



16 August 2023

**LIFE EDUCATION 2023 - K-2**

Dear parents/carers,

Life Education NSW, Healthy Harold Program, will be visiting our school Monday 4th September to Wednesday 6th September 2023. Students from Preschool to Year 6 will attend. Life Ed offers a range of age-appropriate primary school modules aligned to the Australian and state-based Curriculum across the Health and Physical Education Learning Area and General Capabilities. Each module is designed to inspire and empower students, providing knowledge, skills and strategies around topics of physical health, safety and social and emotional wellbeing, all through interactive learning experiences. The modules include pre and post visit lessons to deepen classroom learning and support students to thrive.

The 60 minute interactive program is an interactive session facilitated by the Life Ed Educators. The session includes storytelling, music and songs, energetic active games and hands-on learning experiences.

**Kindergarten Program: 'My Body Matters':** In this module, students learn about choices and behaviours that promote health, safety and wellbeing as they are growing and changing. They explore personal hygiene, healthy food choices, the benefits of physical activity and sleep, and ways to keep safe at home, school and in the community.

**Stage 1 Program: 'Growing Good Friends':** In this module, students investigate healthy lifestyle choices and factors that impact health and emotional wellbeing. This includes learning about healthy food choices and considering how media and advertising messages influence food choices.

**COST: \$12.00**

The cost per child includes the Life Education lesson, a student workbook and a sticker for each child. Please complete the permission note attached and return to the school office by **Friday 25th August 2023**.

**Belinda Arnott**

Life Education Coordinator

**Corinne Campbell**

Principal

**Life Education 2023 - Permission to Attend & Payment Confirmation**

I give permission for my child ..... of class ..... to attend the Life Education lesson to be held Monday 4th September to Wednesday 6th September 2023.

Payment Confirmation. I have:

- I have paid \$12.00 online using the Parent Online Payment (through school website)

Receipt number: \_\_\_\_\_ Date of Payment: \_\_\_\_\_

- I have enclosed \$12.00 cash payment with this note
- I have paid \$12.00 by EFTPOS at the school office

If you are unable to pay due to financial hardship, you may be eligible for assistance from the school. Please contact the school office for further information.

Signed..... (parent/carer) Date:.....