LIFE EDUCATION PRIMARY MODULES

This term all students will be participating in the Life Education Program. It will be held in Week 5 (Monday, 20th August to Friday, 24th August). The program offers valuable insights into growth and development including social and personal development issues and cybersafety. Following is a brief outline of the program contents that will be seen by the children. Each session is one hour for K-2 classes and an hour and a half for primary classes. If you have any queries about the program, please don't hesitate to contact the office.
We are also offering a parent session where an overview of each module will be given and resources shown. If you are interested in attending this session on Monday 20th August from 9:00-9:30am please return the slip overleaf.

HAROLD'S FRIEND SHIP — Kindergarten

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

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:

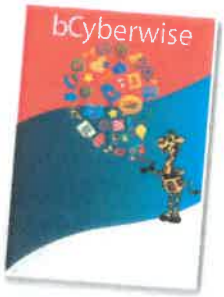
- explore what health messages mean
- identify safety signs
- recognise how physical activity and nutrition contribute to a healthy lifestyle
- explore how positive relationships benefit our health and wellbeing

MIND YOUR MEDICINE

Year 3

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



BCYBERWISE

Year 4

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

RELATE RESPECT CONNECT

Years 5 & 6

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

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I would like to attend the Life Education Parent Session on Monday 20th August from 9:00-9:30am.

Name: _____ Phone Number _____