



18 October 2019

### Life Education Visit

Dear Parent / Caregiver,

Students in K-6 will be participating in the Life Education program 'Health Harold' in Week 4. The sessions are as follows:

**Kindy** – Tuesday 5 November 'My Body Matters' – *Healthy food choices, importance of physical activity, safety.*

**Year 1** - Monday 4 November 'Read, Steady, Go! - *Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety, decision making.*

**Year 2** - Tuesday 5 November 'All Systems Go' - *Function of body systems, peer pressure, second hand smoking, and safety with medicines.*

**Year 3** - Wednesday 6 November 'Mind Your Medicine' - *Safe and unsafe situations, medicines and consequence of misuse, peer influence and friendship, positive communication.*

**Year 4** – Tuesday 5 November 'Cyberwise' - *Explores cyber safety through animation, vox pops of children, relevant scenarios, discussion & problem solving.*

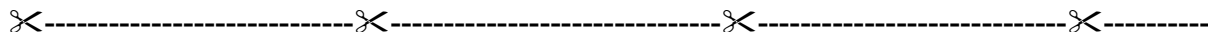
**Years 5 & 6** – Monday 4 November 'Relate Respect Connect'- *Teaches the knowledge, skills and attitudes that children need to develop and maintain safe and respectful relationships both on and offline. Including effective communication skills, development of empathy and conflict resolution skills*

**The cost** of this activity is \$10.00 per student.

**Permission notes and money** need to be returned to the office by **Friday 1 November**.

Miss Emily Crook  
Coordinator

Ms Jodie Corrigan  
Principal



### Nords Wharf Public School

#### Permission note for Life Education Visit

*Return note and money to the office by Friday 1 November 2019.*

I/we give my permission for my child/children to participate in the Life Education visits at Nords Wharf Public School.

Child's name: \_\_\_\_\_ Class \_\_\_\_\_

Child's name: \_\_\_\_\_ Class \_\_\_\_\_

Child's name: \_\_\_\_\_ Class \_\_\_\_\_

I understand the cost is \$10 per student. I have enclosed \$ \_\_\_\_\_ for payment or I have paid online via POP and the receipt number is \_\_\_\_\_

\_\_\_\_\_  
Parent / Guardian Signature

/ /2019  
Date