



CASE STUDY

Lightning Reef Primary School: A Wellbeing Win!

6

Months

6

Health
Priority
Areas

1

Health Promoting
School Service
Status

Our Story

Completing the Achievement Program in six months is no small feat, but one Bendigo teacher has shown it's possible.

Amy Gillett, leading teacher of Wellbeing at Lightning Reef Primary School, joined the program with Bendigo Community Health Services to see her school recognised for the health and wellbeing work it was already doing, and to be supported to do more. Ms Gillett said schools often got used to normal practice, so it was great to have the Achievement Program's framework as a guide to continue improving. The program gave them something they could measure against and hold themselves accountable to. She said it also highlighted health and wellbeing gaps they hadn't realised were there. "It helped us find out what our students needed and how to implement those changes," she said. "There also isn't a lot out there for schools around whole-school policies, so seeing that from the program's perspective was really helpful."

Since engaging with BCHS, Ms Gillett's school, which is located in a low socio-economic area within Bendigo, has also accessed Bendigo Community Health Services' puberty education and vaping education program for its Year 5 and 6 students.

Our Why

The Achievement Program focuses on improving a range of health and wellbeing outcomes. Through implementing changes at a system level through the implementation of policy and programs, we can improve health and wellbeing outcomes for all staff, parents and children in Schools as well as Early Years.

If you are a school or early learning service in the Greater Bendigo and are interested in joining the Achievement Program, please follow <https://healthyplaces.health.vic.gov.au/en> to register and our health promotion team will be in touch!

Get in Touch! healthpromotion@bchs.com.au

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Case Study references old program name, now called Healthy Places Healthy Futures (formerly the Achievement Program)

"Any school thinking about working on the program, it's worth doing, because it's a measure for your school that you don't normally have in so many areas. Schools are often doing a lot more than they realise and the program helps them continue that work".

"Schools also have MHIPS leaders (Mental Health in Primary School) now and those staff can focus on the program".

- Ms Gillett