



LIFE EDUCATION INCURSION

INFORMATION FOR PARENTS



What is Life Education about?

Life Education is a non-government, not-for-profit organisation working with schools to deliver a curriculum-based program that empowers children to make safe and healthy lifestyle choices. We've been operating for more than 35 years, and have delivered our programs to nearly 5 million children throughout Australia in that time.

Our programs support children, teachers and families to explore a range of health topics including nutrition, body knowledge, resilience, decision making, social skills, physical activity, personal safety, medicines, tobacco, alcohol and cybersafety. Providing opportunities to develop knowledge, understanding and skills is important in positively influencing health behaviours.

What do we offer?

Teachers will select from a range of age appropriate health, drug and cybersafety modules to best meet the needs of their students. Students visit the Mobile Learning Centre, meet "Healthy Harold" the giraffe, and engage in an interactive learning session featuring props, role play and audio visual material. This session is used as a platform to introduce and explore various health topics, which are then consolidated and extended further back in the classroom using comprehensive student and teacher resources.

Pre-School: a play-based, interactive learning experience related to health, safety and building relationships in their everyday lives.

Junior Primary: Food and nutrition, personal safety, safety with medicines, body systems, social relationships, physical activity.

Middle Primary: Social relationships, self-esteem, body systems, personal safety, safety with medicines, food and nutrition, physical activity, cybersafety.

Upper Primary: Social relationships, body systems, personal safety, physical activity, cyber safety, legal drugs (caffeine, alcohol, tobacco), illegal drugs (if school requests).

Can parents visit the Van?

Parents, care givers and members of the community are also welcome to visit the Life Education Mobile Learning Centre during an 'Open Van' session. This is an informal opportunity to ask questions, look at the props and resources used to deliver the programs, and take home free health brochures.

Belmay's parent information session will be at 2.30-3.00pm on Monday Sept 16th. Please come and join us.

How much does it cost?

The cost of participating in the Life Education program is \$3.00 per student in Years 1 to 6; \$2.00 per student in Pre-Primary, and \$1.00 per student in Kindergarten.

PLEASE RETURN MONEY CLEARLY LABELLED IN THE ENVELOP PROVIDED ON OR BEFORE SEPT 12th

For more information, visit our website: www.lifeeducation.org.au

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