



Kentlyn Public School | Georges River Road | Kentlyn 2560

PO Box 5222 Minto, 2566 | Phone: 4628 2455 - Fax: 4628 4365

kentlyn-p.school@det.nsw.edu.au

Date: 08/08/2023

Life Ed: Healthy Harold

Dear Parents/Carers,

Healthy Harold and the Life Ed team will be visiting our school in **Week 9, Term 3**. Life Ed offers a range of age-appropriate primary school modules aligned to New South Wales curriculum across the Health and Physical Education Learning Area and General Capabilities. Each module is designed to inspire and empower students, providing knowledge, skills and strategies around topics of physical health, safety and social and emotional wellbeing, all through interactive learning experiences.

The cost for your child to participate in the program is **\$6**. This is a subsidised cost thanks to Country Club Gledswood.

Our students will participate in the following programs:

12th September 2023	13th September 2023
Year 1: Safety Rules In this module students investigate how to protect themselves in unsafe environments and seek help. They also learn about the people and services that keep us safe and how to identify and respond in emergency situations.	Kindergarten: Harold's Friend Ship In this module students consider the importance of relationships and gain skills to seek help in a variety of situations. They have opportunities to practise strategies to manage their feelings and emotions.
Year 2: Growing Good Friends In this module students investigate healthy lifestyle choices and factors that impact health and emotional wellbeing. This includes learning about healthy food choices and considering how media and advertising messages influence food choices.	Year 3 and 4: Friends and Feelings Presented in engaging comic book-style videos, the lesson revolves around a conflict between old friends, Boots and Red. When Red runs off, upset, Boots starts to feel sick in her stomach. With help from their friendship group, they sort things out.
Year 5: On The Case In this module, students investigate nicotine delivery products (cigarettes, e-cigarettes, smoking) and their health and social impacts. Through critically analysing the history and laws around tobacco & nicotine products, students understand that social norms change in line with health research.	Year 6: On The Case In this module, students investigate nicotine delivery products (cigarettes, e-cigarettes, smoking) and their health and social impacts. Through critically analysing the history and laws around tobacco & nicotine products, students understand that social norms change in line with health research.



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If you would like your child to participate in the Healthy Harold program assigned to their year group, please complete the permission form below and return with payment by **Friday 8th September 2023**.

Please note: School representation and attendance at excursions, special school activities and out of school activities is dependent upon the continued demonstration of appropriate behaviour and an appropriate attitude in all aspects of school life.

Mrs Sarah Harris
R/ Principal

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Permission note

I give permission for my child _____ in class _____
to participate in the Healthy Harold program on the **12th or 13th September 2023**.

I have enclosed \$6/I have paid online and the receipt number is: _____

Parent/Carer Name: _____ Sign: _____ Date: _____