Health and Wellbeing Program

Ballarat Community Health offers a Health and Wellbeing Program to primary school students in Grades 3 and 4. This program promotes positive wellbeing messages for students through short theatrical performances, interactive games and creative learning books to be completed later within the school’s existing curriculum. Parent information kits and teacher resources have been developed to complement this program.

A snakes and ladders game is available to schools in the two weeks leading up to the program delivery, to be used by the students and teachers. Topics covered by the program include nutrition, dental health, sleeping habits, the importance of home cooking and physical activity.

Please contact Bridget Campbell on (03) 5338 4500 or by email at [BridgetC@bchc.org.au](mailto:BridgetC@bchc.org.au) to register your interest in this or any other school opportunities.

**Ballarat Community Health staff require a minimum of four weeks notice when working in schools.**