

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



Growing good friends.

Nurturing our bodies and friendships

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?

Growing Good Friends focuses on Harold and his friends making a veggie garden for his Gran's birthday. It's a fun, interactive learning experience, in which students investigate healthy lifestyle choices and factors that impact health and emotional wellbeing. This includes learning about healthy food choices and considering how media and advertising messages influence food choices. Your child learnt about:

- Recognising how nutrition contributes to health
- Exploring health messages and advertising influences
- People in our network who can support and help us
- Identifying the qualities and attributes of a good friend

Why is this module important?

- School is a time when children start to make independent choices about their lifestyles. School aged children learn quickly and are influenced by friends and popular trends. This is an important time to talk about and encourage healthy food habits¹.
- Children's friendships are closely associated with children's positive well-being. Children who enjoy close friendships are more likely to experience higher levels of happiness, life satisfaction and self-esteem².

1. Department of Health, State Government of Victoria; Better Health Channel (2013), *Healthy Eating - school lunches*

2. Holder & Coleman (2015), *Children's Friendships and Positive Well - Being*

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: What are some healthy food choices the family could make this week?

Doing:



Helper Network Hands: Trace around your child's hand and help them to identify five people in their 'safety network' – the people they can get help from if they are worried or feeling unsafe.

Creative Cooking: Plan a healthy meal together. Have your child assist with the shopping list and purchasing items for the meal. They may assist with the preparation by completing appropriate tasks with adult supervision.



More: Check out these resources:

[Cutting sugar in children's lunchboxes](#)



[How to get your child to pack their lunchbox](#)



[How to respectfully disagree](#)




What did you learn?

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

#lifeed #healthyharold

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