



Oakleigh Grammar

Policy Document Name	Employee Health and Wellbeing
Date Ratified by Board of Management	July 2022
Date for Review	July 2025

1. Preamble

Oakleigh Grammar strives to create a workplace environment where the health and wellbeing of employees is highly valued. Our workplace environment encourages and supports employees to maintain or adopt healthy lifestyles.

2. Purpose

To raise awareness within the workplace about issues on health and wellbeing, including the health benefits of physical activity and healthy eating.

To promote a positive and equitable workplace environment where mental health and wellbeing is supported.

To promote and encourage participation in workplace health and wellbeing initiatives within and outside the workplace.

To educate employees about issues relating to health and wellbeing.

2. Protocols

Provide all employees with information on how to support and maintain positive mental health in the workplace.

Provide opportunities annually for staff professional development in the area of employee health and wellbeing.