

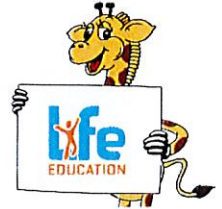
23rd April 2021

Life Education Incursion @ Surveyors Creek Public School

Monday 17th May until Wednesday 26th May, 2021

Dear Parent/Caregiver,

Life Education is the nation's largest not-for-profit provider of preventative drug education in schools. The Life Education program forms an integral part of our school's PDHPE drug and health education programs.



Below is a brief outline of the program contents that will be delivered to the students:

Kindergarten: Harold's Friendship: Building friendships and showing care for others feeling and emotions; recognising safe and unsafe situations; identifying people to turn to for help.

Year 1: Ready, Steady, Go: Body workings; safe use and storage of medicines; peer pressure and coping strategies; safety and decision making.

Year 2: Growing Good Friends: Positive relationships; physical activity; safety; nutrition; what health messages are and living a healthy lifestyle.

Class 1-3L: Harold's Friendship: Building friendships and showing care for others feeling and emotions; recognising safe and unsafe situations; identifying people to turn to for help.

Years 3 & 4: BCYBERWISE (Be Cyber wise): Strategies to deal with bullying and cyberbullying; explore the role of bystanders; keeping personal information safe online; skills for building positive relationships with friends; being responsible and respectful when using communication technology.

Class 3-6HG: All Systems Go: Manage peer pressure; effects of second hand smoke; function of vital organs (heart, lungs, brain, kidneys); influencing factors; function of body systems such as exercise and drugs; healthy food choices.

Class 4-5A: Harold's Friendship: Building friendships and showing care for others feeling and emotions; recognising safe and unsafe situations; identifying people to turn to for help.

Class 5-6P: Mind Your Medicine: Identifying the impact of different factors on health and wellbeing; medicines as drugs and the consequences of their misuse.

Year 5: Relate Respect Connect: Understand how to respect ourselves and others; identify characteristics of positive relationships; strategies to help maintain positive online and offline relationships; strategies to respond to unsafe and disrespectful situations online and offline; the importance of relationships to our own and others wellbeing.

Year 6: On The Case: Collaborate and explore influences and pressures; strategies to reduce harm; myths and facts; histories and laws; effects of smoking; what's in a cigarette.

The programs address many of the components and objectives within the NSW PDHPE curriculum. The cost is \$12.00 per child. Please return permission note and make the payment by Friday 7th May, 2021.

Jane Borg
Life Education Coordinator

Kathy Browne
Principal

Life Education Permission Slip

EVERY CHILD NEEDS THEIR OWN PERMISSION SLIP

I give permission for my child.....of class.....to attend the Life Education program at Surveyors Creek Public School between Monday 17th May 2021 and Wednesday 26th May 2021.

Please find enclosed payment of \$12.00 OR

I have made an online payment. My receipt number is: _____

Parent / Caregiver Signature: _____ Date: _____