

King Charles 1st High School Health Club 2015/2016

	Date	Date	Topic	
September	16th	30th	Friendship	Friendship
October	7th	21st	Self Esteem	Self Esteem
November	4th	18th	Healthy Eating/Dental	Eating Disorders/body image
December	2nd	16th	Alcohol/Drugs/Smoking	Alcohol/Drugs/Smoking
January	13th	27th	Feelings and emotions/Anger	
February	10th	24th	Sleep	
March	9th	23rd	Stress/Relaxation	Panic/ anxiety
April	13th	27th	Access health services/Emergency services	
May	11th	25th	First aid	
June	8th	22nd	Sun Safety/Hydration	Personal Hygiene
July	6th	20th	Transition for Year 8/ High School Drop-in	