



Health Promotion in Greater Bendigo

Secondary 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.



Examples of possible rewards



"It made us more aware of the importance of mental health throughout the school, and how we prioritise it and facilitate open conversations around the topic. Since being awarded, we've been working towards implementing more supports for staff than just EAP standards and ensuring they are supported."

Wellbeing Leader
Crusoe College

VIC Kids Eat Well

Vic Kids Eat Well is an initiative of the Cancer Council and Nutrition Australia. The program supports schools to make simple changes to offer healthier food and drink options.

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:

- My Friends Youth (ages 12-15)
- Adult Resilience (ages 16+).

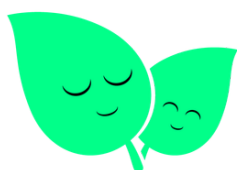
Examples of the program structure include:

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



Rochester Secondary College students after completing the FRIENDS program

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.



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

LoVE BiTES

Respectful Relationships

Love Bites Senior and **Love Bites Junior** are successful respectful relationships programs for young people aged 11-17 years.

Love Bites Junior is for young people aged 11-14, and has a focus on respectful relationships development.

The program consists of three parts:

- Respectful Relationships Start with Me (Year 7)
- Respectful Relationships, Stereotypes and Upstanding (Year 8)
- Respectful Relationships, Love and Control (Year 9).

These programs are designed to be delivered consecutively, with each session building upon the skills and knowledge of previous sessions.

Each program can be delivered as either a full-day or multi-session format.



Love Bites Senior is for young people aged 15-17.

The program is built on a trauma-responsive framework. Using a strengths-based approach, it's designed to create a safe space for young people that empowers them to participate, build skills and make informed choices.

The senior program is divided into five key topic areas:

- Understanding and building respectful relationships
- How gender stereotypes effect respectful relationships
- Abuse in relationships
- Relationships, sex and consent
- Speaking out, offering support and creating change.

LoVE BiTES 

Sexual Health Education

We offer free, evidence-based sexual health education sessions for all secondary schools in Greater Bendigo.

With a positive and strengths-based approach, our team facilitate fun and engaging sex education for young people navigating their teenage years.

Presentations have been carefully developed to address relevant areas of the school curriculum, and tailored to the local context of Greater Bendigo.



Key topics covered:

- Sex, gender and diversity
- Safe sex
- Consent and the law
- Sexting
- Pornography
- Support resources and services.

Session structure

- 1 x 1.5-hour session
- 2 x 1-hour sessions
- Multi-session approach.



Origami penis' and vulvas by Kalliana Senior students at Love Your Body Expo, 2024

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
- Smoking & Vaping
- Consent.

Although sessions are delivered at no cost, schools are encouraged to register with our other health promotion programs to receive ongoing support. All secondary schools within Greater Bendigo.



Free condom packs

We provide free condom and lube packs for all secondary schools within Greater Bendigo.