

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

**Life Ed.**
Every child deserves to thrive
lifeed.org.au



Healthy, active and resilient

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 45 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

What is it about?

Ready Steady Go! Is centred around Harold's race at the school Sports Carnival. It's a fun and interactive learning experience where students learn the importance of physical activity and healthy choices, as well as how to identify body clues and manage emotions that arise in new or challenging situations. Your child learnt about:

- What our body needs to be healthy including nutrition, water and physical activity
- Identify how resilience and overcoming challenges can boost wellbeing
- Behaviours that promote health and wellbeing
- Strategies to manage feelings and emotions

Why is this module important?

- Parents report 50% of children aged three years and over are experiencing problems with anxiety, with 36% experiencing 'somewhat of' a problem and 14% experiencing a 'big' problem. One in five children (19%) are anxious about attending school or kindergarten¹.
- According to the national guidelines, school-age kids should get at least an hour of exercise every day. 2 in 3 children aged 2 to 17 do not meet the guidelines².
- 99% of Australians aged 2 to 18 do not eat the recommended number of daily serves of vegetables³.

1. The Royal Children's Hospital Melbourne (2022), *RCH National Child Health Poll – Anxiety in Victorian children: What do parents know?*

2. Australian Government; Department of Health and Aged Care (2021), *Physical activity and exercise guidelines for all Australians, For children and young people (5 to 17 years)*

3. Australian Government; Australian Institute of Health and Welfare (2018), *Nutrition across the life stages*

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 of the things that their bodies need to keep them healthy?
- When you are out at the shops with your child, discuss some healthy balanced meal choices that include foods from all food groups including; carbohydrates, fruits, vegetables, proteins, and dairy or calcium-fortified dairy alternatives.



Doing:

Physical Fun: Try out another person's favourite physical activity. Is it running, yoga, or even dance?

Mindful Moments: Take some time to be present in the moment and focus on wellbeing by utilising your 5 senses to notice deeply. How does the air smell when walking the dog? How does the first bite of bread taste at dinner?



More: Check out these Life Ed resources.



[The resilience podcast by parenting expert Dr Justin Coulson](#)



[Identify and express emotions](#)




[Strength from adversity](#)

What did you learn?

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

#lifeed #healthyharold

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