



Kinburra Preschool

# Staff ‘Wellness Program’ Policy

According to the World Health Organisation, adults spend approximately one third of their lives at work. Our work in Early Childhood Education requires sustained high physical, mental and emotional effort to complete our job. A range of workplace determinants can have a negative or positive impact on the health and wellbeing of an employee. Within our Service, we are committed to promoting a positive work environment where the health, safety and wellbeing of our employees is acknowledged and supported. Wellness is more than just an active process of becoming aware of and learning to make healthy choices for our mental, physical and social needs to ensure our body is maintained and works efficiently. Wellness is “about our overall state of wellbeing that enables us to live and function at our best.” (Queensland Government, 2019, Healthier. Happier. Workplaces).

## NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 4: STAFFING ARRANGEMENTS		
4.2	Professionalism	Management, educators and staff are collaborative, respectful and ethical.
4.2.1	Professional collaboration	Management, educators and staff work with mutual respect and collaboratively, and challenge and learn from each other, recognising each other’s strengths and skills.
4.2.2	Professional Standards	Professional standards guide practice, interactions and relationships.

## RELATED POLICIES

Grievance Policy (staff) Interactions with Children, Family and Staff Policy Privacy and Confidentiality Policy	Professional Development Policy Work, Health and Safety Policy
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## PURPOSE



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We believe in providing a healthy workplace that values and enhances the health and wellbeing of our employees. Promoting wellbeing can help prevent stress and create a positive working environment where individuals and organisations thrive. *'A healthier workplace means everyone wins.'* (Queensland Government, 2019, Healthier. Happier. Workplace).

### SCOPE

This policy applies to Management, Educators and Staff of the Service.

### IMPLEMENTATION

As our employees care for and educate children, it is essential to support them with the right tools and resources to make healthier choices to improve their own health and wellbeing. Employees who remain healthy increase productivity, enhance the workplace culture, and embody the healthy behaviours we convey to children on a daily basis. We believe in using the workplace for improving and maintaining good health.

Our Service is committed to developing a shared vision to improve the health and wellbeing of our employees. We believe our Head and Heart Mindfulness Program builds an awareness of a healthy culture within our organisation and motivates and engages all employees to be involved in improving their own health and wellbeing.

### Wellness Program

Our work in Early Childhood Education requires sustained high physical, mental and emotional effort to complete our job. Such sustained work demands can have an impact on the wellbeing of employees. Our Head and Heart Mindfulness Program helps individual employees overcome specific health-related issues. Kinburra created a shared vision to develop our Head and Heart Mindfulness Program that reflects and addresses the needs of our current staff and creates a wellness culture.



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### Components of our Head and Heart Mindfulness Program *may* include:

#### Environmental wellness:

- Finding satisfaction within the work environment
- Ensuring the work environment and relationships are comfortable and supportive
- Recognising opportunities that lead to new skills and acting on those opportunities
- Working to ensure the stability and longevity of the natural environment

#### Emotional wellness:

- Keeping a positive attitude
- Being sensitive to your feelings and the feelings of others
- Learning to cope with stress
- Being realistic about your expectations and time
- Taking responsibility for your own behaviour
- Dealing with your personal and financial issues realistically
- Viewing challenges as an opportunity
- Being able to work independently
- Being able to work within a team, and knowing you can ask for help

#### Spiritual wellness:

- Being open to different cultures and religions
- Participating in community projects
- Defining personal values and ethics
- Participating in spiritual activities
- Caring about the welfare of others

#### Social wellness:

- Being comfortable with and liking yourself as a person
- Interacting with people of varying ages, backgrounds, genders, race, lifestyle, etc.
- Communicating your feelings



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- Developing friendships
- Engaging in social activities
- Balancing your time to include both work and life

### Intellectual wellness:

- Learning because you want to, not because you have been told to
- Completing required tasks
- Learning through professional development, including, readings, discussions, workshops, training, etc.
- Observing what is around you
- Listening
- Staying current with early childhood knowledge
- Questioning
- Exposing yourself to new experiences

### Physical wellness:

- Exercising regularly
- Eating properly
- Getting regular check-ups
- Avoiding the use of tobacco and illicit drugs

### Management will:

- demonstrate commitment to ongoing collaboration and engagement to create a workplace Wellness Program.
- consult with employees to ensure workplace strategies meet the needs of the workplace.
- support employee's participation in the Head and Heart Mindfulness Program.
- foster mentoring and development pathways for employees. This may include providing programming time, mentoring sessions, professional development opportunities, capacity building, and supporting wellbeing initiatives.



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- provide a workplace environment and systems that are supportive of employee wellness.
- provide opportunities for employees to participate in wellness activities.
- acknowledge stressful situations for employees, both at work and at home.
- recognise that an employee's health is determined by several factors, both work and non-work related.
- regularly provide employees with information about the importance of health and wellness (newsletters, brochures, readings, etc.).
- ensure employees take their required breaks (e.g., morning tea, lunch).
- provide access to support agencies, including counselling services.
- encourage employees to support colleagues during difficult situations.

### Educators will:

- work within the Service's procedure and policies implemented to address workplace wellness.
- be respectful, caring and inclusive of all colleagues.
- utilise each other's strengths regardless of qualification and experience.
- commit to further contributions to ongoing collaborative engagement to evaluate and enhance the Wellness Program.
- participate in the Wellness Program.
- communicate their wellness with management.

### Resources

**Alcohol and Other Drugs Information Service (ADIS) 1800 422599**

**Beyond Blue-** online and phone mental health support. 1300 22 4636 <https://www.beyondblue.org.au/>

**Beyou-** provides educators with knowledge, resources and strategies for helping children and young people achieve their best possible mental health <https://beyou.edu.au/>

**Black Dog Institute-** provides information and resources for mood disorders, depression and bipolar disorder. <https://www.blackdoginstitute.org.au/education-services/workplaces/>

**Blue Knot Helpline-** access to trained, experienced and trauma-informed counsellors, male and female, support adult survivors of childhood trauma and abuse. 1300 657 380



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**Healthier. Happier. Workplaces** Queensland Government Resources, information, initiatives to help everyone think about small changes to improve their health and fitness

<https://www.healthier.qld.gov.au/fitness/>

**Head to Health-** Australian Government Department of Health Digital mental health resources for all your needs. <https://headtohealth.gov.au/>

**Headspace-** A meditation app to assist with stress management, sleep and self-care

<https://www.headspace.com/>

**Q Life** provides nation-wide peer support and referral service for LGBTI people, their families and health professionals. <https://qlife.org.au/> 1800 184 527

**Smiling Mind-** Free mindfulness meditation app to help you look after your mental health and manage stress and daily challenges <https://www.smilingmind.com.au/>

**Ted Talks-** explore the latest thinking on how to build a better learning community for educators, families and children. <https://www.ted.com/talks>

**Work Health and Wellbeing- Strengthen your business** Workplace Health and Safety Queensland. Toolkit designed to help businesses to improve systems that influence work health and wellbeing.

<https://www.worksafe.qld.gov.au/safety-and-prevention/mental-health/mentally-healthy-workplaces-toolkit>

**Head and Heart Mindfulness Program -** <https://www.headandheartmindfulness.com.au/>

## Source

Australian Children's Education & Care Quality Authority. (2014).

Be You (2018): <https://beyou.edu.au>

Early Childhood Australia Code of Ethics. (2016).

*Fair Work Act 2009* (Cth).

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).

Guide to the National Quality Framework. (2017). (Amended 2020).

New South Wales Government Health

*Ombudsman Act 2001* (Cth).

*Privacy and Personal Information Protection Act 1998* (Cth).

Revised National Quality Standard. (2018).

Queensland Government Healthier. Happier. Workplaces

*Work Health and Safety Act 2011* (Cth).

*Workplace Relations Act 1996* (Cth).

World Health Organization



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## REVIEW

POLICY CREATED	April 2021	NEXT REVIEW DATE	April 2022
MODIFICATIONS	<ul style="list-style-type: none"><li>• Policy review</li><li>• Sources and links checked for currency and edited where necessary</li><li>• Additional resources added</li></ul>		