

School Health Programs – Health and Wellbeing Program

Ballarat Community Health offers a *Health and Wellbeing Program* to primary school students in Grades 3 and 4. This program, which consists of a jumbo snakes and ladders game, provides schools with a fun and interactive tool that promotes positive wellbeing messages for students. Parent information kits and teacher resources have been developed to complement this program.

The snakes and ladders game is available to schools for up to two weeks to be used by the students. As an added option Ballarat Community Health's skit team and a dietitian/health promotion officer are available to run sessions at your school to further support the program. Topics covered by the program include nutrition, physical activity and oral health.

As research highlights the benefits of providing education in a holistic way, Ballarat Community Health 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's involvement.

For a copy of the snakes and ladders game (board game version) please click [here](#).

Please note that this program is offered alternative years to primary schools in Ballarat, all other requests should be directed to Demelza on (03) 5338 4500 or by email at demelzar@bchc.org.au



Skit Team (Joel & Lorenne)



Demelza



Kerri