



Health Promotion in Greater Bendigo

Primary schools

A short guide on how our team can support your school.

Meet the team

We would love to hear from you:
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How we can help your school

Purpose

Our Health Promotion team is passionate about improving the health and wellbeing of everyone in the community. The places we live, learn and play shape us and can influence our health and wellbeing.

We have many programs and initiatives that can help you improve the health and wellbeing for staff, children and families at your school.

How much do we cost?

All of our programs are **FREE** and there is no cost to your setting.



Our work focuses on:

- Increasing healthy eating
- Increasing active living
- Improving wellbeing
- Reducing harm from smoking and vaping
- Tackling climate change and its impact on health
- Preventing all forms of violence
- Improving sexual & reproductive health.

“Health promotion is the process of enabling people to increase control over, and to improve their health.”

World Health Organisation

Healthy Places, Healthy Futures



A simple and free evidence-based framework to support the health and wellbeing of everyone in your school. You can achieve recognition from the Victorian Government as a healthy school, and receive up to **\$1750 in rewards** for your school community.

We can help you achieve any of the above 6 Health Priority Areas by providing:

- Support with policy development and FREE resources
- Cancer Council VIC team support
- Access to BCHS education sessions
- HP Schools monthly newsletter.



"Engaging with BCHS has allowed me to complete areas that I probably wouldn't have done on my own. We have been able to get assistance from them to deliver various programs to our students, which has been great. Thank you!"

Mental Wellbeing Staff,
Quarry Hill Primary School



"The program was a great way to capture and celebrate whole school programs and initiatives. It provided an avenue to reflect on what we were already doing and having commitment across all areas has supported health and wellbeing for our staff and students."

Assistant Principal, Camp Hill Primary School

The 5 Ways to Wellbeing



Our team can support your school to boost the mental wellbeing of your staff and students through the 5 Ways program.

We can work directly with you to understand the needs of your school and support by:

- Providing resources, like flyers, for your spaces.
- Sharing resources and newsletter inclusions for families.
- Hosting a 5 Ways stall at wellbeing events.
- Delivering 5 Ways education sessions to students.
- Offering an annual October action calendar with local mental health event information.



This preventative mental health program aims to support people to build wellbeing practices into their everyday lives through the 5 actions of:

- Take Notice
- Be Active
- Give
- Connect
- Keep Learning

Prevention of Vaping

This vaping education program is designed for grade 5 and 6 students and has been tailored to relevant areas of the school curriculum and to the Greater Bendigo region.

The 90-minute Prevention of Vaping presentation aims to equip young people with a comprehensive understanding of the risks and harms associated with vaping and empower them with the skills to confidently resist peer pressure.



“We have had overwhelmingly positive feedback from staff and students about your Prevention of Vaping presentation. The teachers would love to run it annually and were really impressed by the level of participation from our students.”

Epsom Primary School

Key topics covered include:

- What is vaping?
- What is vaping liquid?
- What is nicotine?
- Marketing tactics
- Health effects
- Refusal skills
- Support resources and services



A poster made by a student during one of the PoV presentations.

Intro to Puberty

Consisting of two 90-minute interactive sessions, this program equips students in grades 3-6 with the knowledge and skills to adapt to the physical, social and emotional changes associated with puberty through interactive, fun activities and discussions.

The Introduction to Puberty program aligns with the National and Victorian Curriculum, and Rights, Resilience and Respectful Relationships Curriculum.



Key topics for years 3 & 4:

- What is puberty?
- What changes?
- Reproductive labelling
- Periods
- Conception and pregnancy
- Friendships
- Consent
- Accessing services and further support.

Key topics for years 5 & 6:

- Diversity and gender
- Body changes during puberty
- Periods and sperm
- Conception and pregnancy
- Social and emotional changes
- Consent
- Online safety & pornography
- Accessing services and further support.

VIC Kids Eat Well

Schools & Outside School Hours Care

Vic Kids Eat Well is a fresh approach to making healthy eating easier, by focusing on bite-sized changes and celebrating the wins together.

It is an opportunity to generate a real community buzz for healthy eating.

We can support you to work towards the following key action areas:

- Refresh the fridge – give sugary drinks the boot and let water take the spotlight.
- Switch up the snacks – ditch the sweets and offer healthy snacks to kids.
- Change up the menu – give fruit and veggies a chance to shine.
- Put the ‘fun’ into fundraising and marketing – add health appeal to meal deals and fundraising.
- Boost breakfast – fuel their day with nutritious options at breakfast club.



Have a canteen, lunch orders or breakfast club? If you achieve small and large bites you can receive up to **\$700 in rewards** for your school!



FRIENDS Resilience Program

The Friends program aims to improve mental wellbeing and coping skills. It supports participants to thrive by increasing:

- Resilience
- Confidence
- Self esteem
- Social and emotional skills
- Peer relationships
- Positive attitudes towards learning and the school environment.

The program can be delivered across different ages including:

- Fun Friends (for ages 4-7)
- Friends for Life (for ages 8-11).

Examples of the program structure include:

- x10, 1-hour sessions (equiv 1 school term)
- x5, 2-hour sessions across 5 weeks
- x2, ½ day sessions (3-4 hours)



BCHS offers the FRIENDS program to schools and community groups in the Bendigo area. Delivered by our trained staff at no cost, this program can be tailored to suit the needs of your community.



FRIENDS
RESILIENCE

This evidence-based program is endorsed
by the World Health Organisation.



Community Engagement

Stalls or events

We can attend your school event to provide information and resources about the services BCHS provides to the local community, or information on how to access services.

Health & Wellbeing education sessions

We can provide other evidence-based, and tailored education sessions.

We cover health topics such as:

- Mental Health & Wellbeing
- Physical Activity/Active Living
- Healthy Eating
- Climate & Health

Although sessions are delivered at no cost, settings are encouraged to register with our other health promotion programs to receive ongoing support.

