



# TERRANORA PUBLIC SCHOOL

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Principal: Mr James Hackett

ABN: 18 246 198 266

## LIFE EDUCATION

Dear Parents/Caregivers

The Life Education Van has been scheduled to visit Terranora Public School on;

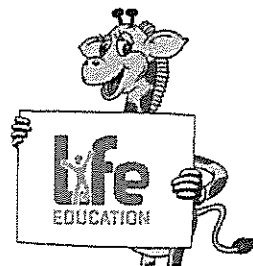
**Dates:** Tuesday, 18 February 2020 to Tuesday 3 March 2020

**Cost:** \$10.00 per student

Please complete the attached permission note and send with money in a sealed envelope to school by Wednesday, 12 February 2020.

A Healthy Harold Merchandise sheet is also attached for students wishing to purchase products. Payment for merchandise needs to be in an envelope (correct money) with the item written on the face, along with the child's name and class. **This payment is handed to the Life Education Educator on the day your student attends the Life Education van.** A timetable showing all class Life Education visits will be published later on in the term.

Angela Wraight  
TEACHER  
30 January 2020



### LIFE EDUCATION – Permission Note

I hereby give permission for my child ..... from  
class ..... to visit the Life Education Van from Tuesday, 18 February 2020 to Tuesday,  
3 March 2020. Payment of \$10.00 is enclosed.

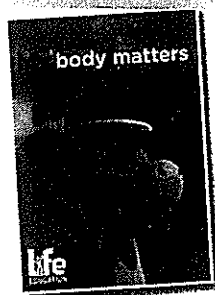
.....  
*Parent/Guardian Signature*

.....  
*Date*

I have made an online payment. My receipt number is.....



# LIFE EDUCATION PRIMARY MODULES



# MY BODY MATTERS

## Kindergarten

Harold and his friends want to look their best for photo day at school, but discover that things don't always go to plan. This module focuses on things children can do to keep themselves healthy including:

- the importance of personal hygiene
- choosing foods for a healthy balanced diet
- benefits of physical activity and sleep
- ways to keep safe at home, school and in the community

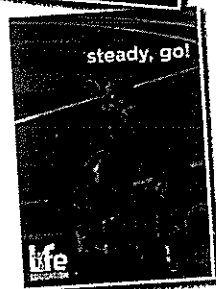


# HAROLD'S FRIEND SHIP

**Kindergarten / 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



# READY, STEADY, GO

Year 1

Harold and his friends are ready for their big race at the school athletics carnival. Or are they? When one member of their relay team doesn't show up, what will they do?

This fun, engaging narrative provides opportunities to discover:

- benefits of physical activity
- safety strategies in different environments
- how our body reacts in new situations
- what our body needs to be healthy including a nutritious diet, water and sleep



## SAFETY RULES

Year 1 / Year 2

Harold and his friends have gone camping, but when someone gets injured on a hiking expedition, how will they look after each other and make it back to camp? This module helps children to problem solve and focuses on:

- recognising safe and unsafe environments
- how to care for others
- behaviours that maintain friendships
- places and people who we can go to for help



## GROWING GOOD FRIENDS

Year 2

Harold battles to figure out what to give his grandma for her birthday, until his friends, Boots and Red step in and offer some good ideas. This animated story takes us to familiar surroundings where students can:

- explore what health messages mean
- identify safety signs
- recognise how physical activity and nutrition contribute to a healthy lifestyle
- explore how positive relationships benefit our health and wellbeing

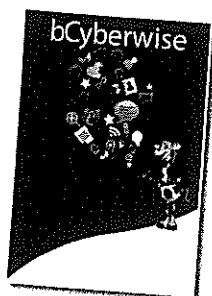


# ALL SYSTEMS GO

Years 2 - 4

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, the class explore and discover how magnificent the human body really is. They learn the functions of various body parts and the actions required to keep these systems working well.

- factors that influence the function of body systems such as exercise and drugs
- exploring ways to manage peer pressure
- the effects of second hand smoke
- the function of vital organs [heart, lungs, brain, kidneys]
- healthy food choices

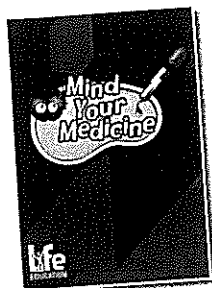


## BCYBERWISE

Years 3 - 5

This module focuses on cybersafety, cyber ethics and building positive relationships with friends online and offline. The students explore a range of issues such as password security, risks of sharing personal information, how to communicate respectfully both online and offline, and strategies to handle bullying including cyberbullying.

- responsible and respectful behaviour when using communication technology
- skills for building positive relationships with friends
- keeping personal information safe online
- strategies to deal with bullying and cyberbullying
- exploring the role of bystanders



## MIND YOUR MEDICINE

Years 3 - 4

Using a friendly game show format *Mind Your Medicine* develops students' understanding of medicines and their safe use, positive communication, strategies for managing conflict, stress, and bullying and explores how feelings influence the choices that we make.

- factors that influence someone's sense of self-worth
- techniques for effective communication
- identifying the impact of different factors on health and wellbeing
- strategies for managing stressful situations
- medicines as drugs & the consequences of their misuse

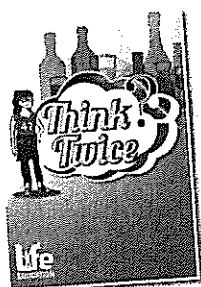


## ON THE CASE

Years 5 - 6

Join Mac McHardy, a time travelling detective, and his sidekick 'Conan' as they gather evidence to persuade McHardy's great, great granddaughter not to take up smoking. Set in a fantasy world of futuristic steam powered machines, students travel through time, collaborate and explore:

- what's in a cigarette
- effects of smoking
- history and laws
- myths and facts
- influences and pressures
- strategies to reduce harm

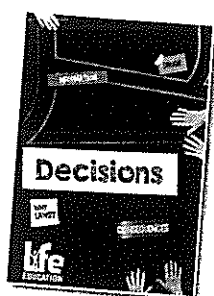


## THINK TWICE

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, myths and facts about alcohol, laws relating to its sale and reasons why people choose not to consume alcohol.

- 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



## DECISIONS

Years 5 - 6

This module offers a choice of content on legal drugs or legal and illegal drugs. Students explore the decision making process and improve decision making skills by looking at choices, consequences, responsibility, facts, and influences.

- what is a drug and how drugs are classified
- effects of drugs on the body
- analysing health messages about drugs in the media
- messages around non-use - normative data - dispelling myths
- influences on decision making - family, peers, media, culture, financial, legal
- strategies and skills to be safe



A unique, contemporary module that explores building positive, safe and respectful relationships. Presented via a series of fictitious vlogs that resonate with young people moving through upper primary school and beyond this module focuses on:

- understanding how to respect ourselves and others
- identifying characteristics of positive relationships
- strategies to help maintain positive online and offline relationships
- strategies to respond to unsafe or disrespectful situations online and offline
- the importance of relationships to our own and others wellbeing

# HAROLD MERCHANDISE



Dear Parents,

Life Education NSW is a not for profit organisation that relies on the support of the community to assist us in reaching our fundraising goals. Every Harold product purchased helps us visit more children in NSW.

The sale of Harold merchandise to the children whilst the program is visiting each school supports our overall fundraising activities and helps cover the gap between the cost of delivery and what parents and schools pay for our program. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for children to purchase these products during the school visit. ***Please DO NOT make online payments to your school. Please provide the correct money in an envelope with the item written on the face of the envelope along with your child's name and class.*** This allows the educator to process orders efficiently and accurately. Orders will be returned by the conclusion of the visit. You can also check out our **NEW** product range online by visiting [www.lifeeducation.org.au/shop](http://www.lifeeducation.org.au/shop)



Name: \_\_\_\_\_ Class: \_\_\_\_\_

Product Description	Price Incl. GST	QTY	Product Description	Price Incl. GST	QTY
Tattoo	\$0.50		Large Harold Soft Toy	\$15.00	
Harold Post-it-note	\$1.50				
Harold Hand Ball	\$3.00				
Small Harold Soft Toy	\$8.00				
<b>Total Owing</b>	<b>\$</b>		<b>Total Owing</b>	<b>\$</b>	

NB Harold Products are subject to availability Life Education NSW thanks you for your support.



## Help support Life Education

I would like to donate \$ \_\_\_\_\_ to Life Education NSW. Gifts of \$2.00 or over are tax deductible.

☐ I would like to hear more from Life Education NSW

Parent/Carer Name: \_\_\_\_\_

Email: \_\_\_\_\_

Postcode: \_\_\_\_\_

Visit Life Education at [www.lifeeducation.org.au](http://www.lifeeducation.org.au)