



Happening with Harold

Quarterly update - April 2021



Healthy Minds

COLLABORATING TO SUPPORT THE MENTAL HEALTH AND WELLBEING OF TAMARIKI

Tamariki and rangatahi face increasing challenges to their mental health and wellbeing. Of school leaders surveyed last year, 86% identified that anxiety was 'an issue' or 'very much an issue' for their children.

Young people grow up with the challenges of our complex and changing society, which isn't easy. Factors like increased social media, increased loneliness, discrimination, harmful environments, social pressures, worries about the future, and the uncertainties upon us at this time are just a few of the struggles that impact the mental health of tamariki. Health and wellbeing support for our rangatahi is now more important than ever.

In 2020 Life Education began a partnership with Anxiety New Zealand, whose clinical team of subject matter experts have reviewed our teaching models and learning resources to ensure they fit with best practice in the field.

In February we launched 'Healthy Minds', to further support schools in teaching resilience and strategies to manage anxiety. All tamariki have unique abilities and identities, and with the right knowledge, strategies and support, they can thrive. Through Healthy Minds and our Healthy Harold programme, we can support and empower young people to grow their hauora and meet challenges with resilience.

Find out more at: lifeeducation.org.nz/healthy-minds

AnxietyNZ
TRUST

SUPPORTING TEACHERS TO ADDRESS EMERGING HEALTH ISSUES



The number of children and young people taking up smoking has reached an all-time low, but vaping products are often seen as an attractive alternative. In February Life Education Trust Canterbury partnered with respiratory specialist Dr Stuart Jones, to host a seminar for teachers providing the information they need to support rangatahi to make responsible choices when it comes to vaping. More than 30 local schools took up the opportunity to learn more.

CELEBRATING CHILDREN'S DAY



As a community we can all support tamariki to thrive through aroha, whānau and korero - this was the theme for Children's Day 2021. In celebration, many of our regional Trusts were involved in events across the country.

To support our work with tamariki, our national sponsor The Warehouse promoted the importance of reading and spending time with children, and provided customers a buy one get one half price offer, donating 10% of the sales to Life Education. The Warehouse also shared with their large database our educational resources, including a 'Harold and friends' colouring competition for children.

thewarehouse

HOW DO I SAY NO, WITHOUT LOSING MY FRIENDS?

SMASHED

ALCOHOL EDUCATION TO EMPOWER A GENERATION

A LITTLE BIT CAN'T HURT, CAN IT?

SMASHED UPDATE

Launched by Life Education Trust NZ in 2019, the SMASHED alcohol education programme has been delivered to over 30,000 Year Nine students. SMASHED is now gearing up to commence the 2021 tour in Terms two and three.

Ahead of the upcoming tour, SMASHED Project has had an exciting brand refresh, giving it a more current look and feel.

Check out the new look online: www.smashed.org.nz



ELEVEN-DAY CYCLE VOYAGE RAISES FUNDS TO SUPPORT LIFE EDUCATION

Cycling over 1400 km in just 11 days, a team of dedicated cyclists pedaled to raise funds for our health and wellbeing programme.

The team, Joes Garage Charity Cycle Riders - from Taranaki, are a group of passionate individuals committed to riding to support the health of kiwi kids.

As the riders and their support crew headed from Marlborough Sounds through to Milford Sound they were hosted by our regional Trusts, who held events and visits to Schools, while cheering the riders on.



Chris Milne, an event organiser from Joes Garage Charity Riders says, "Our team had a fantastic time riding down through the beautiful South Island. Getting us through those challenging days with relentless hills and long distances, was the fact that it was all to support the valuable work of Life Education, teaching kids about health and wellbeing."

Through their fundraising efforts Joes Garage Charity Cycle Riders have raised in the vicinity of \$60,000, with the final figure still to be counted. Funds will support the regional Trusts visited to provide the Healthy Harold programme in Primary and Intermediate Schools.

SUPPORTING STUDENTS TO INCREASE THEIR MONEY MOJO

When it comes to money matters, just 14 percent of Secondary School students say they learn a lot from school, and half say they learn little or nothing.

Last year Life Education Trust NZ set out to change these statistics by providing rangatahi with the knowledge and skills to make positive financial choices through Theatre-in-Education programme, SMART\$. Focused on increasing financial literacy, SMART\$ was trialled with over 4,500 Year Ten students, supported by the Reserve Bank of New Zealand.

Feedback from the initial tour has helped to evolve the SMART\$ performance for the 2021 tour, which will run in Secondary Schools during Term two and three. Our goal is for participation of 10,000 young people this year.

SMART\$



OUT AND ABOUT WITH LIFE EDUCATION - THE HIGHLIGHTS



OUR COUNTIES MANUKAU TRUST WAS PART OF TRILLIAN TRUST FUNFEST

This free, whānau event in South Auckland hosted over 45,000 people over four days. Life Education were the supporting charity and hosted many activities.



'LIVE, LOCAL AND LOVING IT' FAMILY FUN DAY

This fundraiser for our Mid-South Canterbury Trust was held in Timaru drawing in a crowd of 1,500 to the Caroline Bay Soundshell.



HOTEL FOR BEES WORKSHOP

Our Marlborough Trust held a workshop for tamariki to create their own bee hotels to attract bees into their gardens, and children learnt about bees from a local bee keeper.



RUN TO REMEMBER

Our Canterbury Trust were involved in the Run to Remember event in Christchurch, with Harold even hosting his own race, the 'Life Education Stride'.



FEATURE IN THE '100 YEARS OF THE EDUCATION GAZETTE' VIDEO

We shared some video clips from Life Education lessons from the 90's, for the Gazette's celebration video, taking a walk down memory lane.



RAMPING UP FOR THE GISBORNE DANCING FOR LIFE EDUCATION EVENT

The Gisborne team of dedicated community heroes are in full practice mode ahead of their event coming up in May, raising funds for our Gisborne Trust.

UPSKILLING OUR SPECIALIST HEALTH EDUCATORS

Our Educators came together before beginning the school year for three days of professional development, hearing from guest speakers and sharing collective knowledge.



The team heard from Family Planning New Zealand about the Relationships and Sexuality Guidelines and their Navigating the Journey resource. Wendy Nelson from Brainwave Trust Aotearoa followed, sharing research about the important periods of brain development. Then Dee Muller from Sleep Wake Research Centre spoke about increasing sleep problems for children. We also had fantastic workshops from Sean O'Connor, Joe Boden, and from members of our team.

Investing in our Educators as leading health teachers remains a focus for Life Education.

FEEDBACK FROM OUR HEALTHY HAROLD PROGRAMME

School teachers are asked to provide their feedback after their lessons with Life Education. This continuous evaluation process measures the quality of our teaching and how we meet teacher's and children's learning needs. This is managed independently through Research NZ.

FEEDBACK
AND
OUTCOMES

"Students demonstrate a better understanding of presumptions and how making judgments of a person can adversely influence your attitude towards someone. They continue to develop being more open minded."
(Canterbury Trust)

"The children (and I) became aware of cyber safety and I have seen how they: 1. refuse to give their password to another student, 2. talk about what they should or should not be doing and referring to the lesson they had in Life Ed, 3. were extra careful about 'safe' sites etc."
(Counties Manukau Trust)

"Students were using the wording that was introduced in their lesson about reactions and responses. Parents mentioned that their children were using these words to help them to make decisions at home."
(Hamilton Trust)

"Students were able to use skills taught to explain how a balanced Hauora was important for everyone. They could use examples to demonstrate ways to improve or recalibrate behaviour and why it was important to do this."
(Hutt Valley Trust)

"The examples used in lessons were specific to what was current in the school environment therefore as they were unpacked in great depth there were changes in decision making to get positive outcomes."
(Marlborough Trust)

"Students are referring to the different types of stress and how it can help them or hinder them, e.g. when delivering a speech one of the students said she was nervous but said it was ok because it was eustress not distress."
(Taranaki Trust)

THANK YOU TO ALL OUR SPONSORS FOR HELPING US INSPIRE TAMARIKI AND RANGATAHI TO MAKE POSITIVE CHOICES!

Our national partners:

