



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2016-17

RECOGNISED

MAKING HEALTH A REGULAR PART OF THE CONVERSATION

Gordon Primary School – 40 staff

Gordon Primary School is a public school in the Tuggeranong Valley.

The health and wellbeing of their teaching and support staff was identified by Gordon Primary School as a priority for growth and focus, so signing up to Healthier Work was the ideal way to address this vital need.

To make a start, staff discussed various options and interests, completed a survey, and then a committee was established to formulate a comprehensive health and wellbeing plan.

“We wanted to ensure all staff played an active role to make health and wellbeing a part of our daily conversations,” says Liz Baker-Matterson, the school’s champion for Healthier Work.

Their first health and wellbeing plan included weekly boot camp, a wellbeing basket, ‘meeting-free’ weeks, offering healthy food options at morning teas, and trialling walking meetings.

“Boot camp has been very well attended,” says Liz.

With the goal to improve staff morale, increase productivity and see their team happier and healthier, Liz thinks the culture is shifting to make health and wellbeing a daily consideration at the school.

“Keeping wellbeing on the agenda at meetings is the most useful idea.”

