



Secondary Teachers Professional Update Term 4, 2009

Annual Health Update for Central Coast PDHPE & Welfare Teachers



Topics include:

- **Mental Health – Staff Health matters -Looking after your own mental health**

Helen Astolfi School Link Co Ordinator NSCCAHS

- **Homeless Young people** on the Central Coast. How many of your students are *couch surfing*? Issues that they face and where you can turn for support.

Kate Keogh Central Coast Youth Health Service NSCCAHS

Updates on local projects such as...2010 NSW Teen Dental Survey, How can your school be more health promoting?

Representatives also present from; Nutrition, Immunisation, Sexual Health, Asthma Education

- Plus resources and goodies!

Tuesday 24th November

3.30 pm – Afternoon tea

4pm Presentations 5.30 Close

RSVP

Venue: Medium Group Room, Ground Floor,
Wyong Central Community Health Centre,
38a Pacific Highway, Wyong
(Plenty of parking off River Road). Map attached

essential by
19th November

Ph 4349 4800

Or email

jgowland@nsccaahs.health.nsw.gov.au

• First 10 participants to register
receive “Healthy Food Fast”
cookbook

Free

