

Today, your child participated in Life Ed's module:



my
**Body
matters.**

Everything your body needs for a healthy day

Life Ed is Australia's largest and most trusted provider of preventive health education to school children. Along with Healthy Harold, our giraffe mascot, Life Ed has been empowering children to make safer and healthier choices for over 40 years. On average, we reach 700,000 children annually. Our educators reach students across Australia via mobile classrooms, pop-up classrooms, and via virtual and online lessons and resources.

This flyer will tell you what they learned today and how you can help them apply their new knowledge.



Physical
Health



Social &
Emotional
Wellbeing



Safety

What is it about?

It's school photo day at Harold's school. He and his friends, Boots and Red, want to get to school safely and look their best. In this fun and engaging module, students learn about choices and behaviours that promote health, safety and wellbeing as they are growing and changing. Your child learnt about:

- Choosing foods for a healthy, balanced diet
- The importance of personal hygiene
- The benefits of physical activity and sleep
- Safety at home, school and in the community

Why is this module important?

- 99% of Australians aged 2–18 do not eat the recommended number of daily serves of vegetables¹.
- 24.7% of Australians aged 2 to 17 years are either overweight or obese and this jumps to 35.7% in outer regional and remote Australia².
- Life Ed's program gives kids a head start in life at a pivotal time in their development, equipping them with foundations for future success.

1. Australian Institute of Health and Welfare, 2018
2. ABS Data, 2018

What's next?

Your child's teacher has online lessons they will use in the classroom to continue their learning.

You can support this at home by:



Talking:

- How does your school keep all of the students and teachers safe?
- What rules or values does the school have?



Doing:

Healthy Morning Habits: Draw a poster illustrating a healthy morning routine.

Colourful Cooking: Start a conversation with your child about why vegetables are important whilst preparing a nutritious meal including vegetables together. Remember the more colours the better.



More: Check out these resources.



[Healthy lunches, healthy minds](#)



[Hand washing and why it's Important](#)

What did you learn?

Draw OR write what you learnt below, then share a picture with us!

#lifeed #healthyharold



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