

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 that contribute to health, energy and growth
- The importance of personal hygiene
- The benefits of physical activity and sleep
- Protective behaviours to keep themselves and others safe

Why is this module important?

- 99% of Australians aged 2 to 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 Government; Australian Institute of Health and Welfare (2018), *Nutrition across the life stages*

2. Australian Bureau of Statistics (2017-18), *Children's risk factors*, ABS Website

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:

Ask your child what they did to keep active at school during the day?



Doing:

Looking At Labels: When you and your child are at the shops have a conversation about the food labels and how some items are healthier than others.

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



More: Check out these resources.



[Healthy lunches, healthy minds](#)

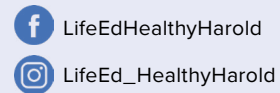


[Hand washing and why it's Important](#)

What did you learn?

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

#lifeed #healthyharold



LifeEdHealthyHarold

LifeEd_HealthyHarold

Updated 07/24