**Healthy Schools, Healthy Futures (HSHF)**

The Healthy Schools, Healthy Futures (HSHF) program is a three year health promotion project run by Hunter New England Population Health and the University of Newcastle, and supported by the funding partners, NIB Foundation and NHMRC.

21 schools in NSW DEC and Catholic Schools Office high schools across the Hunter, New England and lower Mid-North Coast regions are participating in this 3 year research program with over 10,000 students taking part. Rutherford Technology High School is part of this program.

The aim of HSHF is to develop capacity within schools to deliver a resilience program for students which will support students to make healthier decisions when it comes to tobacco, alcohol and other drug use. HSHF is led by Louise Smailes who is the liaison point between the school and the research team. A HSHF School Project Officer- Melanie Asmar- is allocated to the school for one day per week to assist in the planning, design and implementation of actions associated with building student resilience and enhancing staff wellbeing.

HSHF is a whole school approach to building resilience

The HSHF Program Model involves schools implementing strategies to address student resilience within each of the three Health Promoting Schools domains (World Health Organisation):

**🡪 Curriculum, teaching and learning**

1. School has resilience lessons embedded within curriculum

2. School implements resilience programs

**🡪 Ethos and environment**

3. School actively implements policies that impact on student resilience enhancement

4. School implements strategies to ensure the school environment is supportive for all students

5. Effective pedagogy is used within learning environments to enhance student resilience

**🡪 Partnerships and services**

6. Local community organisations/groups/sporting clubs students are promoted and engaged in the school

7. Health and community services are promoted and engaged in the school

8. School implements strategies to increase parental involvement in the school

All of the above strategies are currently being implemented/introduced at Rutherford Technology High School.

If you have any questions or comments about the Healthy Schools, Healthy Futures Project you can reach the SPO at the following:

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