

THE JACK BROCKHOFF
CHILD HEALTH & WELLBEING PROGRAM



CHILDREN'S

ANNUAL REPORT 2017



THE UNIVERSITY OF
MELBOURNE

The Jack Brockhoff Child Health and Wellbeing Program finds ways to help children to be happy and healthy

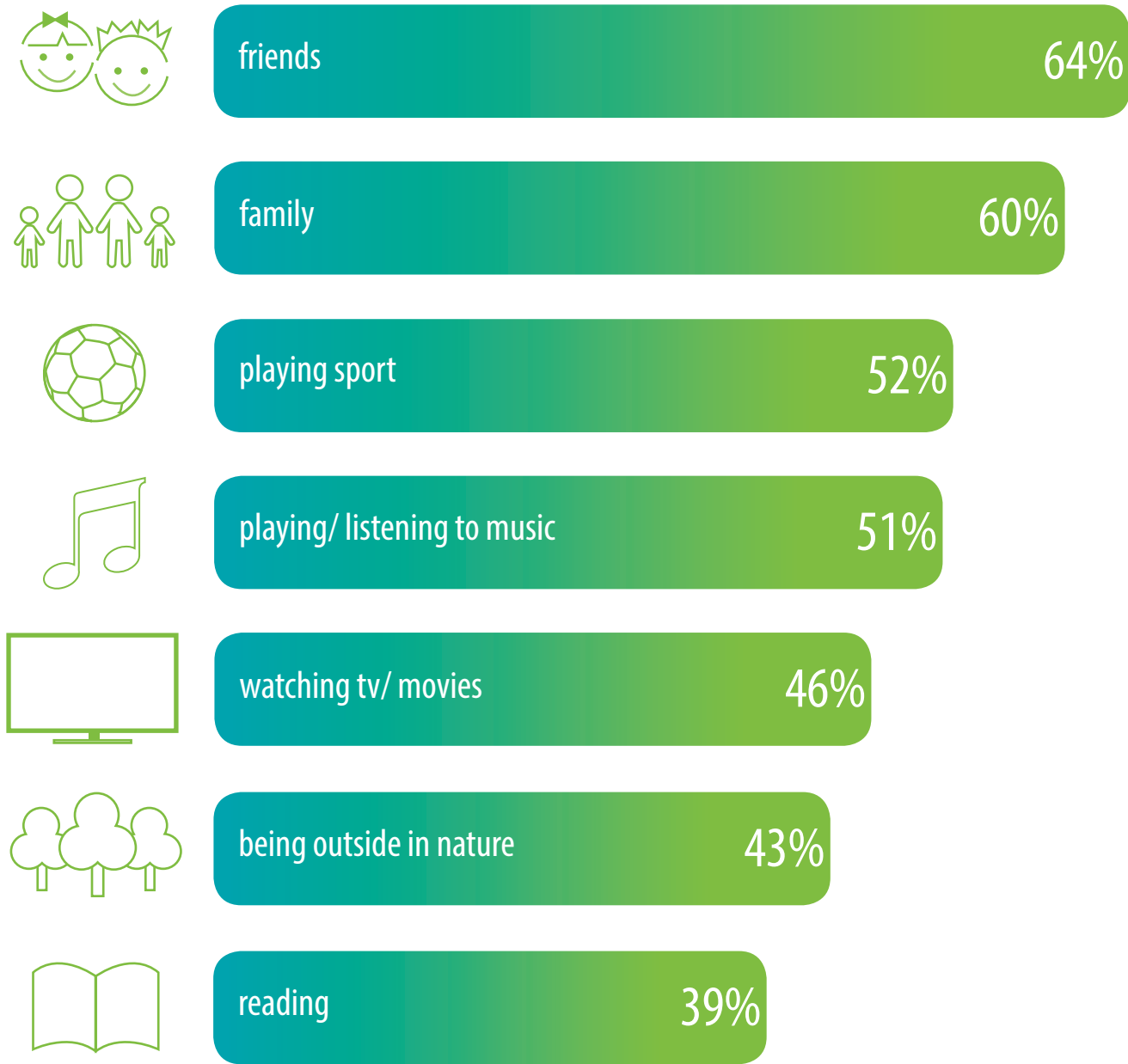


We are working with **ABC's Behind The News** to find out...

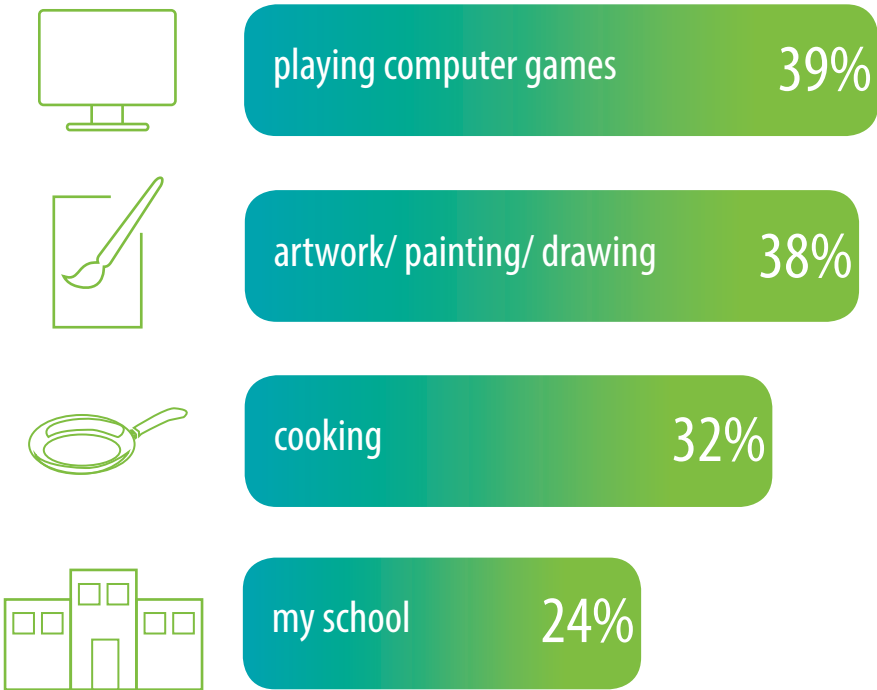
WHAT MAKES AUSTRALIAN KIDS HAPPY?



These are the results from the Behind the News kids happiness survey 2017.



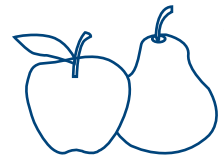
Nearly 47,000 kids responded, that's about the same size as half of the MCG!



Top responses for boys and girls

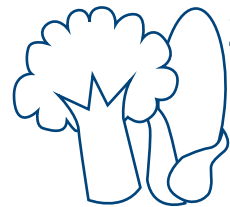


THE KEEPING HEALTHY QUIZ!



1. How many serves of fruit should you eat per day?

- a. 0
- b. 1
- c. 2 or more



2. How many serves of vegetables should you eat per day?

- a. 0
- b. 2
- c. 5



3. If you are feeling sad, which of the following will help you?

- a. Playing with friends
- b. Reading a book
- c. Playing sport
- d. Listening to music
- e. Being outside in nature
- f. All of the above



4. What does resilient mean?

- a. Being smart
- b. Feeling happy
- c. Being able to recover after a difficult situation
- d. None of the above



5. Do you need to worry about brushing baby teeth?

- a. Yes
- b. No



6. Feeling safe is important to keeping healthy and happy.

- a. True
- b. False



7. Water is recommended as your main drink at dinner time.

- a. True
- b. False



8. Your neighbourhood and local community influence your health and happiness.

- a. True
- b. False



9. How many hours sleep is recommended for primary school aged children?

- a. 6-8 per night
- b. 7-9 hours per night
- c. 9-12 hours per night



10. How much physical activity should children (5-18 years) do per day?

- a. None
- b. 30 mins of moderate to vigorous physical activity
- c. 1 hour of moderate to vigorous physical activity



11. Which of the following is a benefit of being physically active?

- a. Strong bones and muscles
- b. Improved coordination
- c. Improved confidence and belonging
- d. All of the above



12. Talking to someone when you are worried or feeling sad will help keep you happy and healthy.

- a. True
- b. False

ANSWERS

1.C, 2.C, 3.F, 4.C, 5.A, 6.A, 7.A, 8.A, 9.C, 10.C, 11.D, 12.A



We are helping children to be healthy and happy in these 10 areas:



We asked **29 CHILDREN**
in grade 1 at St Vincent de Paul Primary School
in Strathmore, Victoria to help us with this
report.

1. Healthy eating
2. Keeping active
3. Healthy teeth
4. Healthy mind
5. Helping others

6. Getting enough sleep
7. Feeling safe
8. Feeling happy
9. Resilient
10. Being included



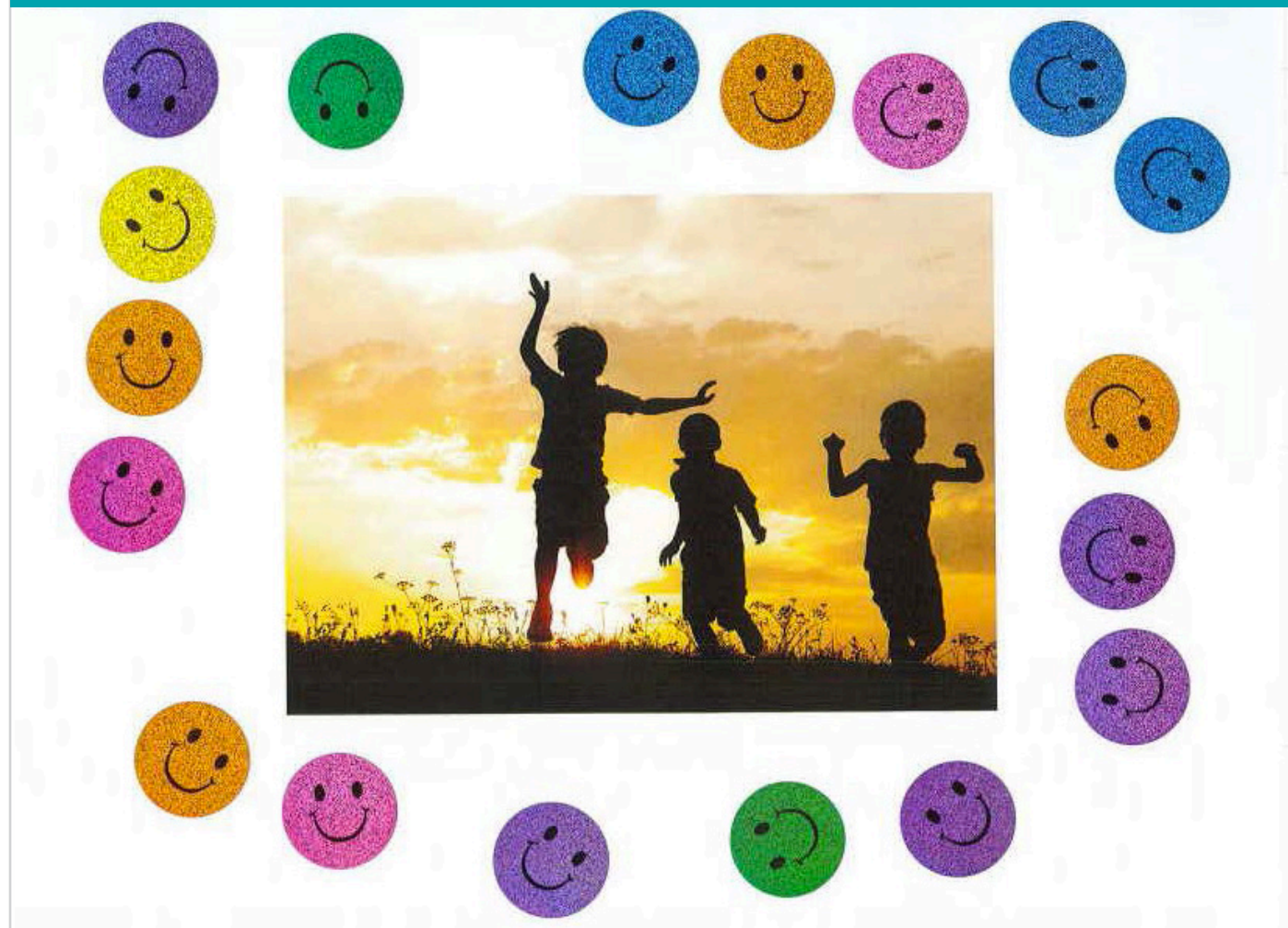
We asked our primary school friends which areas are most important to them.



We gave each child 3 smiley face stickers to place on their top 3 important issues...

18

HEALTHY MIND



17

HEALTHY EATING



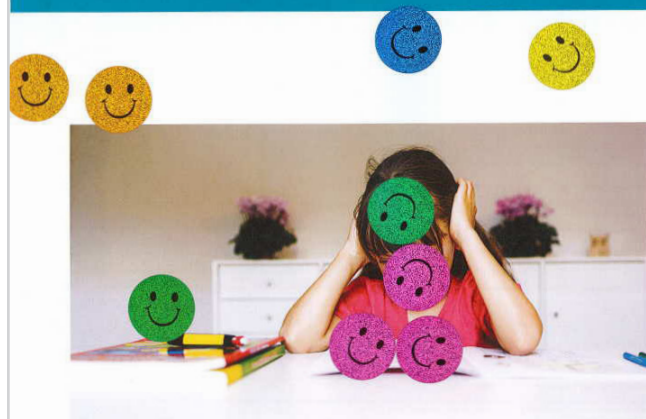
12

KEEPING ACTIVE



9

BEING RESILIENT



6

HEALTHY TEETH



4

GETTING ENOUGH SLEEP



7

FEELING SAFE



6

FEELING HAPPY



4

BEING INCLUDED

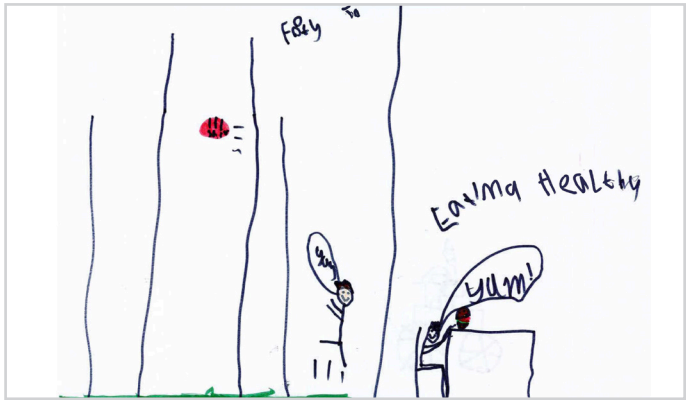
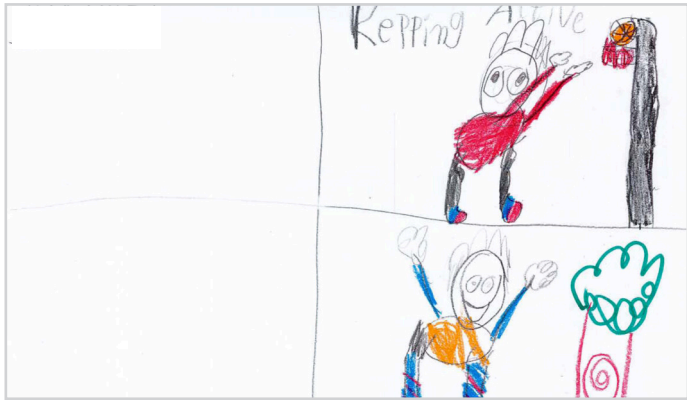
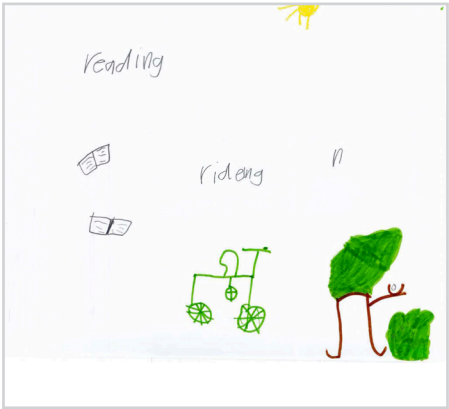
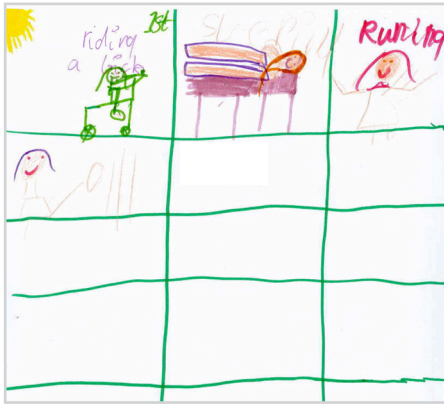
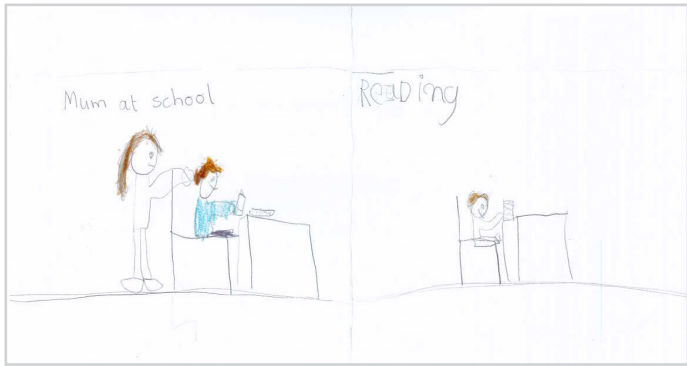


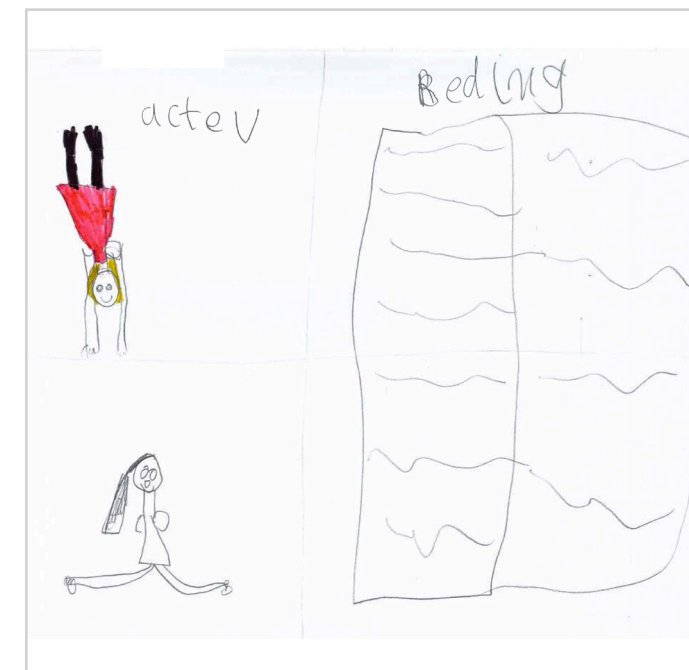
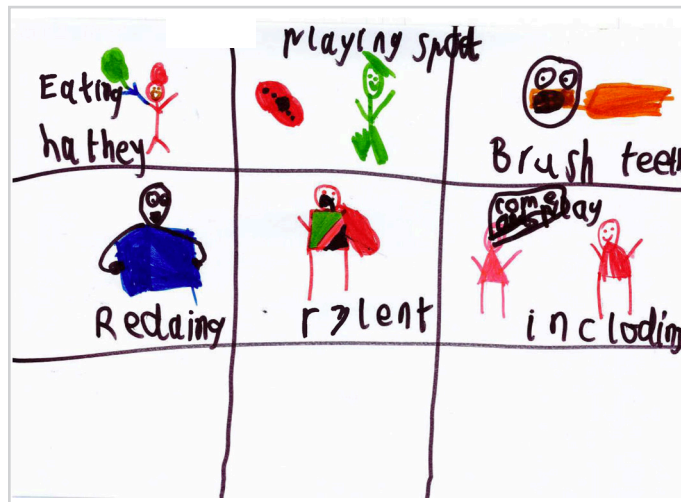
4

HELPING OTHERS



WE ASKED OUR FRIENDS TO DRAW A PICTURE ABOUT WHAT KEEPS THEM HAPPY AND HEALTHY



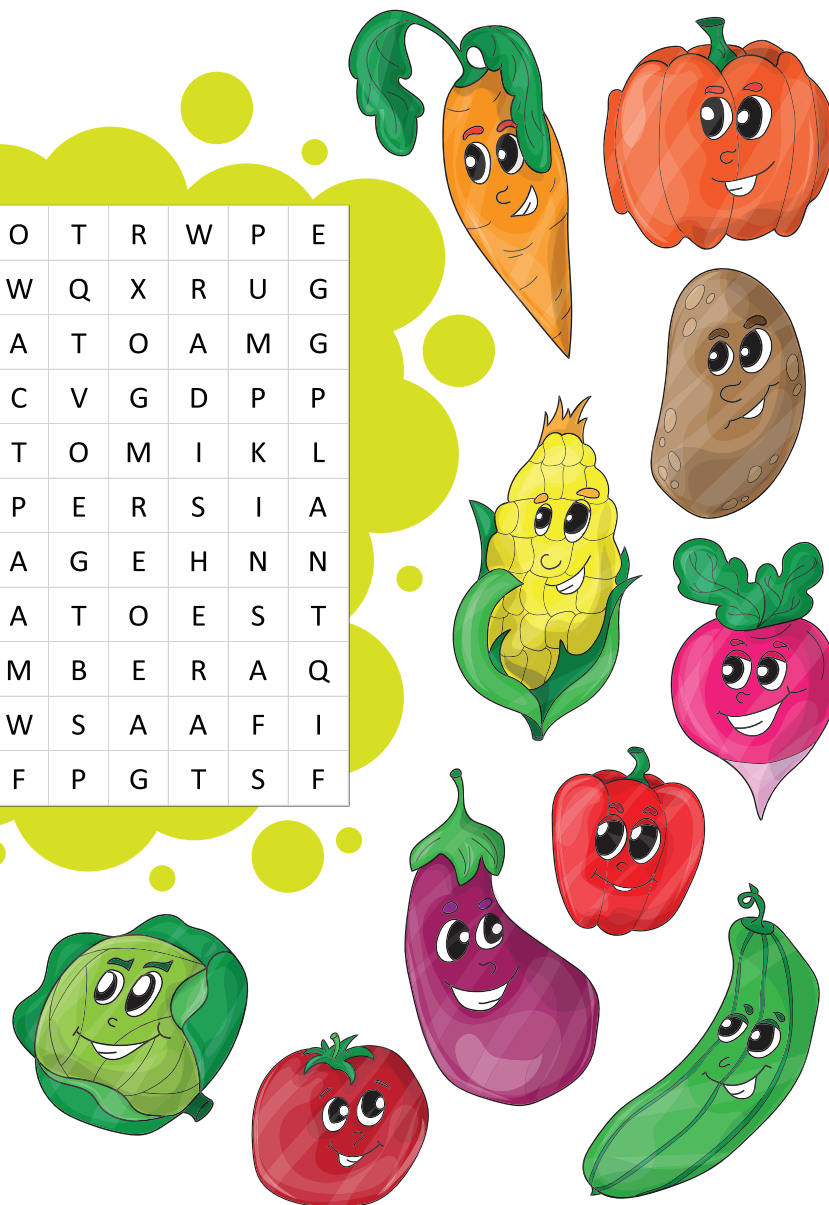


ACTIVITY PAGE

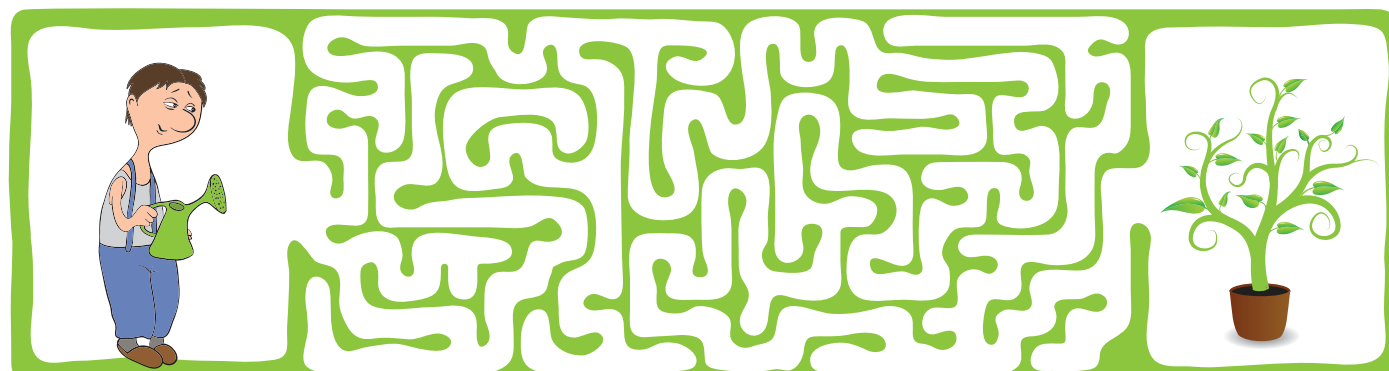


WORD SEARCH

C	A	R	R	O	T	R	W	P	E
P	E	P	P	W	Q	X	R	U	G
C	T	O	M	A	T	O	A	M	G
O	V	E	G	C	V	G	D	P	P
R	R	T	E	T	O	M	I	K	L
N	P	E	P	P	E	R	S	I	A
C	A	P	B	A	G	E	H	N	N
W	P	O	T	A	T	O	E	S	T
C	U	C	U	M	B	E	R	A	Q
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P	O	T	A	F	P	G	T	S	F



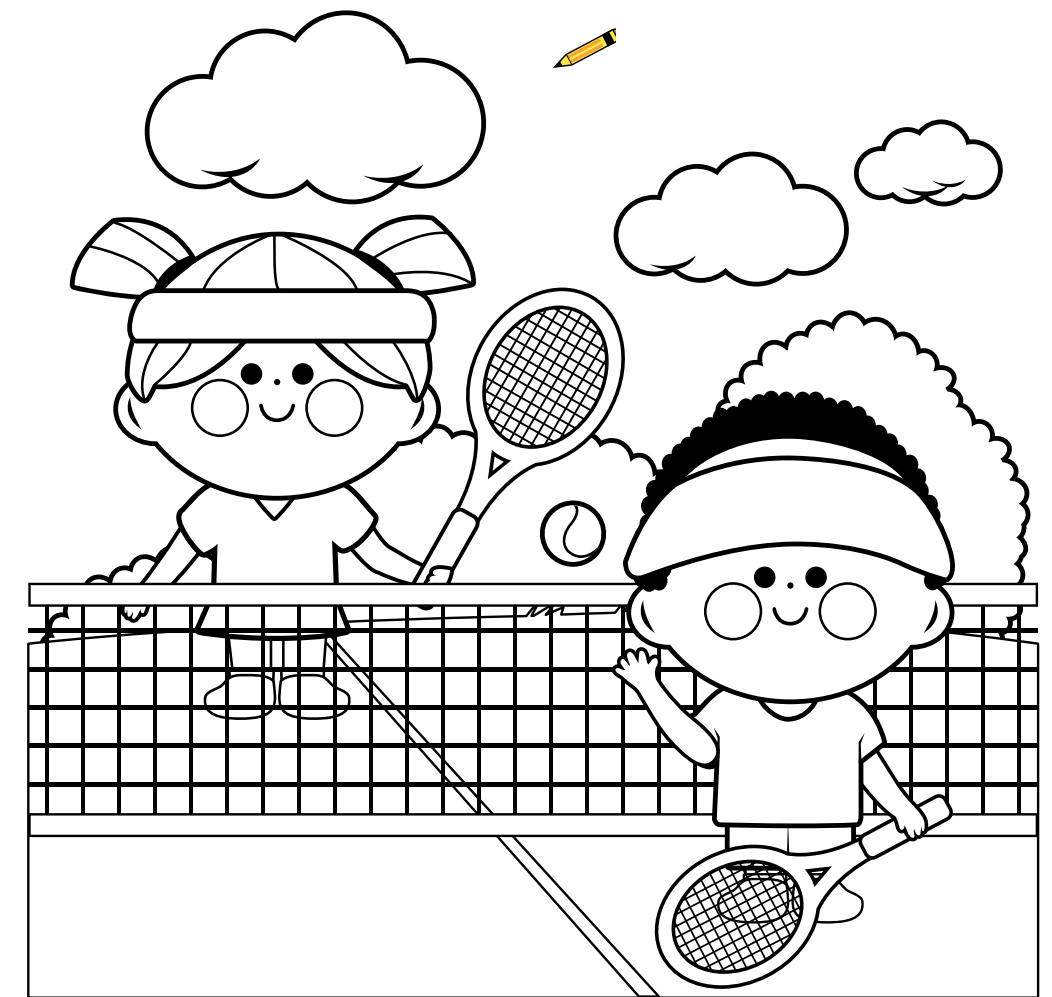
MAZE



SPOT THE DIFFERENCE 10 differences



COLOUR IN

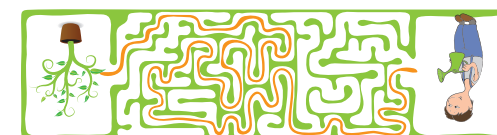


ANSWERS

Word search

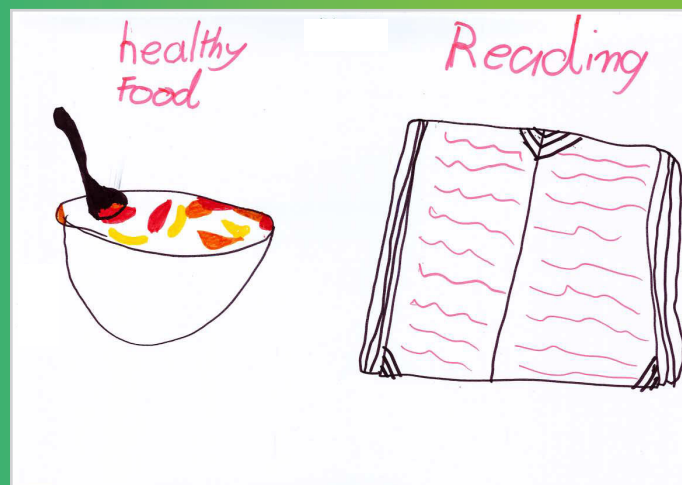
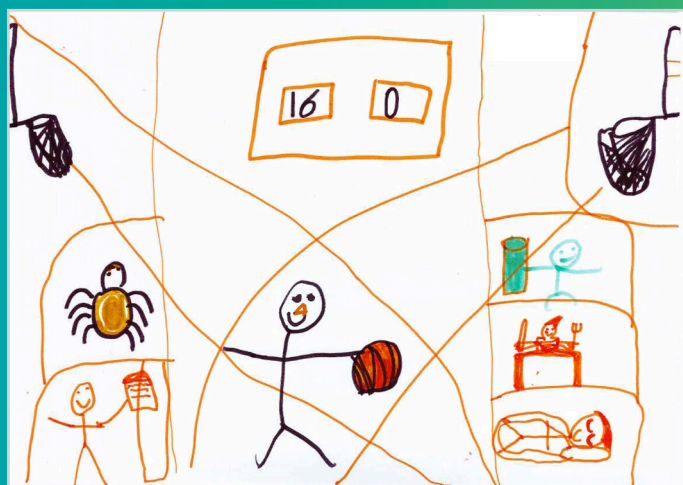
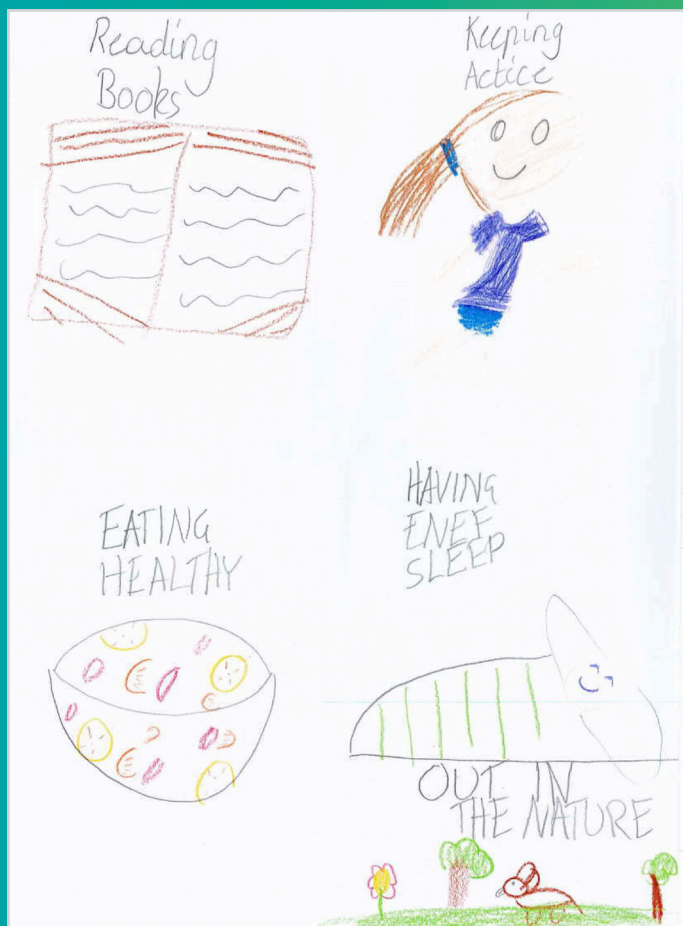
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C	U	C	U	M	B	E	R	A	D
W	P	O	T	A	T	O	E	S	T
C	A	P	B	A	G	E	H	N	N
N	P	E	P	P	E	R	S	I	A
R	T	E	T	O	M	I	K	L	A
P	V	E	G	C	V	G	D	P	P
G	M	A	T	O	A	M	G	C	T
P	E	P	W	Q	X	R	U	G	P
C	A	R	O	T	A	F	P	G	T

Maze



Spot the difference





THE JACK BROCKHOFF CHILD HEALTH AND WELLBEING PROGRAM

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Melbourne School of Population and Global Health,
The University of Melbourne

Website

child-health.mspgh.unimelb.edu.au
public-health-insight.mspgh.unimelb.edu.au
beyondbushfires.org.au

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