

# 2019 School Health Programs: PRIMARY SCHOOLS

Ballarat Community Health (BCH) and headspace Ballarat recognise the importance of working in partnership with schools to promote the health and wellbeing of children, young people, families, and staff.

A range of health programs and support are available for Primary Schools that are:

- Designed in a manner that will complement and further enhance the Victorian Curriculum - Health & Physical Education (Levels 3-6) - Personal, Social and Community Health Strand
- Tailored and adapted to meet the specific needs of your school and target group
- Free of charge
- Aligned to benchmarks of the Achievement Program

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

## ALCOHOL & OTHER DRUGS: Grade 5 & 6

BCH works from a harm minimisation framework, including: impacts on lifestyle, physical and mental health; decision making; risk taking; and consequences relating to alcohol and other drug use.

## ANTI-BULLYING: Grade 5-6

The anti-bullying program is run by the Creative Learning Team and covers issues such as negative stereotypes, group mentality and cyber bullying through entertaining skits and activities. This program is about helping students to identify what behaviours may lead to bullying and what to do if they are being bullied, or see someone being bullied.

## BODY IMAGE: Confident Me: Grade 5 & 6

Self-esteem, causes and signs of low self-esteem, how we can improve our self-esteem. Body image, causes of unhealthy body image, how we can improve our body image. Appearance pressures and ideals created by society and the media using digital manipulation of images and videos used in professional media and social media.

## CREATIVE WORKSHOPS: Grade 3-6

With a focus on fun and learning through interactive learning, the creative workshops can include but are not restricted to drama, dance and music activities, team building and brainstorming exercises, and art.

## HEALTH & WELLBEING: Grade 3 & 4

Health and Wellbeing aims to educate primary school aged children about the importance of a balanced diet and regular physical activity, both at school and in the home. Delivered by the Ballarat Community Health's Creative Learning Team, the program centres around a one hour workshop with performances by staff and a strong emphasis on student interaction and discussion.

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.

## MENTAL HEALTH & WELLBEING: Grade 5 & 6

What is mental health; how to look after it; and how to get support for yourself or a friend. Information on headspace. Interactive performance identifying referral pathways and how to access support services.

## NUTRITION & HEALTHY EATING: Grade 3-6

Healthy lunchbox ideas, the Australian Guide to Healthy Eating, 'Sometimes' and 'Everyday' foods. Assist schools to implement a healthy school canteen and healthy eating policy.

## RESPECTFUL RELATIONSHIPS: All

Consists of a drawing activity that asks students to break down and question gender stereotypes in professional roles. It is then followed by a series of short performances that address deeply engrained social practices that promote gender inequality from a young age. This is followed by a discussion around what we can do in our day to day lives to promote gender equality and have healthy, respectful relationships, with friends, family, and at work.

## SEXUALITY (PUBERTY) EDUCATION: Grade 5 & 6 & Staff

Providing professional development for staff, an education session (in partnership with the classroom teacher), parent education sessions and resources from the puberty library.

## SMOKING: Grade 5 & 6

Harmful effects of smoking, impacts on physical health, social impacts and how to get help to quit.

For further information  
contact Bridget  
[BridgetC@bchc.org.au](mailto:BridgetC@bchc.org.au)  
(03) 5338 4500



# Creating healthier schools and early childhood services

**The Achievement Program** is a comprehensive framework designed to help create healthy places where we work, learn and play. The program provides resources, tools and guidelines that include a whole-school/whole-service approach—from educators, staff, students, children and families, to the wider neighbourhood and organisations.

**The Achievement Program** consists of a framework, a set of healthy priority areas and detailed benchmarks and measurements to ensure you are hitting goals as you move through the process.

The program is designed to fit within the improvement cycles you already use, like the Framework for Improving Student Outcomes or the Victorian Early Years Learning and Development Framework.



For further information contact **Tameaka**  
**TameakaL@bchc.org.au**  
 or call (03) 5338 4500



**Healthy kids learn better**

We know that healthy kids do better in numeracy, literacy and all areas of learning and development. This program will help you develop your education environment to help kids be healthy

**Align with VEYLDF, NQS & FISO**

You can integrate our health and wellbeing strategies into your Quality Improvement Plans or strategic and annual implementation plans

**Create community partnerships**

Connect with community health professionals and other schools and early childhood services to share ideas, experiences and resources

**Be recognised**

Bring all the great health and wellbeing work you're already doing together, and be recognised by the Victorian Government as a healthy school