



**CENTRAL
GIPPSLAND
HEALTH**

Health Promotion Newsletter for Schools

Term 3

Meet Our New Team Member

Dear educators, parents and carers welcome to the start of Term 3!

Firstly, I would like to introduce myself as the new Health Promotion Officer working along side Anna Roberts at Central Gippsland Health. I will be focusing on the Vic Kids Eat Well and The Achievement Programs in school settings.

I hope you all have an enjoyable Term 3! if you are interested in learning more about any of the content in this newsletter, please feel free to reach out to Alexandra Craddock- Health Promotion Officer at Central Gippsland Health via email or phone.

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UPCOMING CALENDAR EVENTS

August 12th: International Youth Day

August 7th-13th: Dental Health Week

August 21st-27th: Healthy Bones Action Week

September 10th: World Suicide Prevention Day

September 12th: R U OK Day

SEXUAL HEALTH MONTH

September is Sexual Health Month!

This can be a key period and opportunity for schools to deliver comprehensive, age-appropriate sexuality and consent education.

AMAZE.org takes the awkward out of growing up! They produce fun, animated videos to provide young people the answers they actually want to know about their bodies and healthy relationships.

[AMAZE Sex Education Videos – amaze](http://amaze.org)



VIC KIDS EAT WELL

Vic Kids Eat Well is an exciting state-wide movement that's focused on transforming the food and drink environments where kids spend their time. To do this, we are working with schools and Outside School Hours Care (OSHC) to provide healthier food and drink options.

Vic Kids Eat Well focuses on four key actions and provides clear, simple achievable steps to making healthy food and drink options available for kids. By harnessing the power of community and taking simple steps together, we can create change to give all kids across Victoria the healthy start they deserve.

Vic Kids Eat Well is supported by the **Victorian Government**, and is delivered by **Cancer Council Victoria's Achievement Program**, in partnership with **Healthy Eating Advisory Service**.

THE ACHIEVEMENT PROGRAM (HEALTHY PLACES HEALTHY FUTURES)

Supporting School Students Health & Wellbeing in Victoria

The Achievement Program works in collaboration with health and education partners across the state, helping to connect schools and services to the programs, resources and support they need when they need them.

Supported by the Victorian Government and Cancer Council Victoria, Healthy Places is free for Victorian schools and early childhood services and offers recognition for your commitment to health and wellbeing.

It offers an online portal which provides access to resources, tools and information around 7 key areas:

- healthy eating and oral health
- physical activity and movement
- sexual health and wellbeing
- mental health and wellbeing
- sun protection
- safe environments
- tobacco, alcohol and other drugs.
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This framework supports a whole-school approach to health and wellbeing and aims to create a positive and healthy school environment.



Gayby Baby- There's More Than One Way to Make a Family: School Action Toolkit

GAYBY BABY's **School Action Toolkit** explores the diversity of the modern family unit. By viewing and subsequently completing activities drawn from the documentary GAYBY BABY, your school can create a safe and welcoming environment for diverse families.

[Gayby_SchoolsKit_Secondary.pdf](#)

Sexual Health Victoria: Menstrual Health & Pelvic Pain

This program is available to all Victorian Government schools. SHV has designed a comprehensive Menstrual Health and Pelvic Pain program which aligns with the Victorian and Australian Curriculum. Sensitive topics are covered using age-appropriate materials and language. Programs are delivered by experienced, trained SHV educators.

Menstrual Health and Pelvic Pain Education Program - Sexual Health Victoria



These sessions included: Mental Health & Wellbeing, Healthy Eating & Body Image & Addiction & Harm Reduction. Although focused on teens these workshops would also be suitable for pre-teens moving into high school that may face these issues in the future.

In May **Central Gippsland Health** facilitated a three-part workshop on talking to your teens aimed at educators, parents & carers of teenagers designed to respond directly to topics that may be challenging to navigate.

Central Gippsland Health are offering to come out to schools & present these workshops during Term 3 & 4 which may tie in nicely with R U OK Day and World Suicide Day in September. Please contact us if you are interested in learning more.

Recipes

Healthy recipe ideas for Winter & Spring to try

Something savoury:

- Baked Bean Mini Muffins Recipe | Healthy Made Tasty
- Noodle Cakes | ACT Nutrition Support Service
- Healthy shepherd's pie recipe - Kidspot

Something sweet:

- <https://healthymadetasty.com.au/recipes/apple-and-date-bliss-balls/>
- <https://healthymadetasty.com.au/recipes/banana-pikelets/>
- Healthy popcorn slice - Kidspot



SURVEY

We are currently planning for the 2026-2027 financial year period and would love your feedback on what Health Priorities Central Gippsland Health Services should focus on.

Please follow this link to a short survey to help us better understand the areas you believe are most important to you at your school community.

