

# Albert Park Pre-School | Health Charter

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## Our Philosophy:

At Albert Park Preschool Centre we believe in the wonder of life and the incredible marvel of being human.

## Our Vision:

We strive to create a welcoming, caring, safe and supportive environment that assists all members of the Kindergarten community to experience **"health"** - defined by the World Health Organisation as a *"State of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity."*

We embrace a "whole of centre" approach to the promotion of health and wellbeing, along with adopting a holistic approach to all aspects of health.

## To become a health promoting Kindergarten we are committed to working together to:

- encourage and support healthy lifestyles for children, staff, families and the community in which we live and play.
- set clear goals around our vision to be a health promoting Kindergarten that are developed in partnership with our community and pursued collaboratively.
- engage children, families and staff as active participants in the promotion of health and wellbeing
- encourage staff and families to be positive role models for healthy choices and lifestyles
- support children to engage physically, mentally, emotionally and socially with their surroundings, peers and teachers.
- provide children with the tools and techniques to develop emotional literacy, accept and navigate challenge, and be optimistic, curious and resilient into adulthood.
- incorporate opportunities for physical activity, mindfulness and learning about healthy choices into the planning of program that empower children to take action to enhance their health and wellbeing.
- provide an environment that supports and encourages healthy choices and lifestyles, provides opportunity for calm and quiet, and complements health messages delivered in the program.
- celebrate the beauty in our natural environment, clean air, fresh water, the growing of food and our interconnection with nature.
- ensure staff, children and families are supported to access resources, tools and training to enhance their knowledge, compassion and capacity to promote health and wellbeing.
- build partnerships with local health professionals, services and the wider community to enhance health promotion capacity.
- ensure all our policies and procedures support and reflect the values contained within this Health Charter.
- identify boundaries to the delivery of health promotion and supporting each other to overcome them with a commitment to ongoing improvement.

## Our Commitment:

Albert Park Preschool Centre is committed to ensuring this charter is visible in the day-to-day practice of our Kindergarten. We are committed to ensuring respect, fairness and equality are promoted and modelled, and a sense of belonging is fostered for all.

## We believe:

- that creating a healthy Kindergarten will improve health and wellbeing outcomes for all members of our community both now and in the future.
- that children are competent and capable and can appreciate the importance of their own health and wellbeing – and others - when they see the values of health, wellbeing and respect modelled at home, at Kindergarten and in the general community.
- that creating a healthy Kindergarten will support children to have the best possible start in life, helping them to flourish, and to contribute to a happy, healthy, sustainable future for our community.

## Acknowledgements

The creation of this Health Charter was led by the Health & Wellbeing Sub-Committee of the Albert Park Preschool Centre in February 2016 in collaboration with children, families, staff and health and wellbeing professionals from our local community. We convey our gratitude and thanks to the many people who supported and developed this initiative.

## **Review Date**

As part of our commitment to ongoing improvement, this Health Charter will be reviewed as part of future review(s) of Centre Philosophy.

## **Signed by the Centre's Committee President:**

**Print Name: Jessica Wall**

## **Signed by the family & local community representatives of the Health & Wellbeing Team:**

**Print Name: Sheena Teeder**

**Print Name: Georgia McNamara**

**Print Name: Danielle Glover**

**Print Name: Lana Epshteyn**

**Print Name: Nat Kringoudis**

**Print Name: Fiona Thomassen**

## **Signed by the Centre's Nominated Supervisor & Wellbeing Officer:**

**Print Name: Jacinta Coon**

## **Signed by the Centre's Health & Safety Officer:**

**Print Name: Janice Vissaritis**

## **Signed by the Centre's Administration Director:**

**Print Name: Jennifer Whelan**

**Date: Feb 2016**