

**Life  
Education  
Trust NZ**

# **Annual Report**

**2017**



**[www.lifeeducation.org.nz](http://www.lifeeducation.org.nz)**

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# ONE MILLION...

that's how many children there are in New Zealand.

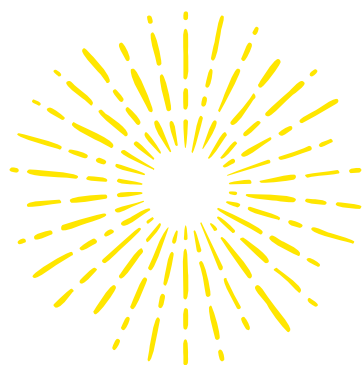
A sense of well-being is central to students' success at school and in life. The importance of childrens' well-being is acknowledged in the vision of the New Zealand curriculum in the statements about developing young people who are confident, positive in their own identity, resilient and able to relate well to others.

However, New Zealand children face **considerable challenges** to their well-being and health. Children report **more experiences of bullying behaviour** than students from other countries and we have **the highest rate of youth suicide in the OECD**. In terms of physical well-being, many primary aged children take part in a range of sports and active recreation opportunities, but our children also have **high rates of obesity**.

Promoting well-being for all children, and using proactive approaches (prevention) when they are younger is more effective than later intervention when patterns or issues may have become more entrenched. Primary and intermediate schools are vital locations for promoting well-being and fostering the competencies and strategies children need to manage their well-being at and beyond school.

Finding a balance - fostering student well-being, positive behaviour, and learning. Finding from the NZCER national survey of primary and intermediate schools 2016. Sally Boyd, Linda Bonne and Melanie Berg.

# Life Education



**For 30 years Life Education has been empowering children throughout New Zealand.**

Every year over 250,000 children from primary and intermediate schools are involved in the Life Education programme. Our Educators and mascot Harold work nationwide in a fleet of mobile classrooms. We capture children's imaginations using technology that shows them the magnificence of the human body, how their brain it functions, and what its needs are. Children's experiences are fun, engaging and memorable.

Our specialist Educators are registered teachers. We support and offer schools a shared planning approach to ensure we are meeting individual children's learning needs.



## VISION

Enabling children to reach their full potential.



## PURPOSE

To educate and inspire generations to embrace positive choices for a healthy mind and body.





# 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.

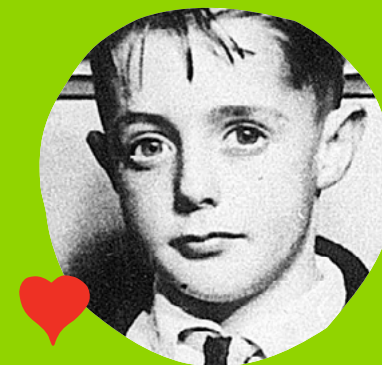
## WE NEED TO SUPPORT & RESPECT

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



# Our Founder

TREVOR GRICE, MNZM, CNZM



Trevor was born in Christchurch in 1932, the sixth of seven children. Just before his fifth birthday his father was tragically killed at work. Shortly after, Trevor was admitted for several months to Chalmers Children's Home, his admittance notice read "malnourished and no shoes."

After these months in care Trevor returned to his family home and resumed his schooling, first at St Annes School and then at Xavier College. World War 2 was having its impact on many families; in the absence of male relatives Trevor worked to support his family at a milk round before school. After he attended Christchurch Polytechnic where he achieved the certification necessary to take up a cadetship with the NZ Post Office, becoming a senior telegraphist.

In 1967 he joined the United States Antarctic Program base at Christchurch Airport (Operation Deep Freeze) as a Supply Officer. Over the ensuing years Trevor became increasingly involved with managing issues that arose with service men and women on the ice in Antarctica. Moving to the role of Executive Administrator for NZ Affairs, his duties now included responsibility for the recognition and treatment of drug and alcohol dependencies. The US Navy provided opportunities for him to attend various treatment centres and institutes in America for continued education. It was through this avenue of his work that Trevor developed a reputation as a family crisis counsellor.

Early in 1987 Trevor was approached to bring the Australian Life Education programme to New Zealand. Trevor travelled to meet with Ted Noffs' (the founder) wife Margaret, as Ted was in hospital having suffered a severe stroke. Trevor spent a week reading Ted's books, meeting with programme and sponsor personnel and sitting in on classes. As Trevor read, he fell in love with the idea of Life Education. Central to both his medical training and the Life Education programme was an understanding of the 'three pound universe,' the human brain. The idea that children could be given so much knowledge and empowerment was revolutionary.

In May 1987 he resigned from his job with the US Navy to work for Life Education New Zealand. Fast-forward ten years and more than 30 regional Trusts had been established and \$30m had been raised as Trevor shared his vision and enthused volunteers nationwide. This resulted in 200,000 children a year taking part in lessons in mobile classrooms. In 1996 Trevor and Tom Scott, along with the Publishing Trust, produced their NZ best seller "The Great Brain Robbery". It has subsequently been translated into several languages and is globally available.

In 1997 Trevor was made a Member of the NZ Order of Merit (MNZM) and in 2000 he was named as a UNESCO Peacebuilder. Rotary International made Trevor a Paul Harris fellow in 2004. In 2000 and 2005 he was named Wellingtonian of the Year for Community Service and Youth Services and in 2010 was further recognised as a Companion of the New Zealand Order of Merit (CNZM). Trevor retired from his 'day job' with Life Education in 2014 at age 82.





“My grandkids just love everything Harold stands for. He is fun, colourful and friendly. He helps them learn good things about themselves, and how to make good choices.”

**Lesley McIntosh (passionate supporter),  
Oamaru**



# Chair's Words

**MARIA JOHNSON**

It's incredible to think that we are now at the end of another year. 2017 has been a year with some big milestones for Life Education.

The conference held in Christchurch was eventful in many ways. The weather itself made it difficult for people traveling to this event - with flights being delayed and cancelled all over the country. The overall numbers attending the event were significantly reduced on the Friday because of this.

The Friday session with the Trustees and Board members was beneficial and provided some opportunities for great collaboration and communication with everyone. It also gave us as an organisation, some great information to feed into our direction moving forward, ensuring we are able to support our Trusts.

Saturday evening, we celebrated 30 years of Life Education's existence here in New Zealand. Large tributes and acknowledgment were made to Trevor Grice for his dedication and passion to Life Education and how this organisation would not have started without him. Chris Kirk-Burnand was awarded Life Membership recognising his time, efforts and support of Life Education over a period of 21 years.

In early September the Board held a strategy day - to look at refining KPIs for our management team and working towards creating a sustainable organisation. This enables the head office to have a clear direction of what we as the Board feel needs to be their focus for the year. Outcomes from this day were; to evolve centralisation of processes where it offers benefits, brand awareness - defining our point of difference and understanding new ideas to meet the market.

This year marked significant changes in our financial processes. This was quite a big change for some Trusts and also for our Head Office having to produce consolidated accounts for all 33 entities that make up Life Education in New Zealand. It certainly highlighted a few areas that offers opportunities to be more effective, but the overall results were great.

I would like to take this opportunity to say a massive thank you to all of our Trusts and Trustees who volunteer their time, effort and skills to continue to provide the Harold experience in their communities. We wouldn't be able to do what we do, without the drive, passion and continued support that you have for Life Education NZ.

We have an incredible team in the head office under John O'Connell's leadership. John understands Life Education as well as the not-for-profit sector, which enables us to be proactive in moving forward as an organisation. The team are very supportive of all our Trusts and are very dedicated to the mission of Life Education.

To our National Board - thank you for all of your effort and support in ensuring that we as an organisation are continually looking from a 'helicopter view' of how we can move forward, making sure we don't lose the essence of what Life Education is about, and ensuring that everyone is aligned with the next steps.

I wish you all a prosperous New Year and I look forward to seeing you all during 2018.

**Maria Johnson**





# CE's Report

**JOHN O'CONNELL**

## 2017 - 30 years of Life Education in New Zealand.

Celebrating our 30th year is a tremendous achievement. Trevor's vision in 1987 continues to be just as relevant today.

The challenges for children growing up today are even more complex than in 1987. Sadly this is captured in New Zealand's statistics of the highest youth suicide rate and the third highest rate of childhood obesity in the OECD. New Zealand also leads the way for bullying rates in schools. In the next few pages you'll read of our work with children, supporting them through education to empower them with strategies to manage the many challenges of growing up.



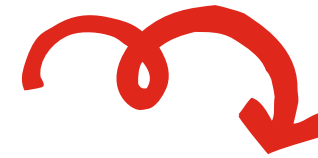
Six out of ten young girls are so concerned with the way they look that their lack of confidence means they participate less in daily life, opting out of activities. This year through our partnership with Dove, we implemented a new initiative to support young children in the critical years of their growth, developing their identity and sense of self-worth.

So to expand upon our existing teaching with children in schools, we're now working with teachers too, to ensure we're providing the best possible support to children and enable them to participate more in the opportunities that surround them as they grow.

"I have learnt as long as I am confident in who I am then it doesn't matter what anyone else says or thinks," was one young girl's summary.

Since 1987, the bullying landscape has dramatically changed. The growth of social media has led to it happening beyond the school gates. So we're excited to have secured the support of Netsafe and ASG to implement new initiatives next year in the critical area of digital citizenship and cyber bullying, which can have devastating consequences on children, youth and adults.

Our organisation is also responding to the poor mental and physical health effects of childhood obesity. Through our new partnership with Garden to Table to create Empower, supported by The Warehouse, we're using best practice to support children to make healthy and informed decisions. By educating students and equipping children to make their own decisions we can change behaviour over time.



As we look further ahead, our goal is to expand beyond our traditional use of mobile classrooms in schools and develop new ways to increase our engagement with children, youth and their families.

Reflecting on our philosophy that was cemented 30 years ago, we have not wavered, but we have responded to the different mental and physical health challenges children face as they grow up today. Identity, resilience, respect for others, understanding the magnificence of the human body and making healthy decisions is still at the heart of our work and the new initiatives I outlined are examples of how we are evolving to remain relevant, but true to our purpose.

Without the support of Mainfreight, The Warehouse, Dove, Apparelmaster and our invaluable community partners such as Pub Charity, The Lion Foundation and The Southern Trust and our generous individual donors, we wouldn't be concluding another successful year. A massive thank you to them all.

Our greatest resource to achieving success is still our people. Our volunteer trustees who collectively give so generously of their time and skills and our team of Educators who make an invaluable difference to children's lives every day.

**John O'Connell**



“Programmes that focus on changing behaviours tend to be more effective when addressed in multiple settings, for example, school, home, and community.”\*



\* Casel. (2008). Social and emotional learning (SEL) and student benefits.

# Our Strategy



## We will provide knowledge...

We will lead health teaching in schools and grow the number of children we teach each year. We have an evidence-based approach to our practice and our specialist health teachers strive to meet the individual needs of children in our communities. Our successful mobile classroom concept will evolve to enhance our unique and engaging learning experience.

## beyond the mobile classroom...

As health education specialists, we'll be recognised and sought after as leading practitioners. Through collaboration our resources and expertise will ensure we are supporting children and families in every community.

## to children youth and families

We want to be accessible at any time, be relevant and topical, create a sense of community and be a source of information and support. Harold will strengthen his relationship with children at and beyond their primary school years so they can make healthy decisions and reach their full potential.



**By 2025 we will engage directly with 85% of children and families each year.**



# Today children and adolescents face a lot of challenges...



## OBESEITY

"One in nine children (aged 2 to 14 years) are obese and a further 21% of children are overweight. 15% of Māori and 30% of Pacific children are obese."<sup>1</sup>

The effects of being overweight for a child include low self-esteem, bullying, eating disorders, chronic ill health and even suicide.

## SUBSTANCE USE

"Approximately 11% of New Zealand high school students use substances at levels that are likely to cause them significant harm and may cause long-term problems. Students with very high substance use (including binge drinking) have more challenging family and school lives than others."<sup>2</sup>

## MENTAL HEALTH AND WELL-BEING

"New Zealand has the worst teen suicide rate in the developed world...the number of adolescents reporting two or more psychological symptoms (feeling low, feeling irritable, feeling nervous, and having sleeping difficulties) is increasing."<sup>3</sup>

"Six out of ten girls are so concerned with the way they look they participate in less in daily life – from going swimming and playing sports, to visiting the doctor, going to school or even offering their opinions."<sup>4</sup>

## BULLYING

"Rates of school bullying in New Zealand are among the worst worldwide. About one in three Year 4 students report being bullied on a weekly or more frequent basis. 94% of New Zealand teachers believe that bullying occurs in their school and 68% believed it begins very early in a child's life (between pre-school and Year 4)."<sup>5</sup>

"Nearly one in ten students have been afraid that someone would hurt or bother them in the past year."<sup>2</sup>

### We teach...



## FOOD AND NUTRITION

Children learn how food gives them energy, how it helps them grow and how their body digests it. They explore the variety of nutrient-rich foods needed every day, what a balanced diet looks like and how to read packaging. Lessons may include Science and Human Biology.



## HUMAN BIOLOGY

Children learn about body systems and how they work to carry food, water and oxygen around their body. Children explore their brain and the nervous system as the control centre for their body. They learn that stress affects people in a variety of ways.



## SUBSTANCES

We focus on the effects of alcohol and other drugs, both legal and illegal. Children learn how to identify the difference between helpful and harmful drugs, how drugs can change the way the mind and body works and the impact drugs can have on people's lives. Children explore the power of advertising, peer pressure and social influences. We want to empower children to make informed decisions as they enter their teenage years.



## RELATIONSHIPS AND COMMUNITIES

This strand focuses on connecting and relating to others. Lessons look at friendships and relationships as well as the need to show respect and consideration for others. Children learn about leadership and teamwork, coping with change, pressure and conflict, and digital citizenship. Bullying and cyber safety are often subjects schools request our expertise and support with.



## IDENTITY AND RESILIENCE

Confidence in their own identity and where and how they fit in are challenges that come with growing up. Children learn about feelings and emotions, and that they are special and unique and it is okay to be different. Value is placed on the idea that each individual's personality makes them unique and it shapes how they make decisions and respond to situations.

1. Annual Update of Key Results 2015/16 New Zealand Health Survey.  
2. The Youth '12 National Health and Wellbeing Survey of New Zealand secondary school students.

3. UNICEF Innocenti Report Card 14: Children in the Developed World.

4. Effectiveness of a brief school-based body image intervention 'Dove Confident Me: Single Session' when delivered by teachers and researchers. Behaviour Research and Therapy 74. Philippa C. Diedrichs et al. (2015).

5. Bullying in New Zealand Schools: A Final Report, Victoria University of Wellington. Vanessa A. Green et al. (2013).



# Empower

Beyond the mobile classroom...



Following the support gained from The Warehouse Group Gala Dinner in 2016, Life Education is working with Garden to Table to create a comprehensive and sustainable programme to help tackle the biggest epidemic to threaten NZ children this century - obesity.

Aptly named Empower, the initiative equips children with practical, hands-on knowledge about nutrition and growing food. Development was launched in March 2017 and already schools all over the country have signed up.

Food education programmes like Empower were recommended by the World Health Organization (WHO) in a 2016 report on ending childhood obesity. The report said nutrition and health education must be included in school curriculums, and to make food preparation classes available to children, their parents and caregivers.

Through the classroom and practical hands-on learning, Empower is designed to equip and empower children with the knowledge of a balanced diet, meal planning, key nutrients and how to grow food.

The programme has a two year implementation plan, and the high uptake in its early days is a great sign.

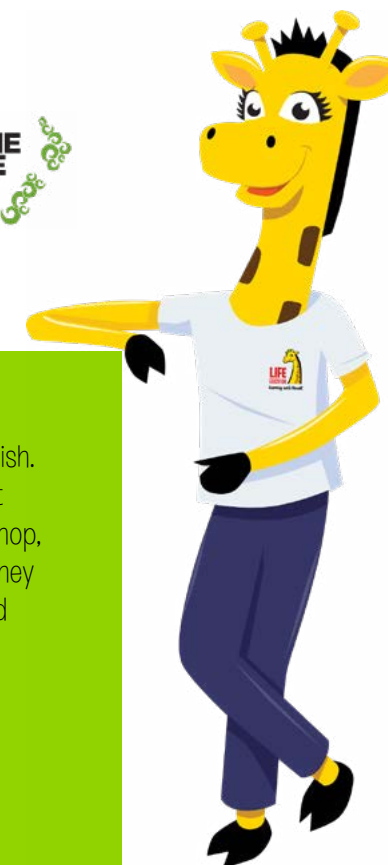
During 2017 Life Education have been developing a new Food Analyser to support Empower. It will let children explore the nutritional make up of different foods and compare them. In 2018 this will evolve further with an online platform available in classrooms and at home, which both Garden to Table and Life Education will use to support children to develop their knowledge.



GARDEN  
TO TABLE  
GROW  
HARVEST  
PREPARE  
SHARE

EMPOWER  
TURNING KNOWLEDGE INTO ACTION

THE  
WAREHOUSE  
GROUP



"The students enjoy planting a single seed in the ground, looking after it and watching it grow into a plant they can then harvest and use to create a healthy dish. They learn how to follow a recipe and listen and what a balanced wholesome diet should look like covering all food groups. They learn knife skills and how to peel, chop, cut, and they learn how to deal with a frying pan or hot oven. Most importantly, they learn where their food comes from; it doesn't always have to come pre-packaged from the supermarket."

**Darryn Ward, Principal, North Loburn School**





# Building Self-Esteem



A recent study found that six out of ten girls aged 8 to 16, will opt out of fundamental life activities such as attending school, playing sports or engaging with friends, due to low self-esteem.\*

Dove's mission is to change this and to ensure that the next generation grow up enjoying a positive relationship with the way they look, helping them to reach their full potential. We're very excited to be working in partnership with Dove to help deliver their world-renowned Global Self-Esteem Project. This project is striving to reach and positively influence 18,000 young boys and girls over the next year by providing parents, teachers and mentors with life-changing programmes for building self-esteem.

This year our Educators in Auckland, Wellington and Christchurch have been leading workshops for teachers, working with Year 5-8 students to help them incorporate scientifically proven techniques that are aimed at giving students the skills and confidence to be the best version of themselves. The lessons within the Dove Self-Esteem Project aim to help students avoid valuing themselves and others on the basis of appearance, and help them to become savvy, critical consumers of media.

Life Education Trust Programme Development Manager Jo Mortimer says: "Research shows that body satisfaction hits a low between the ages of 12 and 15 and it is the most important component of self-esteem for this age group. The Dove Self-Esteem Project is a resource that's not just designed for girls. We know that boys are concerned with body image too. More and more messages are targeted at teens through social media, and if images are coming from a friend they are often perceived as more meaningful and credible." Through Life Education's partnership with the Dove, the Self-Esteem Project helps to counteract students' frequent exposure to unrealistic media messages.

An independent evaluation of the programme workshop has shown that students who participate go on to experience higher body confidence and self-esteem, and feel more confident to participate in social and academic activities.



\* Effectiveness of a brief school-based body image intervention 'Dove Confident Me: Single Session' when delivered by teachers and researchers. Behaviour Research and Therapy 74. Phillippa C. Diedrichs et al. (2015).



# Disrupting Mental Health Education

In 2017 Feel Brave Ltd and Life Education Trust joined forces to help positively disrupt the current situation with children's mental health and emotional well-being in New Zealand.

The partnership brings the Feel Brave books, strategies and resources into Life Education's mobile classrooms,' along with award winning, UK based, NZ author Avril McDonald's expertise in being able to get powerful self-regulation techniques and emotional intelligence across to children through characters and stories.

Avril McDonald says, "It breaks my heart that of all places, New Zealand has some of the worst emotional health statistics in the developed world. We have one of the highest rates of suicide and half of our teenagers are experiencing varying levels of self-harming. The Feel Brave strategies have proven to work like magic and I'm thrilled that the Life Education Trust see the potential that we have together to strategically make the kind of change that can produce the 'non-linear' results that we now so desperately need in our children's emotional well-being."

Life Education Trust is excited to add another resource to its programme to support students with resilience strategies - something teachers are increasingly requesting support with.

Life Education Trust's Chief Executive John O'Connell says their team are seeing trends of increased awareness and a willingness to discuss mental health and well-being. John believes collaborating and working with others to provide the best support possible for teachers, children and their whanau, is a great way forward.

"Our philosophy is that each child is unique and we have a flexible approach to work with each school to meet their specific needs. Feel Brave is a wonderful resource and we can integrate the story and themes with the teacher in their classroom and importantly, in children's homes."

Jo Mortimer, Life Education's Programme and Development Manager agrees, and believes the Feel Brave stories and strategies align perfectly to Life Education's teaching.

"I was really interested in Avril's work and how she introduces young children to ways in which their brain works," she says. One of the principles of the Life Education Trust's philosophy is to teach children about the magnificence of the human body.

"We believe that the more students know about their incredible body and how it functions then they are better able to understand what they are experiencing and what their bodies need. We are looking forward to integrating the Feel Brave resources to help children develop their emotional intelligence," says Jo.



# Building Strong Communities



**We visit over 80% of New Zealand's primary and intermediate schools.**

Our success lies in our local Trusts ensuring their local community needs are met. Without strong and vibrant community Trusts our organisation can't achieve its goals and continue to grow.

For 30 years our volunteer Trustees have ensured children in their local community can participate in our programme. Between our 32 Trusts, they own and operate 45 mobile classrooms and employ a team of Educators who are specialists in teaching health. Each Educator is a registered teacher. We are one of the very few independent organisations that hold the status to approve teacher registrations.

Across our 32 Trusts, Trustees raise the \$3.5m needed each year to subsidise the cost to schools by 80%. Keeping user-pays costs to a minimum helps us ensure that no child misses out.

## Beyond the mobile classroom Hawke's Bay

Our Hawke's Bay Trust run an annual event called Harold's Healthy Lunchbox competition. It's a competition for primary students in Years 4 to 6 (8-11 years old) and intermediate students in Year 7 and 8 (11-13 years old) in the region, and aims to teach children about a balanced diet, meal planning and understanding the nutrients their body needs in a fun and hands on environment.

From a list of wholesome ingredients, teams of four get creative and submit a selection of recipes to create and prepare a healthy school lunchbox. Teams then turn up on competition day, where they have one hour in a commercial kitchen to cook and present what they had submitted. The 2017 event saw more than 50 students take part. The winners were Bledisloe Primary School (Year 4-6) and Havelock North Intermediate School (Year 7-8).

"It is a great way to engage with the kids and get them involved with food in a practical way - to show that everyone can do it," says Trustee Carol Bevis.



# Supporting Schools

**Through a shared planning approach with schools we provide individual support to children in each school community.**

**96% of teachers report they would recommend us to other schools in their area.**



"Our focus was on drugs and the information and facts, as well as case studies were invaluable resources that we do not have access to. Also being in a different environment made it "exciting" for students and more memorable for such an important topic."

**Murrays Bay Intermediate**

"It is high impact, enthusiastically presented, very relevant, up to date, ever changing and extremely age appropriate. In my 30 years of teaching I find it one of the most loved and useful programmes that comes into the school. It always reinforces key classroom messages. The Educator does a wonderful job."

**Roxburgh Area**

**over  
4600  
resource  
downloads**

# Families See Our Value

"My step daughter absolutely adores Harold. Every time they visit her school the first thing she tells us after school is all the amazing insightful and educational things Harold has to say. He absolutely lights up her life. Thanks Life Education Trust for bringing so much joy."  
**Emily Carter**

"THANK YOU. For being a positive influence in our children and young people's lives when there are so very many not so great influences out there competing for their attention."  
**Ally Lycett**

"Both my girls adore Harold and got so excited when he recently visited them at school. They just love the activities and the fun way they are taught in the truck. Harold is big part of their school life and they love every moment of it!"  
**Natalie Marchant**



"Kids get pressured into so many unhealthy decisions, its great there is a positive influence to teach them."  
**Jennifer Hartley**

"Harold is loved because he is my boys favorite animal and because he's not afraid to stand tall and not be bullied or pressured into stuff he doesn't wanna do and teaches us that too."  
**Jen Wiig**



"My kids love seeing him as they come home more eager to learn."  
**Robyn Willis**



# Kids Love Harold

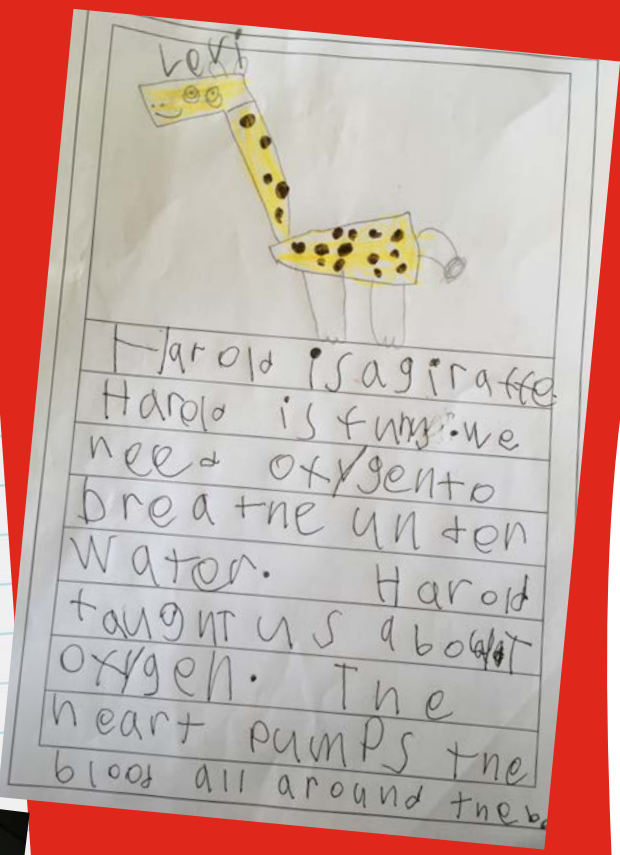


Dear Life Education

Today was my last time in the Life Ed mobile classroom. I wanted to thank you for your dedication to NZ schools around the country. My name is Tom Lycett, I go to Kingsway School and I love life Education. In this email I would like to thank our Life Ed teacher, Chris (please can you forward this email on to him). Dear Chris, thanks soooo much for teaching us over the years. I have learnt so much, from water being one of the healthiest things we can put into our body, to how to, not only avoid drugs and alcohol, but also things that we can use to replace them such as accomplishing goals etc. Chris you are a legend and very committed to what you do. I feel very jealous for all the year 1-9's that go to Kingsway School and will have you teaching them. Chris you are my hero. Thanks so much and kind regards,

Tom Lycett

Kingsway School, Auckland

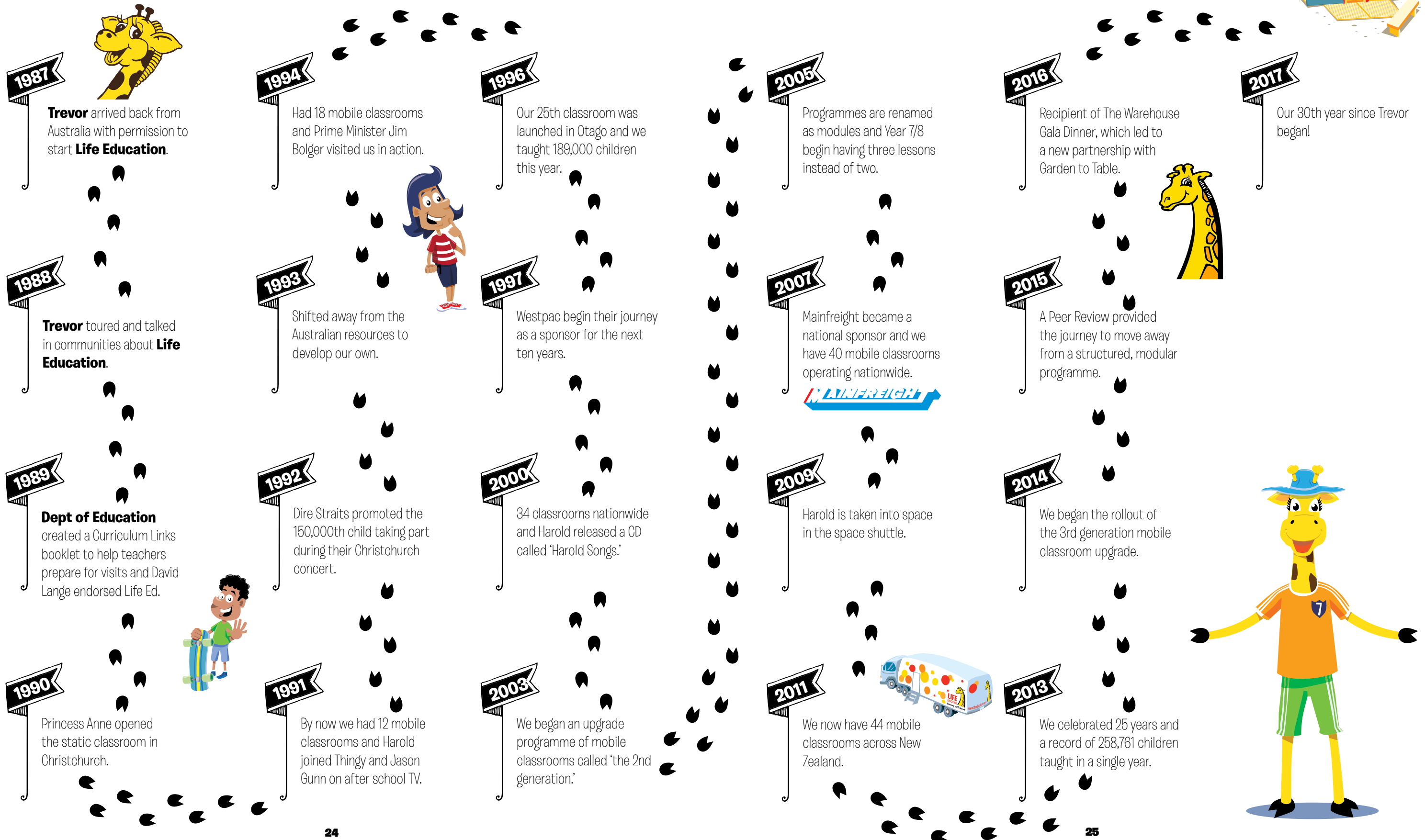




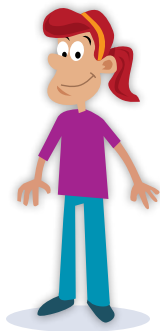
# 30 Years of Life Ed



In 2017 we celebrated our 30th year in New Zealand. It was a great chance to look back and celebrate what we've achieved.



# Across Our Regions

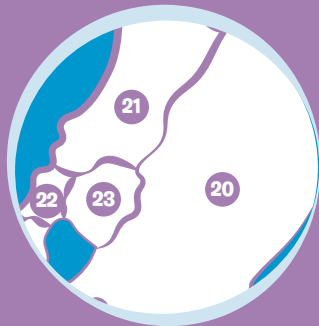


Trust	Children Taught	Lessons	Schools Involved
Auckland Central	9,967	959	29
Auckland West	13,426	1,152	59
Canterbury	17,394	1,641	78
Central Plateau	6,038	665	48
Coastal Otago	5,855	604	57
Counties Manukau	29,869	2,797	143
Eastern Bay of Plenty	3,591	320	25
Far North	6,271	646	79
Gisborne East Coast and Wairoa	6,302	689	71
Hamilton	5,671	490	23
Hawke's Bay	5,421	540	30
Heartland Otago/Southland	8,140	1,069	64
Hutt Valley	6,787	785	24
Kapiti/Horowhenua	4,755	630	20
Manawatu	6,040	493	66
Marlborough	4,455	472	63
Mid and South Canterbury	7,840	759	60
Nelson/Tasman	5,758	555	39
North Shore	15,768	1,474	38
North Wellington	5,355	542	33
Rodney	5,290	471	21
Rotorua Area	6,383	607	33
Southland	7,292	716	63
Taranaki	12,256	1,128	84
Waikato East	4,964	573	55
Waipa/King Country	6,299	581	30
Wairarapa Tararua/Central Hawke's Bay	4,300	535	41
Wanganui and Districts	4,448	591	42
Wellington City	4,422	589	23
West Coast	2,964	348	42
Western Bay of Plenty	10,731	1,186	37
Whangarei	5,694	577	33
	249,746	25,184	1,553

## NORTH ISLAND

- 1 Far North
- 2 Whangarei
- 3 Rodney
- 4 North Shore
- 5 Auckland West
- 6 Auckland Central
- 7 Counties Manukau
- 8 Waikato East
- 9 Hamilton
- 10 Waipa/King Country
- 11 Western Bay of Plenty
- 12 Rotorua Area
- 13 Eastern Bay of Plenty
- 14 Gisborne East Coast and Wairoa
- 15 Central Plateau
- 16 Hawke's Bay
- 17 Wanganui and Districts
- 18 Taranaki
- 19 Manawatu
- 20 Wairarapa Tararua/Central Hawke's Bay
- 21 Kapiti/Horowhenua
- 22 North Wellington
- 23 Hutt Valley
- 24 Wellington City

249,746  
children  
seen



## SOUTH ISLAND

- 25 Nelson/Tasman
- 26 Marlborough
- 27 Canterbury
- 28 West Coast
- 29 Mid and South Canterbury
- 30 Coastal Otago
- 31 Heartland Otago/Southland
- 32 Southland



# Meet Some of Our Team



**Jaime McNaught, Trustee, Southland**

Jaime is the Customer Service Manager at McCallums Apparelmaster and gives up some of her spare time to help keep our Southland Trust running. Jaime joined the Trust in late 2016 and got involved through her workplace, who support Life Education.

Jaime loves Harold because of the impact he has on the community: "He is a well-loved character spreading essential knowledge to the children of New Zealand. Seeing the joy on the children's faces when they see Harold and knowing they have learnt lifelong lessons from him is priceless."



**Hilary Scheffer, Educator, Counties Manukau**

Hilary joined the Life Education team in October 2016 and Term 1 of 2017 was her first solo stint. Hilary trained to be a teacher to make a difference, support young people, and to go to work and feel like she was doing something positive and worthwhile for the community. Hilary loves that within her role she can address many of the big questions we all remember facing growing up. "The Life Education messages of positivity and valuing yourself are consistent and relevant."

She loves Harold because he is timeless and powerful, "everyone you talk to speaks of Harold with enthusiasm and genuine joy – no matter how old they are. And now we're reaching the next generation, he is becoming an ongoing positive influence with lots of families."

**Carol Bevis, Trustee, Hawke's Bay**

Carol is a school principal in the sunny city of Napier. Carol joined the Hawke's Bay Trust in 2015 when an existing Trustee and colleague suggested she join to support her professional development and give something back to the local community, particularly children.

Carol loves Harold because of the delight she's seen him bring to young children in the mobile classroom, and the way he reinforces important life messages. "Harold is still the 'magic' element in a visit for many students," she says. Carol values Life Education because she sees what the children do in the mobile classroom being a huge support to what they're learning as part of the Health and Physical Education Curriculum in schools.



**Pip Tisdall, Educator, Heartland**

Pip is a trained early childhood and primary school teacher and joined the Life Education team in 2008. Pip loves that she's given the opportunity to work with so many amazing children from so many different places every day. "I get to help children (and teachers) learn how to celebrate life, embrace their differences, look after each other, understand how their bodies work and discover what makes them unique."

She loves Harold the giraffe because he's a little bit cheeky, a little bit mischievous and full of love. "I would say it's pretty much impossible to leave Harold's classroom without a smile on your face, and a little more love in your heart. Even on those days I might be feeling a bit tired or sad he can lift me up and energise me."



"Life Education offers a strong reinforcement and 'amplification' of messages that are taught, and also add value to current policies which promote healthy lifestyles and student well-being."

Carol Bevis

# Volunteer Recognition



Volunteer recognition awards were introduced in 2011, with the National Board conferring Life Memberships on four inaugural recipients. Since then community Trusts have been invited to nominate individuals for Life Memberships, Distinguished Service and Community Service Awards. Community Service Awards were introduced in 2011 and recognise local Trusts' supporters and partners.

Regional Trusts put forward nominations and awards were presented at our annual Trustees conference in July.



## Life Member

### Chris Kirk-Burnnand, MNZM

Chris helped establish the Steering Committee of North Wellington in 1993 and became a Trustee when the Trust was established in 1996. He served as Chairman until 2006 and remained on the Trust until 2009. Chris built strong relationships with local businesses and established a Harold Club, in which many businesses are still participating today. Chris joined the Life Education Trust (NZ) Board in 2009 and served as Chairman from 2010-2016.

## Distinguished Service Awards

- May Greenslade, Mid and South Canterbury
- Barry Kirk-Burnnand, North Shore
- Noel Evans, North Wellington
- Ross Garner, North Wellington
- Merv Huxford, Rodney
- Michelle Fitzgerald, Nelson Tasman



## Community Service Awards

- Sollys Freight, Sturgeon Amusements and TIL Freight, Nelson
- Tawa Rotary, Plimmerton Rotary and Johnsonville Rotary, North Wellington
- Grace Hospital, Tauranga
- BDO Chartered Accountants and Steve Jackson, Jackson Blakeman Chartered Accountants, Gisborne
- Wayne Goodwin, Mainfreight Hamilton
- Derrick Hampton and Pat Walsh, West Coast
- Tony Hill, Wellington City
- Taupo Office Products Depot, Central Plateau
- Jason Prisk, Summit Accountants and Semenoff Transport, Whangarei
- Chris Humphries, Hiway Stabilizers, Rodney
- John Corrigan, Fulton Hogan, Central Otago
- Ryan King, Auckland Central

# Our Supporters



Independence means we rely on our partners valuing what we do. We have a family of national partners who together make up a third of our income. However, more significantly, it is these long-term relationships that enable us to plan and commit to initiatives beyond a single year.



## OUR CHARITY GAMING PARTNERS



## CELEBRATING 10 YEARS

2017 marks a 10-year partnership with transport providers Mainfreight.

Mainfreight give ongoing support to Life Education and volunteer truck drivers help keep our mobile classrooms moving from school to school. The past 10 years have been a huge period of growth for Life Education Trust, and supporters such as Mainfreight assist in ensuring new initiatives are developed and introduced.

"We are delighted to be celebrating this milestone and look forward to continuing to build this strong relationship in the future," says Life Education Trust Chief Executive John O'Connell.

Pictured: Volunteer truck driver, Jason Street.



# Our Local Supporters

A-Jet Carpet Cleaners	Counties Manukau
Akarana Community Trust	Counties Manukau
Alpine Energy Ltd	Mid and South Canterbury
Andrew Simms Botany-Newmarket	Counties Manukau
Auckland Airport	Counties Manukau
Auckland Racing Club	Auckland Central
Bathurst Resources Ltd	West Coast
BD Agriculture MY	Coastal Otago
Blackadder Trust	West Coast
BlueSky Community Trust	Counties Manukau
Blue Waters Community Trust	Counties Manukau
Canterbury Earthquake Recovery Trust (CERT)	Canterbury
Cephas Trust	Nelson/Tasman
Central Lakes Trust	Heartland Otago/Southland
Clutha District Council	Heartland Otago/Southland
Community Organisation Grants Scheme (COGS)	Central Plateau; Counties Manukau; Gisborne East Coast and Wairoa; North Wellington; Southland; Wanganui and Districts; West Coast
Community Trust Mid and South Canterbury	Mid and South Canterbury
Community Trust of Southland	Southland
Constellation Community Trust	Rodney; North Shore
C-Lines MY	Coastal Otago
Danielle Johnson	Auckland Central
Dragon Community Trust	Counties Manukau
Duddings Trust	Wanganui and Districts
Eastern & Central Community Trust	Gisborne East Coast and Wairoa; Manawatu; Wairarapa Tararua/Central Hawkes Bay; Kapiti Horowhenua
Eastland Community Trust	Gisborne East Coast and Wairoa
EB Milton	Canterbury
Electronet Services Ltd	West Coast
Epplett & Co Accounting	Hawke's Bay
First Light Community Foundation	Gisborne East Coast and Wairoa
First Sovereign Trust Limited	Counties Manukau; Waikato East
Fitzgerald Construction Ltd	Nelson/Tasman
Frimley Foundation	Hawke's Bay
Fonterra Grassroots	Counties Manukau
Four Winds Foundation	Auckland Central; Canterbury; Counties Manukau; North Shore; Rotorua Area; Rodney
Fulton Hogan Ltd Marlborough	Marlborough
Geoff Dalbeth	Auckland Central
Gisborne District Council - Mahi Iti and Mahi Nui Grants	Gisborne East Coast and Wairoa

Grace Hospital	Western Bay of Plenty Region
Grassroots Trust Limited	Central Plateau; Counties Manukau; Waikato East
Grey District Council	West Coast
Haddocks Spray Painters	EBOP
Hamilton City Council Community Welbeing	Hamilton
Harcourts Hamilton Rentals	Hamilton
Hauraki District Council	Waikato East
HB Children's Holding Trust	Hawkes Bay
HB Williams Turanga Trust	EBOP; Gisborne East Coast and Wairoa
Howick Local Board	Counties Manukau
Hutt Mana Charitable Trust	North Wellington
Hynds Holdings	Auckland Central
Ian & Rosy Devereux	Counties Manukau
Infinity Foundation	Hutt Valley; Wairarapa Tararua/Central Hawkes Bay
ILT Foundation	Southland
iSignit	Counties Manukau
John & Leonie Hynds	Auckland Central
Jones Foundation	Canterbury
JN Williams Memorial Trust	Gisborne East Coast and Wairoa
J & T Hickey Charitable Trust	Gisborne East Coast and Wairoa
Kapiti Pak'n Save	Kapiti Horowhenua
Kathleen Kirby Charitable Trust	Western Bay of Plenty Region
Kelliher Charitable Trust	Counties Manukau
Kendons Chartered Accountants Ltd	Hutt Valley
Lakeland /Pakeke Lions Club, Taupo	Central Plateau
Legacy Trust	Western Bay of Plenty Region
Les McGreevy	Gisborne East Coast and Wairoa
Lion Foundation	Auckland Central; Canterbury; Coastal Otago; Counties Manukau; EBOP; Gisborne East Coast and Wairoa; Hamilton; Hawkes Bay; Kapiti Horowhenua; Mid and South Canterbury; North Shore; Rodney; Central Plateau; Wairarapa Tararua/Central Hawkes Bay; Wanganui and Districts; Western Bay of Plenty; Wellington City
Lottery Auckland Community Committee	Counties Manukau
Mainfreight Ltd	Auckland Central; Hamilton
Matamata Piako District Council	Waikato East
Manurewa Local Board	Counties Manukau
Mars Petcare	Wanganui and Districts
Mazda Foundation	Rodney
Milestone Foundation	Counties Manukau

Mortage link Ltd	Auckland Central
Motueka Farm Machinery Ltd	Nelson/Tasman
Mt Wellington Foundation Ltd	Auckland Central
Napier City Council	Hawkes Bay
Nelson Pine Industries	Nelson/Tasman
New Plymouth District Council	Taranaki
New Zealand Community Trust	Gisborne East Coast and Wairoa; Taranaki; Wanganui and Districts
New Zealand Lottery Grants Board	Auckland Central; Canterbury; Central Plateau; Coastal Otago; EBOP; Gisborne East Coast and Wairoa; Hamilton; Heartland Otago/Southland; Hutt Valley; Nelson/Tasman; North Shore; Rodney; Rotorua Area; Southland; Wairarapa Tararua/Central Hawke's Bay; Wanganui and Districts; Western Bay of Plenty Region
New Zealand Post	Auckland Central
Otago Community Trust	Coastal Otago
Oxford Sports Trust Inc	Whangarei
Pacific Toyota	EBOP; Western Bay of Plenty Region
Papakura Local Board Community Grants Fund	Counties Manukau
Partridge Jewellers Ltd	Auckland Central
Pelorus Trust	Counties Manukau; Hutt Valley
Powerco Wanganui Trust	Wanganui and Districts
ProCare Charitable Foundation	Counties Manukau
Pub Charity	All Life Education Community Trusts
P H Masfen Charitable Trust	Auckland Central
Radio Network	Nelson/Tasman
Rangitaiki River Stopbank Breach Fund	EBOP
Rata Foundation	Canterbury; Nelson/Tasman
Ray White NZ	Auckland Central
Ray White City Realty Ltd	Auckland Central
Ray White Manurewa, Takanini, Drury & Remuera	Counties Manukau
Rodney Health Charitable Trust	Rodney
Rory Hutchings	Auckland Central
Riccarton Rotary Club	Canterbury
Rotary Club of Auckland East	Auckland Central
Rotary Club of Gisborne	Gisborne East Coast and Wairoa
Rotary Club of Half Moon Bay	Counties Manukau
Rotary Club of Kapiti	Kapiti Horowhenua
Rotary Club of Manurewa-Takanini	Rotary Club of Manurewa-Takanini
Rotary Club of Newmarket	Auckland Central
Rotary Club of Plimmerton	North Wellington
Rotorua Area Energy Charitable Trust	Rotorua Area
Rural Fire Authority	Far North
Rural Woman New Zealand, Central, Western, Southland and Mid East Provincials	Southland
Servco Limited	Servco Limited

Sky City Auckland Community Trust	Auckland Central
Sky City Hamilton Community Trust	Hamilton
Sollys Contractors	Nelson/Tasman
Southland District Council	Southland
Stan Semenoff Transport Ltd	Whangarei
Staples Rodway Ltd	Taranaki
Sue Baty Chartered Accountants	Rotorua Area
Summit Chartered Accountants Limited	Whangarei
Tauranga Energy Consumer Trust	Western Bay of Plenty Region
Terenzo Bozzone	Auckland Central
The Dublin Street Trust	Canterbury
The North and South Trust	Western Bay of Plenty Region
The Sir Roger De Haan Charitable Trust	Auckland Central
The Signman	Nelson/Tasman
The Southern Trust	Canterbury; Coastal Otago; Counties Manukau; EBOP; Heartland Otago/ Southland; Rotorua Area; Western Bay of Plenty Region
The Trusts Community Foundation	Counties Manukau; North Wellington; West Coast
The Trust Charitable Foundation (Clutha & Mataura)	Heartland Otago/Southland
The Whitehouse Tavern Trust	Counties Manukau
Thames Coromandel District Council	Waikato East
Thomas George McCarthy Trust	Kapiti Horowhenua; Wairarapa Tararua/ Central Hawkes Bay; Wanganui and Districts
TNL Group	Nelson/Tasman
Tommy's Real Estate	Wellington City; Kapiti Horowhenua
Top Energy	Far North
Toyota Albany	North Shore
Trillian Trust	Counties Manukau; Rodney
Trish Brown	Auckland Central
Trust House Community Enterprise	Hawkes Bay; Noth Wellington; Wairarapa Tararua/Central Hawkes Bay
Trust Waikato	Central Plateau; Waikato East
TSB Community Trust	Taranaki
United Way	Coastal Otago
Valder Trust	Waikato East
Youthtown	West Coast
Waiotahi Contractors Ltd	EBOP
Waipa Networks Trust	Waipa/King Country
Wairua Warriors	Nelson/Tasman
Wanganui Community Foundation	Wanganui and Districts

Recognising our supporters nationwide (over \$5,000).

# Volunteer Truck Drivers

Trust	Company	Owner, Drivers & Co-ordinators
Auckland Central	Mainfreight New Zealand Post Sealink Freight	Jason Street Neil Dennett
Auckland West	Steve Winks Transport Ltd Shea Transport	Steve Winks
Canterbury	TMC Trailers NZ Express Transport Hiltons Haulage North Canterbury Truck and Tractor Services Frews Transport PBT Peter Fletcher Transport Martin Bruce Transport Hororata Ellesmere Transport	Paul Currie John Petrie Joey Young Arthur and Christine Jones Chaz Frew Kylie Trompert and Mike Satherly Peter Fletcher & Clint Murphy Martin Bruce
Central Plateau	Mainfreight Taupo Ongarue Transport, Taumarunui Tirau Eath Movers, Putaruru RJ Lincoln Cartage Contractors, Tokoroa Kernohans Contractors Turangi	Nick Hyde Darryl Gulbransen Steve Ensor Raymond Lincoln Jeff Kernohan
Coastal Otago	New Zealand Fire Service	Keith Maydon, Lindsay Rae, Mark Bradford, Ray Adams, Trevor Buchanan, Nigel Manson, Brett Delamere
Counties Manukau	Mainfreight Ltd Owens Transport Limited Truck Rentals Riordan & West Shea Transport	
Eastern Bay of Plenty	Waiotahi Contractors	Syd Kopu, Syd Ranapia, Adam Anderson
Far North	Toll Truck (Kaitaia & Dargaville) Mangonui Transport Kaitaia & Kao Fire Brigade	Wayne Henderson
Gisborne East Coast and Wairoa	QRS Wairoa Transport Downers Gisborne	Ken Eruera
Hamilton	Mainfreight Transport	Wayne Goodwin
Hawke's Bay	Emmersons Transport Ltd	
Heartland Otago/Southland	Fulton Hogan - Dunedin and Alexandra McLellan Freight Ltd Hokonui Rural Transport Ltd Dynes Transport (Tapanui) Ltd West Otago Transport Ltd Tuapeka Transport 2003 Ltd Clinton Waipahi Holdings Ltd Beckers Transport Ltd	John Corrigan
Hutt Valley	MJH Engineering Limited	
Kapiti/Horowhenua	Goodmans Contractors Ltd Waikanae Emmerson Transport Ltd Levin	Trevor Smith & Marcello Giacon Scott Searle
Manawatu	TruckStops (NZ)	
Marlborough	TNL (Marlborough) Fissenden Bros Ltd (Kaikoura)	

Trust	Company	Owner, Drivers & Co-ordinators
Mid-South Canterbury	Barwood Motors Fairlie Brosnan Transport Headford Propagators HDPS Hilton Haulage John Fletcher Contracting Bill Turnbull Transport Mainfreight Makikihi Transport Paul Smith Earthmoving Temuka Transport Carrfields Contracting Ryal Bush Transport Wilsons Bulk Transport Philip Wareing Ltd Mayfield Transport	
Nelson/Tasman	TIL Group Sollys Contractors Sturgeons Amusements	Ed Solly Brad and George Sturgeon
North Shore	L.W. Bonney and Sons East Coast Bays Towing Boat Haulage	
North Wellington	NZ Post Ltd	Tony Hill & Craig Johnstone
Coastal Otago	New Zealand Fire Service	Keith Maydon, Lindsay Rae, Mark Bradford, Ray Adams, Trevor Buchanan, Nigel Manson, Brett Delamere
Rodney	Hiway Stabilizers	Chris Humphries
Rotorua Area	Trusts Own Truck	Allan White
Southland	Trusts Own Truck	Colin Whyte, Owen Anderson, John Turner, Lindsay Humphries, Robert Wilson, Richard Dillon, Gary Price (Central Southland Freight), Roger Sutton, Ernie Johnstone, Brent Shepherd, Donald Hay & Peter Sutherland (Truckstops)
Taranaki	Hookers Pacific TIL Freightling Ltd	David Jury
Waikato East	Murphy Buses Carters Construction of Waihi Carleys of Te Kauwhata Fonterra KTL - Kerepehi Transport	Ian Murphy & Todd Murphy Warren Carter
Waipa/King Country	Owned by Trust	Ken Miller, Ken Shearer, Craig Stone, Barry Gadsden, Murray Rumbles, Dennis Goodman & Michael Knowles
Wairarapa Tararua/Central Hawkes Bay	Stephenson Transport Ltd (Central Hawke's Bay) Higgins (Wairarapa)	Bruce Stephenson
Wanganui and Districts	Dave Hoskins Transport Ltd Kui Griffin & Co Ltd	Dave, Gwen, Darryl & Karl Hoskin Dave Griffin
Wellington City	NZ Post Ltd	Craig Johnson
West Coast		Warren Whitmore, Nigel Ogilvie, Pat Walsh, Richard and Anne Tunnah, Russell Becker, Derek Hampton, Sid Steele, Tim Bailey, Kylie Beynon, Les Owen, Terry Weaver, Braedon Parkinson & Emmett Fortune
Western Bay of Plenty	Priority Logistics Page Earthworks Ltd Bosselmann Contracting Ltd Reads Transport Ltd  Raymond Transport	Gary Hewitt and Willy Shears Steve Page Mark Bosselmann Bruce Read & Neville Campion Chris Raymond, Mat Greenland, Harley Roberts, Shane Putahi, Murray Bennett, Rodney Melgers, Duane Bennett, Mark Goodwin, Sam Rowland, Mike King & Shaun Keepa
Whangarei	Stan Semenoff Transport	Charlie & Wilem



# Regional Directory

TRUST	CHAIRPERSON	EDUCATOR
Auckland Central	Lance Hutchison	Nicole Fonua Lynne Darroch
City West Auckland	Jason Woolston	Michelle Brown Murielle Gill
Canterbury	Andrew Brady	Amanda Thompson Jamie Dunbar (res) Claire Leach (maternity) Suzanne Wood Nigel Dodge
Central Plateau	Brent Fryer	Andrea Campkin
Coastal Otago	Aileen Winmill	Maria Sinclair
Counties Manukau	Gavin Arnet	Raumati Wynyard Hilary Scheffer Pamela Ens Sacha Bradley (res) Misty Bettridge (res) Jules Herlihy (res) Natalie Coyle-Smith Carleen Craig
Eastern Bay of Plenty	John Spring	Jocelyn Gillespie-Wano
Far North	Diane Henderson	Terri Gravatt
Gisborne East Coast and Wairoa	Pat Seymour	Quentin Jamieson
Hamilton	Melanie Rouse	Trish Thurston (res)
Hawkes Bay	Angela Williams	Anne Jamieson
Heartland Otago/Southland	Margaret Box	Pip Tisdall
Hutt Valley	Steve Graves	Andrea Young
Kapiti/Horowhenua	Stewart Thompson	Paula Marsters-Sasa
Manawatu	Chris Vangioni	Tim Jones
Marlborough	Rob Simcic	Genevieve MacDonald
Mid and South Canterbury	Ray King	Jane Hooper Rudi Keggenhoff



TRUST	CHAIRPERSON	EDUCATOR
Nelson/Tasman	Michelle Fitzgerald	Ingrid Kemp
North Shore	Christine Meyer-Jones	Corinne Marsden Harriet Sherratt (res) Jenni Gilbertson
North Wellington	Allan Nichols	Kapa Te Aho
Rodney	Adrienne Gilmore	Chris Turner
Rotorua Area	Jules McLaughlin	Bernadette Volschenk
Southland	Val Whyte	Teresa Wallace
Taranaki	Grant Coward	Abbey Howard (res) Megan Lilley Renae List (res) Michelle Williams
Waikato East	Keith Trembath	Mike Budd
Waipa/King Country	Ken Miller	Nicky Wise
Wairarapa Taranua/Southern Hawke's Bay	Craig Esau	Kirsty Jamieson
Wanganui and Districts	Phil Walker	Mark Keelty
Wellington City	Todrick Taylor	Charlotte Klemick
West Coast	Nigel Ogilvie	Carmen Hartley
Western Bay of Plenty	Sue Boyne	Shane Smith (res) Michael Chemis Machelle Harris
Whangarei	Mike Procter	Nadine Campbell



# Our People

## Patron

David Wale, CBE

## Founder

Trevor Grice, MNZM, CNZM

## Board of Trustees

Maria Johnson (Chair)  
Chris Kirk-Burnnand, MNZM  
John Benton  
Rob Simcic  
Pat Seymour, OBE  
John Spring  
Graham Lawrence  
Aisha Daji Punga



## Chief Executive

John O'Connell

## Education Support Manager

Michelle Dow

## Finance Manager

Penry Robertson

## Project and Partnerships Manager

Jess Limbrick

## Accounts Officer

Michelle Phillips

## Programme and Development Manager

Jo Mortimer

## Marketing and Communications Specialist

Emma Golebiowski

## Trust Support

Robyn King

## Content Writer

Helen O'Leary



# Life Members



Life Education is very proud to have the following Life Members...

## 2011

Val Whyte  
Ian Holyoake  
John Spring  
Stephen Burnett

## 2012

Joslyn Tjeerd  
Lance Hutchison, QSM  
John Beattie  
Bruce Darvill, QSM  
Rob Wilton

## 2013

Trevor King, QSM \*  
Robyn Paterson  
Margaret Radford  
Peter Cox  
Roy Savage\*

## 2014

Michael Cooney, QSM  
Pat Seymour, OBE  
Paul Cressey, ONZM  
Jeanette McIntyre

## 2015

Steve Graves  
Brian Shearer  
Steak (John) Goodin, QSM  
Graeme Pentecost

## 2016

Kay Crosby  
Astrid Martin  
Jo Coughlan  
Ian McBride

## 2017

Chris Kirk-Burnnand, MNZM

\*deceased

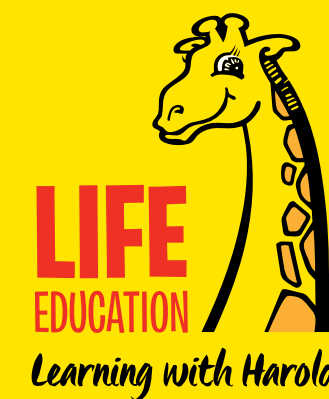






You  
can find  
more information  
and contact details for  
Life Education Trust (NZ)  
and local Trusts online at  
[lifeeducation.org.nz](http://lifeeducation.org.nz)

Got a question for Harold?  
[healthyharold.org.nz](http://healthyharold.org.nz)



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