

2019 School Health Programs: SECONDARY 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 schools that are:

- Designed in a manner that will complement and further enhance the Victorian Curriculum - Health & Physical Education (Levels 7-10) - 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:
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:
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.

GENDER DIVERSITY:
What is LGBTIQ+? How to challenge stigma. Inclusive and supportive environment for same sex attracted, intersex and gender diverse students, school staff and families.

BCH SITE TOURS:
Providing students with the ability to familiarise themselves with Ballarat Community Health, the services that are available to them and/or members of the wider community, and how to access them.

BODY ART & HEPATITIS C:
Decision making and the consequences of body art, in particular the practice of self-tattoos, piercings and branding which exposes young people to a greater risk of contracting Hepatitis C. This enables students to gain an understanding of transmission and prevention of Hepatitis C.

CREATIVE WORKSHOPS: FOR HEALTH & WELLBEING
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.

SEXUALITY (SEX) EDUCATION
The sexual health program aims to encourage open conversation amongst young people and their partners about sexual health. Including physiological, contraception, decision making, respectful relationships, and sexually transmitted infections. The skit covers topics such as contraception, sexual health checks and honest communication.

MENTAL HEALTH & WELLBEING:
The mental health and wellbeing program is run as a collaboration between the BCH Creative Learning Team and Headspace, to teach young people about resilience, how to access mental health services, and what they can do to maintain good mental health. The program includes discussion with Headspace workers and a performance and activities with the Creative Learning Team.

NUTRITION & HEALTHY EATING:
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
The Respectful Relationships program shows scenarios illustrating the direct correlation of gender inequality to domestic violence, looking at how controlling behaviour results in domestic violence. The skits show subtle gender inequalities that exist that we barely notice growing to a larger scale problem the older we get. The program also involves an open discussion about these scenarios and the issues they cover.

SSMART ASSK: (YEAR 9 ONLY)
An alcohol and other drug harm minimization education program to provide Year 9 students with the skills and knowledge to make informed decisions about binge drinking and risk-taking behaviours.

SMOKING:
Harmful effects of smoking, impacts on physical health, social impacts and how to get help to quit. Can facilitate small group or individual sessions with students (if smoking has been identified within the school).

For further information contact Bridget
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