

LIFE EDUCATION

The Willows State School has chosen to partner with Life Education, a specialist health education provider. The Life Education Mobile Learning Centre will be visiting our school for Prep, Year 3 and Year 6 from the 19th of February to the 26th of February. They will be engaging with all of our students over the year in some exciting and memorable learning experiences, which are aligned with the Australian Health and Physical Education Curriculum.

Life Education is a health promotion charity and the largest non-government provider of health and drug education to children. They work in partnership with schools to enhance and reinforce children's learning about nutrition, the benefits of physical activity, 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, confidence and self-esteem to help them live a healthy, safe life. The mobile classrooms make the program accessible, exciting and memorable. They use up-to-date technology and teaching methods, and engage the students through interactive games and activities. Healthy Harold the giraffe, their much loved mascot, helps to deliver their message to primary school children.

What your child will learn.....

Prep/1 –

A book cover for 'Harold's friend ship' featuring a giraffe and a boy. A starburst graphic says 'NEW'. The Life Education logo is at the bottom.

HAROLD'S FRIEND SHIP

Foundation / Year 1

After building a model spaceship at school, Harold and his friends, Boots and Red venture into an imaginary world in outer space. As the adventure unfolds children explore:

- how to build friendships and care for others
- feelings and emotions
- safe and unsafe situations and early warning signs
- safe places and people to turn to for help

Year 3 –

A book cover for 'Harold's Diary' featuring a giraffe and a diary. The Life Education logo is at the bottom.


HAROLD'S DIARY

YEARS 3 - 4

Harold offers to share with the class his diary entries about one week at school. This platform provides the opportunity to explore relationships and friendships, influences on food choices, benefits of physical activity and the definition of a drug.

- emotions connected with new situations and change
- importance of friendships and support networks
- exploring legal drugs such as medicines and caffeine
- strategies to manage peer pressure and bullying
- benefits of an active life-style and healthy diet

Year 6 –

A book cover for 'Think Twice' featuring a person and a bottle. The Life Education logo is at the bottom.

THINK TWICE

Years 5 - 6

Using distinctive animated and vox-pop videos, this module tackles the topic of drinking alcohol in an age appropriate context. Students explore concepts such as the effect that alcohol has on body systems, laws relating to its sale and reasons why people choose not to consume alcohol. This module focuses on:

- myths and facts surrounding the use of alcohol
- strategies for responding to encouragement or pressure to drink
- physical, social & legal consequences of alcohol use
- strategies to reduce harmful effects of alcohol on self and others

Students attending the **program pay \$7.00**. Permission letters will be sent home this week. Please return them as soon as possible. **Payment of \$7** will be invoiced to you and full payment must be made by the 17th of February.