



THE UNIVERSITY OF  
SYDNEY

# Healthy Sydney University

2017 seed funding  
information pack (students)



[sydney.edu.au/healthy-sydney-university](https://sydney.edu.au/healthy-sydney-university)  
[healthy.uni@sydney.edu.au](mailto:healthy.uni@sydney.edu.au)

## Introduction

### Creating a healthy university for all

Healthy Sydney University is a university-wide initiative endorsed by the University's Senior Executive Group in 2012.

Healthy Sydney University works towards our university being a health promoting university. [The Okanagan Charter on Health Promoting Universities](#) (2015) defines a health promoting university as follows:

*Health promoting universities and colleges infuse health into everyday operations, business practices and academic mandates. By doing so, health promoting universities and colleges enhance the success of our institutions; create campus cultures of compassion, well-being, equity and social justice; improve the health of the people who live, learn, work, play and love on our campuses; and strengthen the ecological, social and economic sustainability of our communities and wider society.*

### Our vision

Healthy Sydney University brings students and staff together to promote the health and wellbeing of our community at the University of Sydney.

We believe the best health and wellbeing outcomes occur when we support healthy people, build healthy places, develop healthy policies and implement healthy practices.

We use and generate evidence to support health for our staff, students and visitors across a range of areas, including the academic, physical, social, psychological and occupational.

### Our working groups

Our three working groups focus on initiatives and strategies to promote physical and mental health and wellbeing for all in our community.

#### **Mental Wellbeing**

Co-Chairs:  
Dr Marie Leech  
Ms Julia Cohen



#### **Move More, Sit Less**

Co-Chairs:  
Professor Tim Gill  
Assoc Professor Martin Mackey



#### **Eat Better**

Co-Chairs:  
Professor Margaret Allman-Farinelli  
Professor Stephen Colagiuri



## Our guiding principles

<b>Guiding principle</b>	<b>Definition</b>
<i>Evidence-informed and evidence-generating</i>	Projects carried out or in association with Healthy Sydney University need to be evidence-informed and evidence-generating.
<i>Collaboration</i>	Projects affecting staff or student life are to be developed in collaboration with staff, students and their representatives, including student organisations. Healthy Sydney University supports collaboration with the broader community, including government, industry and non-government organisations who are committed to the health and wellbeing of the community.
<i>Holistic view of health and wellbeing</i>	Projects implemented or endorsed by Healthy Sydney University recognise the relationship between physical and mental health and wellbeing.
<i>University-wide engagement at all levels</i>	Healthy Sydney University supports academic and professional staff, management, students and student organisations across all sections of the university to work together – top-down and bottom-up.
<i>Population and settings-based approach</i>	Activities under the Healthy Sydney University umbrella adopt an integrated, population-based approach, utilising existing resources with a view to scaling up across the university and sustaining outcomes over time. Healthy Sydney University is not a university service addressing individual health needs - these fall under the purview of university operational units (for staff) and university funded or supported services (for students).

# Student scholarship information

## General information

Healthy Sydney University has a small allocation of seed funding available to support up to six (6) student scholarships in 2017. These scholarships offer interested students the opportunity to engage with University of Sydney students and staff in developing and implementing strategies to promote health and wellbeing on campus. The particular focus of these scholarships is for students to engage with other students using the guiding principles of Healthy Sydney University. The scholarships may also provide research opportunities depending on the project and supervisor.

## Eligibility

The following eligibility criteria applies for student scholarship applicants:

- The student must be enrolled in full time study for both semesters in 2017
- The student must be enrolled in an undergraduate or postgraduate degree at the University of Sydney
  - Research students (PhD, MPhil students) are eligible to apply, however please note that Healthy Sydney University student scholarships cannot be used towards supporting or topping up your individual research.

Healthy Sydney University encourages applications from equity groups, including students who have a disability, are first in their family to attend university, and/or who are Aboriginal and Torres Strait Islander.

## Funding

Each scholarship is worth AUD \$2,500, paid in two equal installments of \$1,250. One installment will be paid at the beginning of the project and the other installment on completion of the project.

## Timeframe

Projects may vary in length depending on project requirements, supervision and student availability, however it is expected that projects will fit within the timeframe below:

<b>Activity Description</b>	<b>Date</b>
Applications for 2017 student scholarships close	5pm 31 August 2016
Successful scholarships announced by Healthy Sydney University	3 October 2016
Final project report (1,500 words) due to Healthy Sydney University	1 November 2017
Presentation at end of year Healthy Sydney University event	Late November/ Early December 2017

## Completion of project

On completion of the project, successful recipients will be required to submit a summary report of up to 1,500 words for a layperson audience. Recipients must also prepare a 10 minute oral presentation for Healthy Sydney University's end of year event (usually held in late November or early December of each year).

Both summary report and presentation should include the following information:

- Project name
- Project supervisor
- Aims and objectives of project
- Rationale and design of project
- Findings/outcomes
- Implications/recommendations for university wide scalability & sustainability.

## Other important information

All scholarship recipients are expected to abide by and be familiar with the University of Sydney's Student Code of Conduct, as well as University policies regarding academic honesty and research.

## Termination of scholarship

The scholarship may be terminated at any time if the research or conduct of the student is deemed to be unsatisfactory, or if serious ill-health or misadventure interferes with the capacity of the student to complete the project in the timeframe allowed. Healthy Sydney University reserves the right to withhold scholarship funds in these circumstances.

## Assessment of applications

All scholarship applications will be assessed and ranked by the Healthy Sydney University working group Chairs.

This assessment and ranking is based on whether the application has demonstrated that they have sufficiently addressed these criteria in the application:

- Project plan
- Evidence and research basis
- Alignment with Healthy Sydney University guiding principles
- Supporting letter from proposed supervisor.

## Submitting your application

To apply for a Healthy Sydney University student scholarship, the following documents must be submitted to [healthy.uni@sydney.edu.au](mailto:healthy.uni@sydney.edu.au) by 5pm 31 August 2016:

- A completed application form
- A copy of your academic transcript of your current degree
- A statement of support from your proposed academic supervisor which outlines how they will support and supervise your project to completion within the funding timeframe.

## Assessment criteria for scholarship applications

All applications for seed funding are judged using the following criteria (20 points in total) using the scale 1-5, where 1 equals 'Does not address any criteria' to 5 'Addresses all criteria to a high level.'

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Section	Criteria
Project Plan (5 points)	<ul style="list-style-type: none"><li>• The project will contribute to creating a healthy learning and working environment for University of Sydney students</li><li>• The project plan includes some collection of data or information to evaluate whether the project has been successful or effective</li><li>• The project plan includes a clear schedule of work with appropriate milestones and dates for completion of tasks.</li></ul>
Evidence and research basis (5 points)	<ul style="list-style-type: none"><li>• The project builds on available evidence</li><li>• The project is well planned, realistic, and has a methodology to achieve the proposed aims and objectives</li><li>• The project has a clear rationale</li><li>• The project will directly address student needs or interests.</li></ul>
Alignment with Healthy Sydney University guiding principles (5 points)	<ul style="list-style-type: none"><li>• The project is aligned with the five guiding principles of Healthy Sydney University</li><li>• The project is aligned with a strategy or theme identified in <a href="#">Healthy Sydney University's 2016-2020 strategic plan</a></li><li>• The project could be sustained and scaled up across the University on a longer term basis.</li></ul>
Resources required (5 points)	<ul style="list-style-type: none"><li>• The project will utilise existing resources, staff and/or students to generate project outcomes</li><li>• The project involves those with the knowledge or expertise to deliver the objectives of the program or project.</li></ul>

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## Contact us

Healthy Sydney University is based in the [Charles Perkins Centre](#), a multi-disciplinary major research and education hub committed to discovering life-changing solutions to global health problems such as obesity, diabetes and cardiovascular disease and related conditions.

For further information about seed funding applications or Healthy Sydney University in general, please contact:

Healthy Sydney University  
Level 6 Charles Perkins Centre D17  
The University of Sydney NSW 2006  
E: [healthy.uni@sydney.edu.au](mailto:healthy.uni@sydney.edu.au)  
Ph: +61 2 9036 7891.

