



2010 HEALTH & WELLBEING

CAMPUS HEALTH PROMOTION ACTIVITIES

PD = Poster Display

A = Activity

D = Display

SB = Staff Bulletin

O – Orientation

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
February	February	February	February	February
Orientation presentation to classes Informing students of all HS services available Including Flu Vaccine, Water Safety O& D	Orientation presentations to classes Informing students of all HS services available O&D	Orientation presentation to classes Informing students of all HS services available O& D	Orientation presentation to classes Informing students of all HS services available O & D	Orientation presentation to classes Informing students of all HS services available O& D
Sexual Health, promotion of Safe Sex D	Sexual Health, promotion of Safe Sex D Current Health issues "What's out there!"	Sexual Health, promotion of Safe Sex D	Sexual Health, promotion of Safe Sex	Sexual Health promotion of Safe Sex
Bike Safety D	Bike Safety D	Bike Safety D		
Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
March	March	March	March	March
Orientation presentation to classes Informing students of all HS services available Water safety O & D	Orientation presentation to classes Informing students of all HS services available Water safety O & D	Orientation presentation to classes Informing students of all HS services available O	Orientation presentation to classes Informing students of all HS services available O	Orientation presentation to classes Informing students of all HS services available O
Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D	Party Safe- Alcohol & Binge Drinking D
Sexual Health issues & promotion of Safe Sex D	Sexual Health issues & promotion of Safe Sex Current health issues "What's out there!" D	Sexual Health issues & promotion of Safe Sex D	Sexual Health issues & promotion of Safe Sex D	Sexual Health issues & promotion of Safe Sex D
Smoking Cessation including National Tobacco Free Day for Youth A or D	Smoking Cessation including National Tobacco Free Day for Youth A or D	Smoking Cessation including National Tobacco Free Day for Youth A or D	Smoking Cessation including National Tobacco Free Day for Youth A or D	Smoking Cessation including National Tobacco Free Day for Youth A or D
Flu vaccine promotion D	Flu vaccine promotion D	Flu vaccine promotion D	Flu vaccine promotion D	Flu vaccine promotion D
Sun Smart D	Sun Smart D	Sun Smart D	Sun Smart D	Sun Smart D
Bike Safety D	Bike Safety - will have a poster on health & wellbeing noticeboard P Student Services lunchtime activity during O week with SSAA to prompt services on campus.	Bike Safety D		

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
April	April	April	April	April
National Youth Week A & D Drugs, Alcohol & Smoking	National Youth Week A & D Drugs, Alcohol & Smoking	National Youth Week A & D Drugs, Alcohol & Smoking	National Youth Week A & D Drugs , Alcohol & Smoking	National Youth Week A & D Drugs, Alcohol & Smoking
Flu vaccine Clinics	Flu vaccine Clinics	Flu vaccine Clinics	Flu vaccine Clinics	Flu vaccine Clinics
	Will organise an event with Student Services' staff & SSAA to positively promote youth. Will engage with Community welfare and First Stop students to assist.			
Hawthorn	Prahran	Croydon	Wantirna	Lilydale
May	May	May	May	May
National Heart Week BP checks BMI A SB	National Heart Week BP checks BMI A SB	National Heart Week BP checks BMI A SB	National Heart Week BP checks BMI A SB	National Heart Week BP checks BMI A SB
Fruit & Vegies Week Including Nutrition advice & Health Week A (SSAA)	Fruit & Vegies Week Including Nutrition advice (SSAA)	Fruit & Vegies Week Including Nutrition advice (SSAA)	Fruit & Vegies Week Including Nutrition advice (SSAA)	Fruit & Vegies Week Including Nutrition advice (SSAA)

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
June	June	June	June	June
Stress –Exam Prep A D	Stress –Exam Prep	Stress –Exam Prep	Stress –Exam Prep	Stress –Exam Prep
Flu prevention & management PD	Flu prevention & management	Flu prevention & management	Flu prevention & management	Flu prevention & management
National Bowel Cancer Awareness Week SB	National Bowel Cancer Awareness Week (Email to staff)	National Bowel Cancer Awareness Week	National Bowel Cancer Awareness Week	National Bowel Cancer Awareness Week
Mid semester preparation for second semester	Mid semester preparation for second semester	Mid semester preparation for second semester	Mid semester preparation for second semester	Mid semester preparation for second semester

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
July	July	July	July	July
Orientation presentation to classes O Informing students of all HS services available	Orientation presentation to classes O	Orientation presentation to classes O	Orientation presentation to classes O	Orientation presentation to classes O
Flu prevention & management D	Flu prevention & management	Flu prevention & management	Flu prevention & management	Flu prevention & management
National Diabetes Week D SB	National Diabetes Week D SB	National Diabetes Week D SB	National Diabetes Week D SB	National Diabetes Week D SB
Hawthorn	Prahran	Croydon	Wantirna	Lilydale
August	August	August	August	August
Drug Awareness Week including Overdose Awareness Day A	Drug Awareness Week including Overdose Awareness Day A	Drug Awareness Week including Overdose Awareness Day A	Drug Awareness Week including Overdose Awareness Day A	Drug Awareness Week including Overdose Awareness Day A
Sex & Reproductive Health D	Sex & Reproductive Health D	Sex & Reproductive Health D	Sex & Reproductive Health D	Sex & Reproductive Health D

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
September	September	September	September	September
Body Image & Eating Disorders D	Body Image & Eating Disorders	Body Image & Eating Disorders	Body Image & Eating Disorders	Body Image & Eating Disorders
National Stroke Week D SB	National Stroke Week	National Stroke Week	National Stroke Week	National Stroke Week
Men's Health Week Prostrate Cancer D SB	Men's health Week • Prostrate Cancer	Men's health Week • Prostrate Cancer	Men's Health Week • Prostrate Cancer	Men's Health Week • Prostrate Cancer
Hawthorn	Prahran	Croydon	Wantirna	Lilydale
October	October	October	October	October
Mental Health Week Promotion • De Stress • Exam preparation A D SB	Mental Health Week Promotion • De Stress • Exam preparation	Mental Health Week Promotion • De Stress • Exam preparation	Mental Health Week Promotion • De Stress • Exam preparation	Mental Health Week Promotion • De Stress • Exam preparation
Breast Cancer Awareness month D SB Worksafe week incl skin cancer	Breast Cancer Awareness month Worksafe week incl skin cancer	Breast Cancer Awareness month Worksafe week incl skin cancer	Breast Cancer Awareness month Worksafe week incl skin cancer	Breast Cancer Awareness month Worksafe week incl skin cancer

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
November	November	November	November	November
Party Safe – Binge Drinking D	Party Safe – Binge Drinking	Party Safe – Binge Drinking	Party Safe – Binge Drinking	Party Safe – Binge Drinking
Hawthorn	Prahran	Croydon	Wantirna	Lilydale
December	December	December	December	December
No activities	No activities	No activities	No activities	No activities
Preparation for 2011	Preparation for 2011	Preparation for 2011	Preparation for 2011	Preparation for 2011

Hawthorn	Prahran	Croydon	Wantirna	Lilydale
Other Topics (ongoing)	Other Topics	Other Topics	Other Topics	Other Topics
Obesity & CVD CPR workshops	Management of "Burns" to Hospitality students CPR workshops	Obesity & lifestyl CPR workshops e	CPR workshops	Snake Bites CPR workshops
Nutrition & Health Concerns with International Students	Health Insurance, Ambulance subscription and how to manage injuries NICA students			Management of "Burns" to Hospitality students
Alcohol & Binge Drinking	Sexual Health , Drugs Alcohol & Binge Drinking to VCAL students	Sexual Health , Drugs Alcohol & Binge Drinking to VCAL students	Sexual Health , Drugs Alcohol & Binge Drinking to VCAL students	Alcohol & Binge Drinking
Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation	Smoking Cessation

Notes: