



Enthusiasm to drive the change

Campbell High School enjoys an enviable position, situated at the base of Mount Ainslie, next to the Australian War Memorial and only minutes to Canberra's CBD. It is a welcoming space, which combines traditional architecture with contemporary elements of education. This Year 7–10 school was founded in 1965 and has an enrolment of 730 students.

SILVER

65 staff

As key role models for the students at Campbell High School, the health and wellbeing of teachers is paramount.

"We were spending a lot of time supporting students and decided we needed to ensure that we were focussing on, and maintaining, our own health," says Sonja Marmont, Executive Teacher at Campbell High when they signed up to Healthier Work.

"When staff prepare healthy meals, use pedometers, participate in boot camps and carry water bottles, this not only improves staff wellbeing, but also encourages the students," explains Sonja.

This attitude inspired both their first and second year of health and wellbeing activities, and now Campbell High School has silver Healthier Work status.

Some of the activities chosen for their current plan include weekly boot camps, a Lighten Up challenge aimed at eating healthier, and better promotion of their Employee Assistance Program for social and emotional support.

"We have also had monthly challenges where staff select one thing that they would like to focus on," says Sonja. "Some of the things chosen are drinking more water, not eating lollies and walking 10km at day. They make a commitment to stick to it."

The introduction of healthier morning teas has also been of benefit to the whole team.

"We have a happier and more health-conscious team that feel supported and valued," says Sonja.

Sonja also offers some advice to other workplaces thinking of signing up to Healthier Work.

"Involve staff in the decisions about what should be in the plan, and have a champion or two to drive the program," suggests Sonja. "Enthusiasm is key to making long-term changes."

