



THE

Healthy
Harold

PROGRAMME



**LIFE
EDUCATION**
Learning with Harold





LIFE EDUCATION

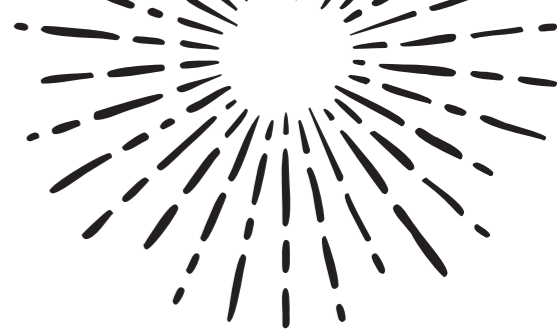
For over 30 years Life Education has been teaching health and nutrition in schools throughout New Zealand.

Every year over 250,000 children from 1,450 schools are involved in the Life Education programme. Through lessons in our mobile classrooms children learn about healthy eating, being a good friend, good and bad substances and how their body works.

We support and offer schools an integrated programme utilising a shared planning approach to ensure we are meeting children's learning needs.



OUR PHILOSOPHY



is based on three principles ...

YOU ARE UNIQUE

Never before and never again will there be another child just like you. We try to make each child feel comfortable with their identity and to show them how special they are.

THE HUMAN BODY IS MAGNIFICENT

We capture children's imagination using technology that shows them the magnificence of the human body, how it functions and what its needs are.



We need to SUPPORT & RESPECT

each other, because of the delicate and complex nature of life.

LIFE EDUCATION AND THE NEW ZEALAND CURRICULUM (NZC)

Life Education offers an Education Outside the Classroom (EOTC) experience to children. Our registered specialist teachers work with schools to develop an individualised, integrated, inquiry based teaching plan.

It's this environment, and the unique mobile classrooms, that make Life Education successful.



Our Healthy Harold Programme



Programme Strands	Food and Nutrition	Human Biology	Relationships & Communities	Identity & Resilience	Substances
NZC Health and Physical Education Learning Areas	Food and Nutrition	Body Care and Physical Safety, Sexuality Education	Mental Health, Sexuality Education, Body Care and Physical Safety	Mental Health, Sexuality Education, Body Care and Physical Safety	Mental Health, Body Care and Physical Safety
Life Education Concepts Covered	Balanced diet Anatomy and physiology Physical development and growth Food sources Food packaging Influences on food choices	Basic needs and body care Anatomy and physiology Physical development and growth Physical safety Stress management Pubertal change	Conflict resolution Leadership and teamwork Friendships Decision making Digital citizenship (e.g. cyber safety) Emotional safety Citizenship Rights and responsibilities Peer pressure	Feelings and emotions Emotional changes and growth Citizenship Conflict Resolution Personal identity, reputation and self-worth Stress management Resilience Self-management and goal setting Positive sexuality	Decision making Different drugs and their effects Relationships Physical safety Anatomy and physiology Self-efficacy and assertiveness
Linkages to other Learning Areas of the NZC	Science - Social Sciences				
Key Competencies in the NZC	Managing Self - Relating to Others - Using Language, Symbols and Text - Participating and Contributing - Thinking				
NZC Health and Physical Education Underlying Concepts	Hauora - Attitudes and Values - Socio-Ecological Perspective - Health Promotion				



LIFE EDUCATION'S GRADUATE PROFILE

During the primary school years students will learn to be ...

Proud
of their identity
and confident in
who they are.

Empowered
to make healthy,
informed choices.

Connected
and engaged with
the world.

Curious
and have inquiring
minds.

Respectful
of themselves,
others and the
environment.



LIFE EDUCATION'S INQUIRY MODEL

Life Education's evidence-based resources and registered specialist Educators offer tailor-made interactive learning experiences to complement your school's inquiry focus.





Inspired Learning. Inspiring Lives.

Life Education Trust (NZ)

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Charities Registration CC10320

Life Education is a charity and grateful for our supporters.

