

Ballarat Community Health

PRIMARY SCHOOL

2020 HEALTH PROGRAMS

STUDENTS



POSITIVE RELATIONSHIPS:

All grades
A series of short performances, creative activities and classroom discussions about gender stereotypes and how to promote gender equality + positive relationships. This program is aligned with DET- Resilience, Rights & Respectful Relationships - Topic 7 & 8 ONLY and are age appropriate.

*BCH suggests schools take part in the Resilience and Anti-Bullying sessions prior to completing Positive Relationships.

HEALTH AND WELLBEING:

Grade 3 & 4
Series of short performances and class discussion focussing on healthy lifestyles, balanced diet, physical activity and sleep patterns.

RESILIENCE: Grade 3 & 4

A series of performances and activities asking students to analyse, discuss and make decisions about friendships, behaviours and challenges they may face. Also establishes a fundamental practice of consent (i.e. saying and hearing the word "no").

MENTAL HEALTH & WELLBEING:

Grade 5 & 6
What is mental health; how to look after your mental health; how to get support for yourself or a friend; introduction to the mental health continuum; opportunity for student-led initiatives to support mental health in your school.

ANTI-BULLYING: Grade 5 & 6

Focus on spreading rumours, peer influences and why people bully. BCH suggests follow-up session on Resilience following this program.

BODY IMAGE - CONFIDENT ME:

Grade 5 & 6
What is Body Image? Emphasis on appearance pressures and societal ideas, promoted in professional and social media.

RELATIONSHIPS & SEXUALITY EDUCATION (PUBERTY):

Curriculum support
Providing professional development for staff to improve knowledge and build the confidence of teaching staff to deliver the content. Resources available for school use.

PARENT INTRO TO PUBERTY:

Available upon request.

To book contact **Bridget Campbell:**
(03) 5338 0515

BridgetC@bchc.org.au

Ballarat Community Health's health & wellbeing support programs are:

- tailored to meet the individual needs of your school, students, staff and/or school community
- aligned with the Victorian curriculum - Health & Physical Education, SunSmart, Be You, Healthy School Canteens, Staff Health & Wellbeing, Achievement Program Framework + more
- FREE of charge*!**

STAFF



STAFF HEALTH & WELLBEING:

Ballarat Community Health has a range of highly skilled health professionals available to deliver education sessions, programs and information at your workplace. We can help maximise the health and wellbeing of your staff.

Programs currently available include:

- Employee health checks
- Health & wellbeing presentations
- Employee Assistance Programs
- Workshop and activities
- Corporate gym programs.
- Flu shots

*PLEASE NOTE: there is a cost associated with some staff health and wellbeing programs.

For more information please contact:

(03) 5338 4500
workplacehealth@bchc.org.au

WHOLE SCHOOL



HEALTHY SCHOOL CANTEENS:

Tailored support for schools to successfully implement a healthy school canteen, to meet the Australian Dietary Guidelines and needs of the school community.

- Support includes:
- Whole-school approach to healthier eating, inc. input from students, family, staff and canteen staff
 - Healthy eating policy for long-term success

- Free training on healthier food and drink choices, using the traffic light system.

SCHOOL HEALTH & WELLBEING POLICIES:

BCH recognises the importance of school leadership and commitment to the health and wellbeing of students, staff and the wider school community. We support schools to implement policies that promote, strengthen and ensure sustainability of health and wellbeing initiatives.

Health priority areas include:

- Sunsmart
- Healthy School Canteen
- Physical Activity & Movement
- Mental Health & Wellbeing
- Safe Environments
- Tobacco, Alcohol & Other Drugs
- Sexual Health & Wellbeing

For more information please contact **Tameaka Lakey:**
(03) 5338 4500

TameakaL@bchc.org.au

Please note all bookings require a minimum of 4 weeks notice.

