

School Health Programs – Health and Hygiene

Ballarat Community Health Centre offers *Health and Hygiene* sessions to primary school students in grades 3 - 6. These learning opportunities are provided individually as a one hour session with a follow up activity. The session explores how important it is to maintain our cleanliness in order to stay healthy. This session is particularly useful in grades 3 and 4 as it provides a small amount of puberty information (body hair, sweating, foot odour etc) in a fun and interactive environment.

Alternatively, Ballarat Community Health Centre can assist with resources such as lesson plans, books and worksheets to support your school in providing health and hygiene information.

As research highlights the benefits of providing puberty education in a holistic way, Ballarat Community Health Centre provides this program together with teachers and in line with VELS outcomes. This creates a supportive teaching and learning environment that can continue to be built upon beyond Ballarat Community Health Centre's involvement.

Additionally, Ballarat Community Health Centre provides opportunities for health and hygiene support for parents, students and the wider community through the Puberty Library.

For further information or health and hygiene resources please check out our website list.

Please contact Demelza on (03) 5338 4500 or by email at demelzar@bchc.org.au to register your interest in this or any other school opportunities in 2009.

Please note that Ballarat Community Health Centre staff require a minimum of four weeks notice when working in schools.

