health promotion icons to add to the sign.

These icons can also be used by services in their newsletter, website and other official communications to demonstrate their health promotion achievements to the wider community.



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## What's involved?

Services will receive guidance to work through each step in a cycle of continuous planning, action and review that is illustrated below.

Services can work through health priorities simultaneously, at a pace that suits their needs. Once benchmarks for the health priorities have been met the service can apply for recognition. Then they begin the cycle again, and the next two health priorities are selected, while continuing to monitor the health priorities they have already focused on.

## The eight health priority areas are:

- Healthy eating and oral health
- Physical activity
- Sun protection
- Tobacco control
- Mental health and wellbeing
- Safe environments
- Sexual health and wellbeing
- Alcohol and other drug use

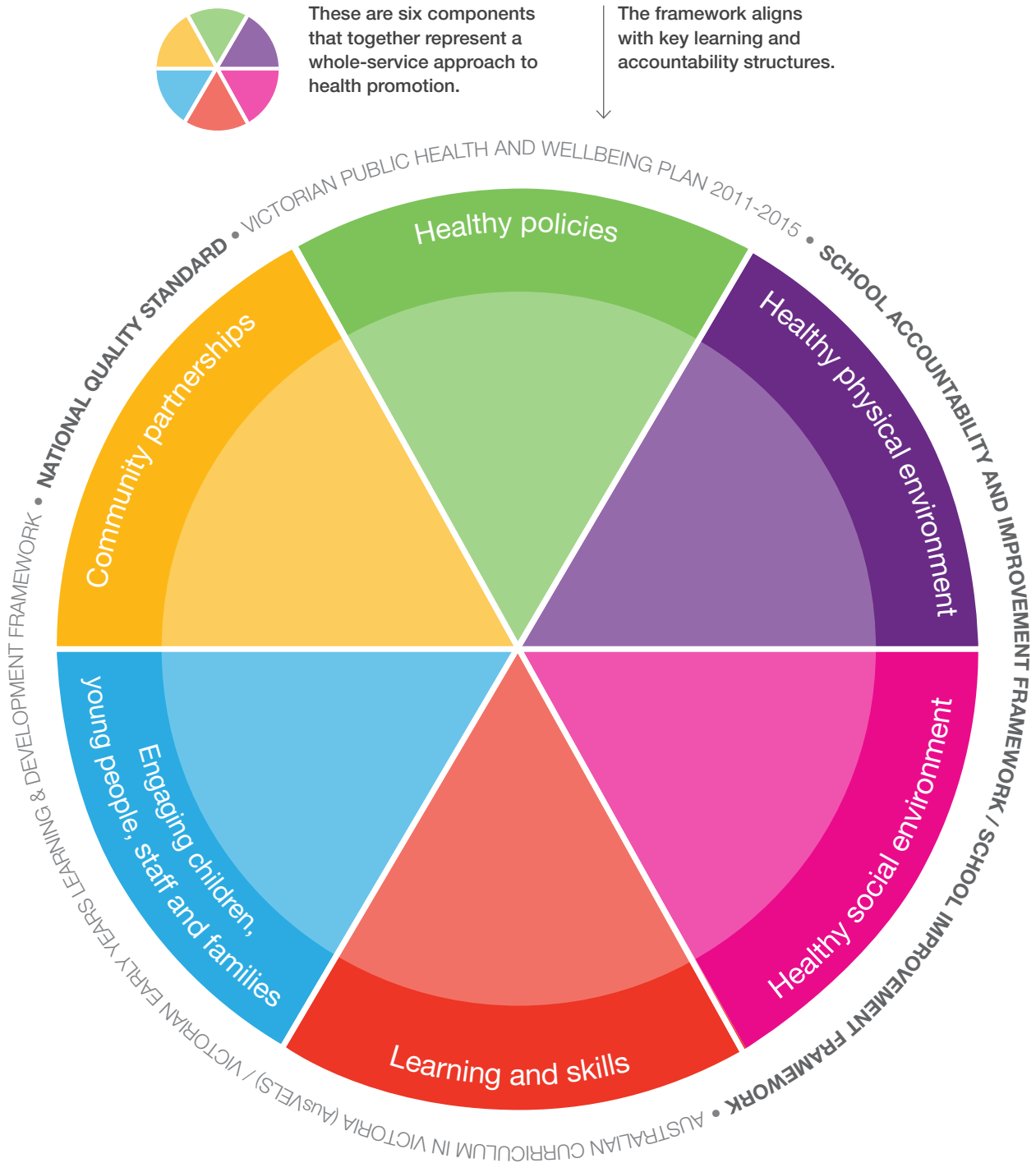
Figure 1: Working through the cycle



## The framework

The Victorian Health Promoting Schools and Early Childhood Education and Care Services Framework is based on the World Health Organization's Health Promoting Schools model. It shows how services can take a whole service approach to promoting health and wellbeing.

Figure 2: Victorian Health Promoting Schools and Early Childhood Education and Care Services Framework



## The components to a whole-service approach

Healthy policies	Policies clearly articulate conditions and practices necessary to create a physical and social environment which promotes health and wellbeing.
Healthy physical environment	The physical environment facilitates and encourages healthy choices and lifestyles, complementing the health messages taught in the curriculum.
Healthy social environment	Respect, fairness and equality is promoted and modelled, and a sense of belonging is fostered.
Learning and skills	Learning opportunities and experiences within the curriculum enable children and young people to gain knowledge and skills and take action to enhance health and wellbeing.
Engaging children, young people, staff and families	Structures are established to engage children, young people, families and staff as active participants in the promotion of health and wellbeing.
Community partnerships	Partnerships with local health professionals, services and the wider community enhance health promotion capacity and support children, young people and their families' health and wellbeing needs.

A whole-service approach requires coordinated action across the six components. A health promoting service supports the health and wellbeing of children, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

For example, to be recognised for achievements in the physical activity health priority area, services would need to meet benchmarks for all of the components of the framework. This could involve:

- creating an active play policy
- facilitating access to a range of active play environments and equipment
- providing daily active play opportunities for children to explore, extend and test limits
- ensuring families and educators are positive role models for physical activity
- linking with local community partners to build the capacity of educators to support active play.

### How to participate

**It's simple! Complete and return the attached registration form to:**

Administration Coordinator  
Achievement Program  
CEIPS  
13-15 Pelham Street  
Carlton VIC 3053

For more information please call 1300 721 682  
email: [admin@achievementprogram.org.au](mailto:admin@achievementprogram.org.au) or visit  
[www.health.vic.gov.au/prevention/achievementprogram](http://www.health.vic.gov.au/prevention/achievementprogram)

## Contact details

Early childhood service name:

Key contact:

Position/job title:

Service address:

Town/suburb:

Postcode:

Phone number: ( )

Fax number: ( )

Contact email:

Twitter account:

Facebook page:

Website:

Type of Service:  Kindergarten  Child Care Centre  Family Day Care

Local Government Area:

Total number of children:

Number of playrooms:

Number of Aboriginal & Torres Strait Islander children:

Number of children from a culturally and linguistically diverse background:

Please list other languages spoken by children:

## Questions

### In your service do you have:

a team that plans and coordinates health and wellbeing?

Yes  No

a nominated person who coordinates or plays a lead role in health and wellbeing?

Yes  No

(Questions continued overleaf)

## Questions (cont)

### Who is actively involved in promoting health and wellbeing in your service?

Educators	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Children	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Families	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Wider community	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure

In some areas there are local health or community professionals who may be able to offer support in health and wellbeing.

### Does your service work in partnership with any of the following?

Community health (e.g. dietitian/health promotion officer)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Maternal and child health nurse	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Best Start network	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Other early childhood services	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not sure
Other(s) <i>please list</i>			

The Achievement Program encourages working in partnership with other local early childhood services and schools to share knowledge and reduce workloads. Please indicate if your service is interested in working in partnership with other local services and schools.

Yes  No  Not sure

### How would you prefer to receive information?

Email  Post  Online

## Achievement Program Membership Agreement

As a member of the Achievement Program, our early childhood service is committed to becoming a 'health promoting service' and will work towards meeting state benchmarks for health promotion using a whole-service approach.

I agree to the above statement on behalf of our service.

Name

Position

Date

#### Please forward completed form to:

Administration Coordinator  
Achievement Program  
CEIPS  
13-15 Pelham Street  
Carlton VIC 3053  
Phone: 1300 721 682  
Fax: (03) 9662 3717  
Email: [admin@achievementprogram.org.au](mailto:admin@achievementprogram.org.au)

#### Privacy

CEIPS will maintain the confidentiality of information you provide while participating in the Achievement Program. Your information will not be shared in a public domain without your permission. However, we may disclose information to health professionals for the purpose of providing support, or provide non-identifying information to other parties, for reporting, research or evaluation purposes. We will take all reasonable steps to protect the privacy of your personal information. If you want to access or change any of the information you have supplied, please phone us on 1300 721 682.