

FOOTPRINT

Promoting happy, healthy and sustainable living at Hill House and beyond.

ONE PLANET LIVING - ONE YEAR ON

Just over a year ago, Hill House signed up to One Planet Living® and published its ambitious [action plan](#). Created by a company called Bioregional, and developed together with WWF, the framework comprises 10 principles that can be used by anyone to imagine, plan, do, and communicate about sustainability. Find out more at: www.bioregional.com/oneplanetliving.

At the same time, we also launched "FootPrint," our newsletter that allows us to share and celebrate all of our exciting new initiatives as well as provide advice on how to achieve our goals. One year on, and 45 editions later, it's time for us to look back and see what progress we have made one principle at a time!

	Health and happiness
	Equity and local economy
	Culture and community
	Land and nature
	Sustainable water
	Local and sustainable food
	Travel and transport
	Materials and products
	Zero waste
	Zero carbon energy

HEALTH AND HAPPINESS

The Health and Happiness principle encourages active, social, meaningful lives to promote good health and well-being, which has always been a fundamental part of the Hill House ethos. It has been an amazing year since we first published our One Planet Living action plan, with everyone learning how to live happy, healthy lives within the limits of our one planet, having their voices heard, and effecting change.

As the Dalai Lama says, "Happiness is the highest form of Health" and at Hill House, we are always looking for ways to give our young people more choice and opportunities for fun-filled engagement in physically and mentally beneficial activities. They have been imbedded into the waking day with the introduction of a daily mindfulness hour, after-school clubs, and easy access to the surrounding New Forest and local beaches. Our ongoing work with the Roche Court Arts Centre, for example, has also provided unique opportunities for our young people to visit the sculpture park in a multi-sensory tour, which focuses on five artworks that explore the theme of Super Nature. The ongoing provision of the Nurture and Super Nurture Programme at Hill House also underpins everything we do.

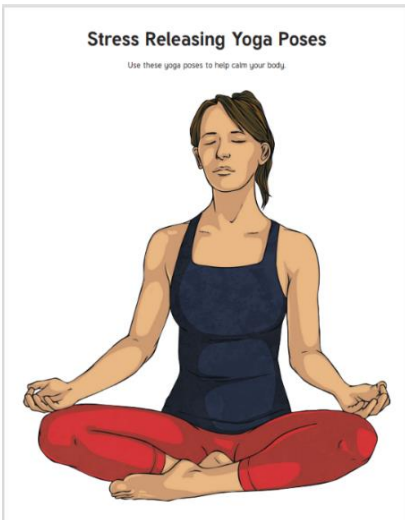


Health
and happiness

FOOTPRINT

WELL-BEING

Since we published our action plan, a Well-Being Manual has been created on the Hill House SharePoint as an online repository of information to support and promote the health and happiness of our young people and staff. As well as the manual itself, which is broken down into 4 main sections, it includes reference material from Mind on developing Wellness Action Plans and information on how to access the My Healthy Advantage app for an enhanced set of wellbeing tools and engagement features. Why not download it and give it a try.



The My Healthy Advantage mobile app

The health and wellbeing mobile app provides an enhanced set of wellbeing tools and engaging features. The features are designed to improve the user's mental and physical health by using personal metrics to set goals and achievements.

Wellness

- Weekly mood tracker**
Track moods on a weekly basis in relation to mental, physical and general wellbeing and push notifications remind users to input how they are feeling. Screen graphs comparing the last few weeks of trends and users are prompted to reflect.
- Four week plans**
Support with dieting, smoking, losing weight and coping with problems. Users can track to reflect on their progress and input daily entries at the end of each week.
- Mind health checks**
Covering topics such as height & weight, sleep and mental health where the user can recognise their own concerns and health checks.

User wellbeing

- Personalisation**
Specify preferences and topics to create a personalised newsletter with related articles and helpful related links on various interests, such as exercise or children.
- Support**
Contact health focused confidentially via phone, online, email or in person via one within the app. If requesting contact, the user can opt to log how they would like to be reached.

