



Health & Well-being

Sustainability Audit

This guide will help you actively engage with the topics surrounding *Health and Well-being* at your school. Go out, explore, investigate and start planning your Eco-School actions!



EXPLORE HEALTH & WELL-BEING WITH ECO-SCHOOLS

The Health and Wellbeing theme highlights the vital connection between human health and the natural world. Climate change and environmental degradation threaten physical health, causing issues like heat stress and respiratory problems, while also contributing to eco-anxiety and mental health challenges. In this theme you explore how schools can respond by promoting sustainable lifestyles; good nutrition, exercise, waste reduction, and improved water and sanitation, alongside outdoor learning and time in nature. These approaches foster resilience, emotional balance, and a sense of purpose, empowering students to tackle environmental challenges while prioritising their wellbeing.



Your Eco-Committee can choose to focus on the theme Health and Well-being, or explore several themes at once. Forming sub-groups within the committee ensures continuity, with each group taking responsibility for a specific theme and developing expertise over time. Use the Eco-Schools Seven Steps to explore and weave the theme throughout every part of your school.

SOME QUESTIONS TO GET YOU STARTED...

Local Practices Supporting Health and Well-being

- Which practices in our school are currently supporting Health and Well-being?
- How can we celebrate and encourage these?

Health and Well-being of our School Community

- How would you assess the physical and mental health of peers and staff in our school community?
- What practices at our school support the well-being of our peers and staff?

Connection Between Environmental and Personal Health

- How would you evaluate the condition of our local environment? How is this linked to our personal health?
- What actions can we take which will improve both?



Challenge assumptions, slow down, and really observe your surroundings. Your school has its own unique challenges and solutions that only sharp, curious minds will discover. Record what you see - notes, sketches, photos, or simple counts - at different times and seasons.

Ask critical questions: *What's here? What's missing? Why is it like this? What could change?* Use these insights to understand the current situation and move towards high-impact actions for Health and Well-being at your school.



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Questions	Your Answers	Reflections/Observations
Absence		
How often is your class incomplete because one or more students are sick?		
On average per year, how many school days do learners miss due to illness?		
On average per year, how many school days do teachers miss due to illness?		
Nature		
List where you notice green areas around your school		
Which outdoor areas make you feel calmer, happier, or more relaxed?		
In average during the year, how often do you spend learning outside of the classroom? Which spaces do you use most?		
Stress		
Remember a stressful situation, where in school do you go when you feel stressed?		
To the best of your knowledge, how many students experience mental health issues? How hard/easy is it to keep track of the mental states of students.		
Do you experience anxious feelings when talking about the current state and future of the planet?		



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Questions	Your Answers	Reflections/Observations
Emotions		
Does the school have safe-spaces where students can feel emotionally safe to talk to an adult or friend?		
Are there designated adults in the school to support students with personal or emotional issues?		
List the places where the atmosphere feels joyful or relaxed and which spaces feel tense or rushed.		
Approximately how much time is spent on positive mental health practices such as mindfulness, relaxation or play versus concentrated study time? (write two numbers, for example, ...h of positive mental health practices / ...hours of concentrated study)		
What policies or practices exist to ensure against bullying at your school?		
Nutrition		
List the places where you can refill your water bottle at school.		
Do you have access to healthy food at school?		
Creativity		
How many subjects in in the curriculum have space to encourage creativity.		
Does the school display student art work, creative projects or murals reflecting environmental themes?		
Which creative activities improve mood or reduce stress?		



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Questions	Your Answers	Reflections/Observations
Spaces Does your school protect young people by being a no-smoking, alcohol- and drug-free space?		
Is there any area in your school that you would like to turn into something else? If yes, which area and into what?		
What activities are most popular during the break times? Is there enough space for doing it?		
Do you grow vegetables, fruits or herbs in your school? If yes, what types?		
Community Are community members involved in your school activities? If so, how many and in which ones?		
What community groups are visible in your surroundings (libraries, sports clubs, gardens, youth groups)?		
What adults or students are there who help you feel supported or safe?		
Can you compare how many messages around school focus on positive habits and how many display rules and warnings?		

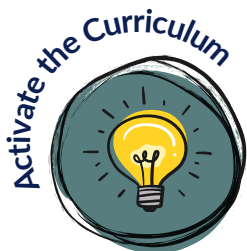


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Questions	Your Answers	Reflections/Observations
Your questions		

Choosing *Health & Wellbeing* as a key theme for action?

Follow these next Eco-Schools steps...



What knowledge or skills do you still need to start putting your ideas into action? Take some time to identify what's missing and discuss it within your Eco-Committee. Then, reach out to your teachers and tell them what you'd like to learn more about, whether it's healthy eating habits, physical well-being, or practical exercises to improve mental well-being. Together, you can build the knowledge and confidence needed to start real change!



Use what you've learned from your lessons, your Eco-Schools activities, and your own observations, and work together to turn your ideas into real change by creating an Action Plan for Health & Well-being. Mobilise your Eco-Committee, teachers, school staff, parents, and the wider community to help you reach your goals. You could:



Implement strategies for mental wellbeing



Set aside garden plots

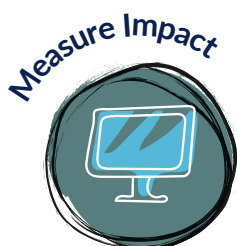


Introduce creative activities



Promote active travel to school

Whatever actions you choose, make sure they are realistic, measurable, and long-lasting, so your Eco-Committee's work continues to grow year after year.



Monitor your actions to see the difference you have made! Use your Action Plan to check what's changed in your school and community. Have you grown herbs, fruits or vegetable? Are more people aware of mental health and well-being? You could compare *before-and-after numbers of days missed due to illness, or note how many people joined your activities*. Measuring your impact helps you celebrate success and plan even better actions for the future!



Make sure the whole school and local community are part of your Health & Well-being journey. Share your findings and actions through assemblies, newsletters, posters, or social media. Invite teachers, students, parents, and local experts to join activities or share their knowledge. By including different perspectives and experiences, your Eco-Committee will build stronger, more creative solutions that last.