

August 15th 2017

Dear Parents/Guardians,

The Life Education Centre Mobile Unit will be visiting Essex Heights on Thursday 31st August until Tuesday 5th September. Students in Years Prep, Year 1 and Year 3 will be participating in a nominated session (please refer to the module outline below). Life Education has been empowering children and young people to make safer and healthier choices through education for more than 35 years. This incursion forms an important component of the Drug and Health Curriculum and helps to facilitate the development of students' life skills.

The cost of the Program is **\$10.00 per student**. This covers the educational session and a student workbook. Lessons are age appropriate and are presented in a fun and interactive way. Healthy Harold, the much loved Life Education giraffe mascot is always a much anticipated element of the Life Education visit! Lesson content covers a wide range of drug and health related topics, including the human body and how it works, healthy eating and nutrition, medicines and drugs, bullying, resilience and social skills. Topics will be further explored in class after the Life Education visit.

Foundation (Prep) – Harold's Friend Ship

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 1 – Safety Rules

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

Year 3 – Mind your Medicine

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

PARENT INFORMATION SESSION

Parents are invited to an information session. The session will enable parents to visit the Mobile Unit and see an audio-visual presentation that explains the topics discussed and the approach used by Life Education.

Date: Wednesday August 30th

Time: 9.00-9.30am

Please return the attached permission slip and payment by no later than Friday August 25th, 2017.

Thank-you,

Natalie Zaibak (*Life Education Co-ordinator*)

I enclose \$10.00 for my child to participate in the Life Education incursion.

Name of child: _____ Grade: _____

Signature of Parent/Guardian: _____ Date: _____

PARENT INFORMATION SESSION (optional)

I **will** be attending the Parent Information Session on Wednesday August 30th from 9.00am - 9.30am.

Name: _____ Contact Number: _____

Please note there is a limit of 20 participants for the Information Session. If there are more than 20 parents interested, we will look at adding another session.