EXCITING NEWS

The Life Education Team and Harold the Giraffe will be visiting;

St. Martins Primary School

From Wednesday 5th October to Wednesday 19th October 2016

WHAT IS LIFE EDUCATION?

Life Education motivates and empowers young people to make smart life choices for a healthy future.

MODULE: ‘HAROLD’S SURPRISE’ – PREP
Harold and the class are invited to possum’s party in the park. On the way they become aware of and develop appreciation of their bodies, discuss the importance of healthy food choices and exercise, safety in the environment and identify how people grow and change.

MODULE: ‘CLUED UP’ – YEAR 1
The Children help Harold investigate the disappearance of his friend Cockey. Through being detectives and solving the mystery, they learn about friendship, healthy food choices, safe and unsafe living and cooperation.

MODULE: ‘HAROLD’S MYSTERY TOUR’ – YEAR 2
The class joins Harold and his friends on a mystery tour where they experience an ‘Amazing Body Adventure.’ The children explore appropriate remedies when feeling sick, issues of safety and ways to cope when feeling pressured.

MODULE: ‘HAROLD’S HEROES’ – YEAR 3
The children join Harold’s superhero team to make the world a safer, healthier place for everyone. Throughout the mission they discover the importance of clean air, safe use of medicine and safety in the environment.

MODULE: ‘HAROLD’S DIARY’ – YEAR 4
The Children are invited to read Harold’s Diary as he shares stories relating to bullying, feelings, developing coping strategies, safety with medicines and the importance of making healthy food choices.

MODULE: ‘ALL SYSTEMS GO’ – SUITABLE FOR YEAR LEVELS FROM 3 TO 6
Inside a futuristic machine ‘The Venture’, the Captain and his crew take the class on a tour of the human body. Travelling through the blood we explore the functions of various body parts and how magnificent the human body really is. The students discuss issues and engage in activities centered on peer pressure, second hand smoking, safety with medicines, factors that influence the function of body systems.

MODULE: ‘bCYBERWISE’ – SUITABLE FOR YEAR LEVELS FROM 3 TO 6
The Children explore ‘netiquette; (Internet etiquette) and Cybersafety issues through roleplay and interactive activities. They explore how to establish positive respectful relationships and to report negative experiences to a responsible adult that they trust.

MODULE: ‘MIND YOUR MEDICINE’ – YEAR 5
The children develop an understanding and gain information on legal drugs, their effects on physical development and their potential for harm. The program encompasses risk-taking, responding to pressure and recognising harmful situations.

MODULE: ‘ON THE CASE’ – YEAR 5
The class identify ways nicotine adversely influences physical and social development. Students also identify high risk situations and develop strategies to deal with the influences and pressures to smoke.

MODULE: ‘THINK TWICE’ – YEAR 6
Students identify social, personal situations and consequences that may place young people at risk from alcohol. This includes physical development, social interaction, as well as social pressures and influences. Students will discuss, compare and develop strategies to avoid the harmful consequences of alcohol misuse.

MODULE: ‘IT’S YOUR CALL’ – YEAR 6
Students clarify the definition of a drug; explore risks associated with the use of legal drugs and the short and long term consequences of misuse. They examine the decision-making process, and develop strategies for dealing with pressure situations including digital media.

Come and learn what Life Education is all about –

FREE LIFE EDUCATION PARENTS INFORMATION SESSION
TO BE HELD ON WEDNESDAY 5TH OCTOBER, 2016 AT 1:30 p.m. IN THE LIFE EDUCATION VAN

☐ I will be attending ☐ I cannot attend (Please tick the appropriate box)

I GIVE PERMISSION FOR MY CHILD to participate in the Life Education Program at our school.

NAME ........................................................................................................... CLASS .................... Signed .................................................................................................

Your contribution of $9 for all students covers your child’s participation in the program and a student workbook.

PLEASE SEND THE PERMISSION FORM AND MONEY TO THE SCHOOL OFFICE
Life Education is a children’s charity.
All donations $2 and over are tax deductible.
If you would like to support us, please go to www.lifeeducation.org.au/donate

How we are funded
Being a charity, Life Education relies on fundraising to help maintain our vital service. We do this through donations from the general public, community and corporate partnerships, and support from the State Government. This enables us to heavily subsidise the cost of our program to parents, keeping the cost as low as possible.

In disadvantaged and remote communities, Life Education is able to subsidise the cost to parents even further, so that all children have the opportunity to access this important program.

What your child will learn
The Life Education program is delivered by specialist educators in a fun learning environment.
The age-appropriate material covers topics including:
- Nutrition
- Physical activity
- Personal safety
- Effective communication skills
- Resilience
- Body image
- Bullying
- Cyber safety
- Smoking and Alcohol

Your child’s teacher will choose the most appropriate topic for the grade.
Life Education’s program is developed with learning outcomes that link to the new Australian curriculum for Health and Physical Education.
We also provide teacher manuals and resources to extend learning in the classroom.
The Life Education mobile classroom is coming to your child’s school!

Life Education is a health promotion charity, and the largest non-government provider of health and drug education to children.

We believe in the old saying ‘it takes a village to raise a child’. So we work in a unique partnership with parents and teachers to enhance and reinforce children’s learning about nutrition, the benefits of physical activity, personal safety including staying safe online, the health impacts of smoking and alcohol, and strategies to cope with peer and social pressures.

Life Education is about prevention through education – providing your child with important knowledge, skills and confidence to live a healthy, safe life.

Since 1979, Life Education has been delivering a high quality health education program across thousands of Australian schools.

Over the past 35 years, more than 5 million Australians have experienced our program, with 600,000 children taking part every year. A growing number of parents now recall the program from their primary school years!

Free Parent Information Session

Life Education offers a free information session for parents and guardians held at your school.

This is your opportunity to find out what we will be teaching your child. We will share ideas on how you can support your child’s learning around safe, healthy choices and peer pressure.

It is a great forum to increase knowledge, share views with other parents, and develop strategies to help raise happy, healthy kids.

Most schools take us up on the Parent Information Session. Check your school’s newsletter for the details.

Check out our Parent Hub

Life Education has created a new hub just for parents where you can find the latest tips and strategies to support you in raising happy, healthy kids.

Here you will find useful information on a range of topics from road safety to how to combat bullying.

There are also fun family activities that you can do with your child.

Go to www.lifeeducation.org.au/parents

What children say about us...

"Thank you for taking us on the Mystery Bus Tour. We had such a fun time. We liked learning about our bodies."  
Class 2SH

"The Life Education van has taught me a lot in the past seven years. If I am ever in a situation when I need to make a decision about my health - I will think of what you told me."  
Sarah, Year 6

"You have helped me have the confidence to say no to people who want to peer pressure me."  
Abdigani, Year 6

"My Mum remembers Healthy Harold from when she was a little girl and when she saw your van she was really happy!"  
Sarah, Year 4

"I learnt how to deal with peer pressure in the future. I learnt what alcohol and drugs do to you in long/short term use. I learnt what effect drinking has on the community and myself."  
Hayley, Year 7