

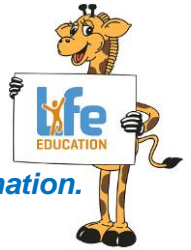
EXCITING NEWS

The Life Education Team and Harold the Giraffe will be visiting;

ASPLEY STATE SCHOOL

From WEDNESDAY 5TH JUNE TO FRIDAY 21ST JUNE 2019

Individual class times/dates will vary. Please see your class teacher for further information.



WHAT IS LIFE EDUCATION?

Life Education motivates and empowers young people to make smart life choices for a healthy future.

MODULE: MY BODY MATTERS - PREP

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.

MODULE: HAROLD'S FRIEND SHIP - 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.

MODULE: 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.

MODULE: BCYBERWISE – YEAR 3

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

MODULE: HAROLD'S DIARY - YEAR 4

Harold offers to share with the class his diary entries about one week at school. This platform provides the opportunity to explore relationships and friendships, influences on food choices, benefits of physical activity and the definition of a drug; emotions connected with new situations and change; importance of friendships and support networks; exploring legal drugs such as medicines and caffeine; strategies to manage peer pressure and bullying; benefits of an active life-style and healthy diet.

MODULE: ON THE CASE - YEAR 5

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; myths and facts; effects of smoking; influences and pressures; history and laws; strategies to reduce harm.

MODULE: THINK TWICE - YEAR 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.