

Inspiro offers and supports a range of **FREE** programs and resources to help your school support students wellbeing



## Healthy Eating

### Vic Kids Eat Well (VKEW)

The Vic Kids Eat Well supports schools and OHSC to create healthy food and drink environments. Make simple changes and healthy swaps that make a big impact. More information [here](https://www.vickidseatwell.health.vic.gov.au/) or go to: <https://www.vickidseatwell.health.vic.gov.au/>

### Paddock to Plate and Waste

Resources and 2 x 40min lesson [plans](#) to help students explore, discover and learn about food systems and eating for health (Foundation to year 8). As an incursion or teacher use. See 2min overview [video](#), see 4min fun student learning [video](#).

### Positive Language around Food

These handouts and posters support teachers and parents to use positive language around food. See the resource section of our health promotion page [here](#).

### Every Body in Every School

This toolkit helps schools to review their physical and social surroundings to help create supportive environments for overall wellbeing. Access [here](#).



## Physical Activity

### Morning Move for Mind

An 8-week [program](#) run 2 x 30min per week. Students learn wellbeing strategies in an active format. Training provided. See 2min overview video [here](#).

### My Yarra Ranges

A 1.5 hour workshop where students, as Junior Health Researchers, answer a challenge question exploring the link between community design and physical activity. Students create posters and take part in a walk to school event.

## Gender Equity

### Young Leaders for Gender Equality & Respect

Young Leaders supports primary school aged children (grade 5 & 6) in 3 x 2.5hr to develop their understanding of gender equity and create change in their school community.

### 16 Days of Activism Workshop

Students take part in a 1 hr workshop exploring Respect, Emotional Regulation and Gender Equality.

## Prevention of E-Cigarettes and Vaping

### Young Leaders Years 5 - 8

A 3 x 1.5 hr program supporting student leaders to develop understanding and create change in their school community.

### Curriculum aligned vaping educational sessions and resources Years 7 - 12

45min sessions exploring vaping harm prevention. Aligned with Quit & DET classroom resource.

See the resources section at:  
[www.inspiro.org.au/services/community/health-promotion/](http://www.inspiro.org.au/services/community/health-promotion/)

Contact Inspiro  
Health Promotion

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