



Monday 20th May 2024

HEALTHY HAROLD LIFE EDUCATION 2024

Dear Parents and Carers,

Life Education is the nation's largest not-for-profit provider of preventative drug education in schools. The Life Education program is used extensively to complement schools' drug and health education programs and is built on the philosophy that *prevention is better than cure*. Life Education encourages respect for the uniqueness of each individual. At the heart of everything Life Education does, is the fundamental belief that every child is 'unique'. Life Education aims to assist schools with their drug and health education programs by working in partnership with state education departments, pre-school, primary and secondary school professionals and the general community.

The Life Education learning centre will be at our school from Monday 17th June to Monday 24th June 2024. Classes will be scheduled to visit the centre as part of the Personal Health and Physical Development programs for each stage this term. The programs and content for each stage are as follows:

Pre-School: Harold's Healthy Day - The focus is on nutrition, hygiene, physical activity, the importance of sleep, rest and connections.

Kindergarten: Harold's Friendship - How to build friendships and care for others, identifying and managing feelings and emotions, recognising body clues that let us know when we could be unsafe, safe people and places to seek help.

Year 1 and 2: Safety Rules - Recognising safe and unsafe environments, how to care for others, behaviours that maintain friendships, places and people who we can go to for help.

Year 3 to Year 4: Friends and Feelings - Broadening and developing emotional literacy, identifying and practising assertive communications skills, practising emotional regulation skills such as mindful breathing.

Year 5 to Year 6: Relate, Respect, Connect - Understanding how to respect ourselves and others, strategies to help maintain positive online and offline relationships, identifying characteristics of positive relationships, how to recognise, react and report unwanted contact, bullying or predatory behaviours.

In accordance with our discipline policy, if your child is on Orange Level, he / she will not be able to attend.

The cost of this activity has been subsidised by the school and reduced to \$10.00 per student.

Payments and permission can be given through the Sentral Parent Portal. There is no need to return the note if this option is chosen. Please contact the office if you do not use Sentral Parent Portal and need access.

Payments can also be made in the school office by Cash and EFTPOS. All payments made through the office must be in a clearly marked envelope with child's name, class and activity. All payments and permissions are to be completed **no later than 10.00am Friday 14th June 2024**. If you need to make payment arrangements, please contact the office before this date.

Ms S Martin
Principal

Ms S Farrell
Activity Coordinator



KINGSWOOD SOUTH PUBLIC SCHOOL

STRIVING FOR EXCELLENCE

Be Safe

Be Respectful

Be a Learner

STRIVING FOR EXCELLENCE

**Please return to the school office no later than Friday 7th June 2024.
Healthy Harold Life Education**

I hereby consent to my son / daughter: _____ of class: _____

to attend Healthy Harold between Monday 17th June to Monday 24th June 2024.

I enclose: \$10.00 Cash or EFTPOS

Parent/Carer: _____ Signature: _____ Date: / /

Note: Please do not return this note if permission and payment have been given through the Sentral App for Parents.