



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



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# LIFE EDUCATION

**For more than  
25 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. Through lessons in our mobile classrooms and teachers using our resources in schools, children learn about healthy eating, being a good friend, good and bad substances and how their body works.

We support and offer schools a shared planning approach to ensure we are meeting individual 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.

## SUPPORT & RESPECT

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

## 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.



# VISION

Enabling children  
to reach their full  
potential.



# PURPOSE

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

**“At least 20% of young New Zealanders will exhibit behaviours and emotions or have experiences that lead to long-term consequences affecting the rest of their lives.” \***

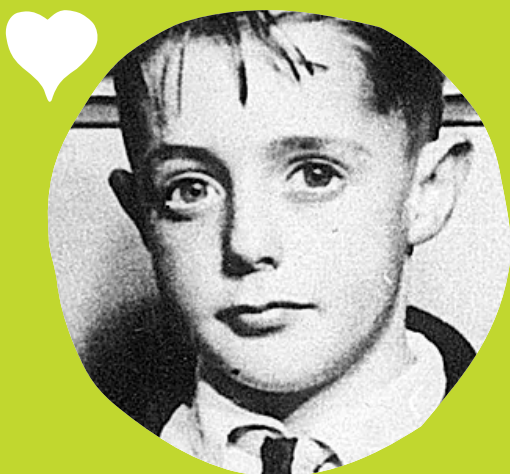
Growing up in part determines who you are and who you’ll be as an adult. Behaviours developed during childhood and early adolescence are predictors of adult behaviours.

\* Improving the Transition: Reducing Social and Psychological Morbidity During Adolescence, A report from the Prime Minister’s Chief Science Advisor.

# 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 Cholmondeley 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. Moving on after college to Christchurch Polytechnic 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 the founder, Ted Noffs', wife Margaret (Ted was in hospital having suffered a severe stroke) and spent a week reading Ted's books, meeting with programme and sponsor personnel and



**"A child without love is like a child trying to clap with one hand."**

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).

The founding and current Trustee of Life Education Trust (NZ) Trevor retired from his 'day job' with Life Education in 2014 at age 82. Trevor is still very much a part of Life Education.





# CHAIR'S WORDS

MARIA JOHNSON

**I would first of all like to say a huge thank you to the current Board members for their time and dedication to Life Education Trust (NZ). The skills and different strengths you all have help us as an organisation to be able to stay agile in an environment that is completely disruptive. The next five to ten years are going to bring about some of the biggest changes we will ever see and as an organisation we are looking at how we can strategically navigate ourselves through these changes and still be at the forefront of providing quality education “enabling children to reach their full potential.”**

A huge thank you to John O’Connell our Chief Executive and the National Office team, who, under John’s guidance, are continuing to support our Trusts, Trustees, Educators and key sponsors.

In September, we held a strategic planning workshop for a day, to create alignment amongst Board members for the strategic direction of the organisation. Simon Mundell from Results Company donated his time to provide us with the opportunity to discuss our strategy. During the session, we developed our core purpose moving forward, agreed on our Big Hairy Audacious Goal (BHAG), completed an environmental and industry analysis, and agreed on our three to five year moves, 12 month priorities and 90 day plan. This allowed us to create Board papers that focused on moving the organisation forward, instead of just focusing on business as usual.

From this strategy day, we have had two small subcommittee groups working on sustainability and Trust capability. These two subcommittees are separate to our A & R committee. They are working together to bring ideas back to be discussed at Board level.

This year we have had two Board members retire from the Board – Tony Freidlander and Paul Cressey. I would like to thank them both for their time as Board members. Their support and contribution has been significant. I would also like to thank Tony for his guidance and support in my role as Chair.

We have appointed two new Board members – Graham Lawrence and Aisha Daji Punga who are both based in Auckland. Graham has an accounting background and Aisha has a background in marketing and sustainability. We welcome them to our Board and value the additional skills and knowledge they bring.







As an organisation I feel confident that we are addressing issues that have risen, ensuring that we have strong processes and systems in place moving forward. By creating more streamlined approaches within the organisation we are developing a succession plan and continuity across all Trusts. In time, we are hoping that this will also help reduce the number of hours that the National Office spends supporting Trusts.

This year we have had a significant change in our financial management processes. While each Trust is a separate entity, each local Trust's deed provides 'control and benefit' to Life Education Trust (NZ). The changes introduced by the Financial Reporting Act mean that for the first time we are required to produce consolidated accounts of all 33 entities that make up Life Education Trust (NZ). The impact is broader than the additional cost and time, it's a cultural shift toward centralisation for the organisation, which has always had a strong philosophy of independence across the different entities that make up Life Education Trust (NZ). Reviewing this first year of change will provide direction for the years to come.

**Maria Johnson**





# 2016 WAS A GOOD YEAR!

JOHN O'CONNELL - CE

**In March The Warehouse advised us we were to be the recipient of the funds raised from The Warehouse Gala Dinner. The event was to support our new collaboration with Garden to Table to create a comprehensive programme for schools using the two organisation's complementary strengths. The collaboration named Empower, brings together both organisation's work in schools being; Life Education's nutrition and physiology teaching and Garden to Table's experiential teaching – Grow, Harvest, Prepare and Share.**

The World Health Organization (WHO) report on ending childhood obesity was released in early 2016 and the NZ government adopted these recommendations into the NZ Childhood Obesity Plan. The report makes six key recommendations and the fifth recommendation is to “implement comprehensive programmes that promote healthy school environments, health and nutrition literacy and physical activity among school-age children and adolescents.” It promotes:

- Inclusion of nutrition and health education within the core curriculum for schools.
- Improving the nutrition literacy and skills of parents and caregivers.
- Making food preparation classes available to children, their parents and caregivers.

Our collaboration with Garden to Table captures WHO's recommendations and we have created a whole-of-school approach for schools to adopt as best practice. Empower will be developed and fully implemented by the end of 2018.

The changes brought about by the Financial Reporting Act saw our 2016 Financial Accounts consolidated for the first time. Life Education Trust (NZ) has both ‘control and benefit’ over each of our 32 Trusts and this control requires Life Education Trust (NZ) to incorporate each entity into its own accounts. While it was a significant task to change our practices and implement a standard accounting system and process across 33 entities, the real change for organisations like Life Education is the cultural shift, from a number of entities operating independently to a centralised process. The Life Education Trust (NZ) accounts are no longer those of ‘just’ the national office income and expenditure, but incorporate the decisions and outcomes of each individual Trust.





**EMPOWER**  
TURNING KNOWLEDGE INTO ACTION

**GARDEN  
TO TABLE**  
GROW  
HARVEST  
PREPARE  
SHARE

In September the Board and senior management spent a day with a facilitator to develop our strategy and our BHAG (Big Hairy Audacious Goal). Sustainability of Trusts was the initial focus, but we quickly moved from sustainability to aspirations – and with that, clarity on our direction, what form disruption might come in and what our opportunities are.

#### **Our BHAG...**

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

Engage, directly and families are about developing our tactics beyond the mobile classroom teaching children at schools. We want children to be able to engage with us at any time, independently of the mobile classroom visit and to strengthen our relationship with children and their families.

In 2017 we'll be celebrating our 30th year. Much has changed in those 30 years and there are new opportunities to engage with children and families. We are committed to looking ahead to ensure we continue to evolve to remain as relevant as we were in 1987.

**John O'Connell**

# 2016 STATS



In 2016  
we visited  
**1,588**  
schools

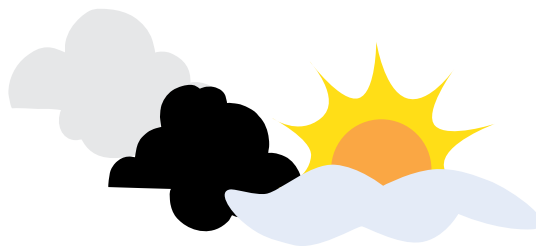
**250**

PRE-SCHOOLS  
visited

**1,338**



PRIMARY AND  
INTERMEDIATE  
schools visited



**253,555**

children were taught

#### TERM 1

Preschool	1,072
School	64,285

#### TERM 2

Preschool	1,918
School	65,903

#### TERM 3

Preschool	1,823
School	58,448

#### TERM 4

Preschool	1,307
School	58,799



# NUMBER OF SCHOOLS VISITED

2010 - 1335

2011 - 1340

2012 - 1350

2013 - 1462

2014 - 1477

2015 - 1527

2016 - 1588

## LESSONS ACROSS OUR FIVE STRANDS

SUBSTANCES

11 %

HUMAN BIOLOGY

21 %

RELATIONSHIPS & COMMUNITIES

31 %

IDENTITY & RESILIENCE

12 %

FOOD & NUTRITION

25 %

25,318 LESSONS TAUGHT

\*\* LIFE \*\*  
EDUCATION



28,000  
volunteer hours given

235  
volunteers

66  
full time employees



THANK YOU



# 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**



# OUR ORGANISATION

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

**Our success lies in our local Trusts each 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 over 25 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.

The ability to generate funds is what local community Trusts are about. A few of Trusts 2016 fundraising events included:



#### **Dunk for Harold, Rotorua.**

Over 100 dunkers' braved the cold and took a dip in the Blue Lake in the middle of winter.



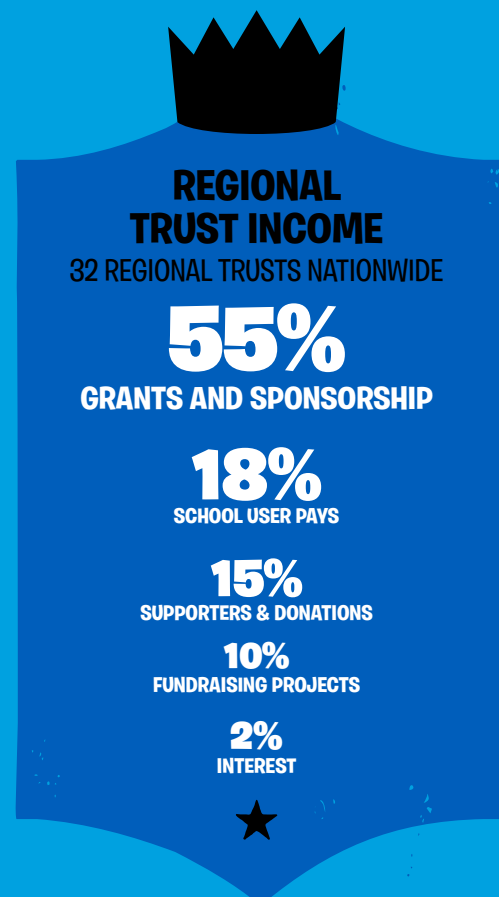
#### **The Great Auckland Duck Race.**

5000 small ducks were purchased, transformed and released into white water at the Vector Wero Whitewater Park in south Auckland.



#### **Fight For Life Ed Gisborne.**

Members of the public got in the ring – braving blood, sweat and tears for a great cause, raising \$45,000. The 2016 event trials were the biggest in the Gisborne event's four-year history.







# CONTINUOUS IMPROVEMENT

In 2016 the World Health Organization released a report on ending childhood obesity. The report makes six key recommendations, the fifth recommendation is to “**implement comprehensive programmes that promote healthy school environments, health and nutrition literacy and physical activity among school-age children and adolescents.**” It promotes:

- Inclusion of nutrition and health education within the core curriculum for schools.
- Making food preparation classes available to children their parents and caregivers.
- Improving the nutrition literacy and skills of parents and caregivers.

With this in mind we formed a collaborative partnership with Garden to Table to launch the **Empower** programme and gained support from The Warehouse Group as a recipient of their Annual Gala Dinner charity fundraiser.

**Empower** is a comprehensive and sustainable programme to help tackle the biggest epidemic to threaten NZ children this century – obesity.

Children take part in multiple lessons within the Life Education classroom to learn about a balanced diet, meal planning and understanding their body and the nutrients it needs.

This knowledge is turned into action by growing, harvesting and cooking fresh vegetables and food with Garden to Table.

Visit [www.empowerkids.org.nz](http://www.empowerkids.org.nz) for more information.



**EMPOWER**  
TURNING KNOWLEDGE INTO ACTION





**In 2015 The University of the West of England and Dove released findings that show... \***



Only 4% of women around the world consider themselves beautiful, and anxiety about appearance begins at an early age.



An estimated 25% of adolescent girls and boys are dissatisfied with their appearance.



**Dove believe that women and girls of all ages should see beauty as a source of confidence, not anxiety. Dove believe that self-esteem is vital to the healthy development of all children – and so do we.**

With this in mind we've joined forces to support teachers in delivering **'Confident Me'** workshops in schools.

**'Confident Me'** has been carefully designed for students aged 11 to 14 years old (boys and girls) to help students build body confidence. It helps them to avoid valuing themselves and others on the basis of appearance. Participating students develop respect for their own individuality and the diversity they see around them, gaining skills and confidence to be the best version of themselves.

**'Confident Me'** provides linkages to the Health and Physical Education, Social Sciences, and English learning areas at Level 4 in the NZ Curriculum.

\* 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).





# CHALLENGES FACING CHILDREN AND ADOLESCENTS TODAY...

These challenges shape our five teaching strands. They all interweave because health and well-being is rarely isolated to a single topic.



## OBESITY

"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.

## 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.

25%  
of lessons  
taught

## WE TEACH 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.

21%  
of lessons  
taught

## 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>

## WE TEACH 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.

11%  
of lessons  
taught





## WE TEACH 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.

31%  
of lessons  
taught

## 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>

## WE TEACH IDENTITY AND RESILIENCE

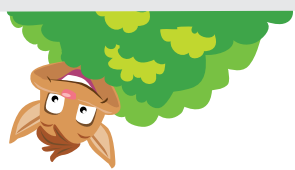

Confidence in their own identity and where and how they fit in are challenges that come with growing up. Children learn about feelings and emotions, and that they are special and unique and it is okay to be different. Value is placed on the idea that each individual's personality makes them unique and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

12%  
of lessons  
taught

## 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>

- 
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).
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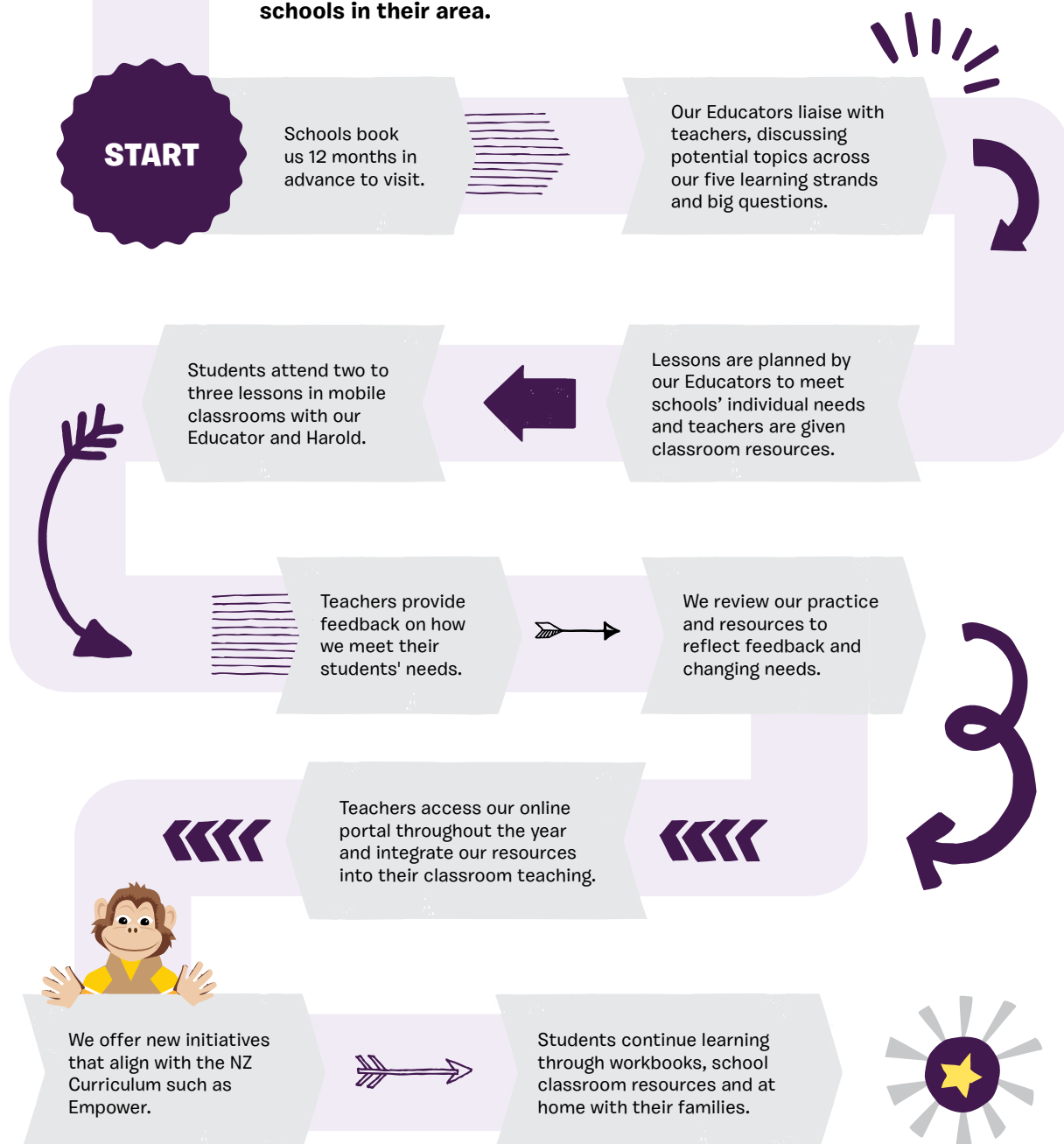


# OUR INTEGRATED APPROACH



Through a shared planning approach with schools we support children in each school community.

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



**"It is 100% about the well-being of students. It provides them with quality researched and age-appropriate information to support them in their social, emotional and personal growth."**

*Te Awamutu Intermediate*



**"We loved the presentation of lessons in the classroom, on site, with such an enthusiastic presenter. The children really love the sessions, they feel they have a personal connection with [Educator] and they really remember the new learning for a long time. Even this year the children (who were just 5 last year) remembered new learning from last year."**

*Gulf Harbour School*



**"Life Ed has built up such a positive reputation. Students thoroughly enjoy going into the mobile classroom and are captivated by Harold. They are entertained as they are learning."**

*Saint Francis Xavier*



# MEET SOME OF OUR TEAM

## **Aileen Winmill** Trust Chair, Coastal Otago

With an eagerness to contribute to Life Education's work after involvement with Rural Women NZ, Aileen became a Trustee in 2013, stepping up to Chair in 2015. Aileen loves that the rationale behind Life Education's work aligns with the Frederick Douglass quote:

**"It is easier to build strong children than to repair broken men."**

Being the Chair gives her the opportunity to make an impact and share what we do.

Aileen is one of 32 Trust Chairs across the country.



**"I am proud to represent an organisation whose philosophy and work I believe in."**



## **Kapa Te Aho** Educator, North Wellington

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Kapa loves working with young people because they keep her energized and positive. Kapa believes that the health curriculum is important and enjoys teaching it in fun and engaging ways.

**"I love that the students can easily see the value of what is being taught in the classroom, they're interested and empowered by what Harold has to offer."**

Kapa is one of 46 Educators across the country.



## **Jason Street** Mainfreight Volunteer Truck Driver

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Jason has moved Auckland Central Trust's mobile classrooms for more than 10 years.

**"If it's helping educate kids then I'm all for transporting the classroom to where it needs to be."**

Jason enjoys seeing kids wave to him and get excited when they see Harold on the road. In 2016 Jason's contribution was recognised when he was presented with a national Life Education Outstanding Community Service award.



# OUR PEOPLE

**Patron**

David Wale, CBE

**Founder**

Trevor Grice, MNZM, CNZM

**National Board of Trustees****Chair**

Maria Johnson

Chris Kirk-Burnnand, MNZM

John Benton

Paul Cressey, ONZM

Rob Simcic

Pat Seymour, OBE

John Spring

Graham Lawrence

Aisha Daji Punga

**Chief Executive**

John O'Connell

**Education Support Manager**

Michelle Dow

**Finance Manager**

Penny Robertson

**Marketing and Communications Manager**

Jess Limbrick

**Office Administrator**

Michelle Phillips

**Programme and Development Manager**

Amanda Neemia

**Fundraising Manager**

Jenny Boyd

**Trust Support**

Robyn King





# VOLUNTEER RECOGNITION AND NEW LIFE MEMBERS

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 Service awards.

Several Trusts put forward nominations and awards were presented at our annual Trustees conference.

## LIFE MEMBERS...



### **ASTRID MARTIN** Western Bay of Plenty

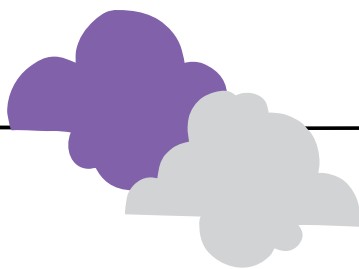
Astrid started at Eastern Bay of Plenty Trust as an Educator in 1996. A few years later she became the Western Bay of Plenty Educator, a role she held until 2003.

In 2003 Astrid moved on from teaching and became a very successful Chairperson and Trustee until 2008. Astrid's passion for Harold extended from the classroom to supporting the region. Astrid was the driving force behind the growth from one classroom to two, finding the resources and funding to make this happen.

Astrid continues to support the Trust, from prizes for raffles and coming to meetings where there is need for her expertise.







#### DISTINGUISHED SERVICE AWARDS

Bob Shennan	North Wellington
Paulette Watson	Heartland Otago Southland
Leighan Slade	Coastal Otago
Kerin Edlin	Wanganui and Districts
Dianne Griffiths	Southland
Dorothy Hay	Southland
Barry Draper	Central Plateau

#### SERVICE AWARDS

Doug Thwaites	Hutt Valley
Chloe Lear	Auckland Central
David Wright	Auckland Central

#### KAY CROSBY

Gisborne East Coast/Wairoa

Kay has been an active Trustee for 20 years. Kay was a Rotarian who initially supported the establishment of Life Education Gisborne.

Kay's expertise is in publishing and promotion and she has been invaluable in managing the artwork on the exterior of our mobile classroom, now in its third iteration. Kay arranges all design and printing for the Trust and plays a full and loyal support role in all other aspects.



#### JO COUGHLAN

Wellington City

Jo was involved with the Wellington Trust for 16 years before retiring in 2016; for 11 years she held the role of Chair.

Jo was instrumental in running many large fundraising events including Guess Who's Coming to Dinner at Government House and three art exhibitions.

Jo served on the LET NZ Board for the maximum term of six years from 2010-2016 and held the role of Deputy Chair from 2011-2016.



#### IAN MCBRIDE

Mid and South Canterbury

In April 1988 the South Canterbury Life Education committee was formed to set up Life Education in Mid and South Canterbury.

Ian was employed part-time to canvas schools about Life Education – and when the official Trust was formed in 1990 he became a Trustee. Ian held the position of Chairperson from 1999 until he retired from the Trust in 2006.

Ian was the driving force behind the creation of the Trust's Harold Club in 1997 and is now an honorary member regularly attending functions.





# OUR NATIONAL 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



# 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

THANK  
YOU

## OUR LOCAL SUPPORTERS

A-Jet Carpet Cleaners	Counties Manukau
Alpine Energy Ltd	Mid and South Canterbury
Andrew Simms Botany-Newmarket	Counties Manukau
Auckland Airport	Counties Manukau
Ashburton Licencing Trust	Mid and South Canterbury
Blackadder Trust	West Coast
Blue Sky	Rotorua Area
Blue Waters Community Trust	Counties Manukau
Cephas Trust	Nelson/Tasman
Central Lakes Trust	Heartland Otago/Southland
Christchurch Casinos Charitable Trust	Canterbury
Clutha District Council	Heartland Otago/Southland
Community Organisation Grants Scheme (COGS)	Central Plateau; Counties Manukau; Gisborne East Coast and Wairoa; Southland; Wairarapa Tararua/Central Hawkes Bay; Wanganui and Districts; Western Bay of Plenty Region; West Coast
Community Trust Mid and South Canterbury	Mid and South Canterbury
Community Trust of Southland	Southland
Constellation Community Trust	Rodney; North Shore
Craig Thompson	North Wellington
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
Electronet Services Ltd	West Coast
Epplett & Co Accounting	Hawkes Bay
Farina Thompson Charitable Trust	Canterbury
First Light Community Foundation	Gisborne East Coast and Wairoa
First Sovereign Trust Limited	Counties Manukau; Waikato East
Fitzgerald Construction Ltd	Nelson/Tasman
Frimley FoundaTtion	Hawkes Bay
Fonterra Grassroots	Counties Manukau
Four Winds Foundation	Auckland Central; Counties Manukau; Rotorua Area; Rodney
Fuga Japanese Restaurant	Auckland Central
Fulton Hogan Ltd Marlborough	Marlborough
Geoff Dalbeth	Auckland Central
Gisborne District Council - Mahi Iti and Mahi Nui Grants	Gisborne East Coast and Wairoa
Waikato Toyota	Hamilton
Grassroots Trust Limited	Western Bay of Plenty Region; Waikato East
Grey District Council	West Coast

Griffin Savage & Co Ltd	Nelson/Tasman
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
Hewlett Packard	Counties Manukau
Hine Rangi Trust	Whangarei
Howick Local Board	Counties Manukau
Ian & Rosy Devereux	Counties Manukau
Infinity Foundation	Counties Manukau; Hutt Valley; Wairarapa Tararua/Central Hawkes Bay
ILT Foundation	Southland
iSignit	Counties Manukau
I Like Gallery Ltd	Counties Manukau
Joes Garage – Cycle Riders	Taranaki
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
Kelliher Charitable Trust	Counties Manukau
Kendons Chartered Accountants Ltd	Hutt Valley
Lakeland Lions Club, Taupo	Central Plateau
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; Rotorua Area; Central Plateau; Taranaki; 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
Mars Petcare	Wanganui and Districts
Manuka Doctor	Auckland Central
Mazda Foundation	Rodney
Mediaworks	Counties Manukau
Milestone Foundation	Counties Manukau

RECOGNISING OUR SUPPORTERS NATIONWIDE (OVER \$5,000)

Motueka Farm Machinery Ltd	Nelson/Tasman
Mt Wellington Foundation Ltd	Auckland Central
Napier City Council	Hawkes Bay
Nelson Pine Industries	Nelson/Tasman
New Plymouth City Council	Taranaki
New World Thorndon	Wellington City
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; Nelson/Tasman; Rodney; Rotorua Area; Southland; Wairarapa Tararua/ Central Hawkes Bay; Wanganui and Districts; Western Bay of Plenty Region; West Coast
New Zealand Post	Auckland Central
Oceana Gold	Coastal Otago
Otago Community Trust	Coastal Otago
Otago Motor Club 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	Hutt Valley
Powerco Wanganui Trust	Wanganui and Districts
Pub Charity	All Life Education Community Trusts
P & B Bourke	Taranaki
P H Masfen Charitable Trust	Auckland Central
Radio Network	Nelson/Tasman
Ray White NZ	Auckland Central
Rodney Health Charitable Trust	Rodney
Riccarton Rotary Club	Canterbury
Riccarton Youth Rotary	Canterbury
Rotary Club of Auckland East	Auckland Central
Rotary Club of Gisborne	Gisborne East Coast and Wairoa
Rotary Club of Kapiti	Kapiti Horowhenua
Rotary Club of Newmarket	Auckland Central
Rotary Club of Plimmerton	North Wellington
Rotary Club of Tawa	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

Sky City Auckland Community Trust	Auckland Central
Slater Accountants	Hamilton
Sollys Contractors	Nelson/Tasman
Southland District Council	Southland
South Waikato District Council	Central Plateau
Stan Semenoff Transport Ltd	Whangarei
Summit Accounting	Whangarei
Terenzo Bozzone	Auckland Central
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; Western Bay of Plenty Region
The Trusts Community Foundation	Canterbury; Counties Manukau
The Trust Charitable Foundation (Clutha & Maitai)	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
TM Hoskings Charitable Trust	Counties Manukau
TNL Group	Nelson/Tasman
Toll United	Far North
Tommy's Real Estate	Wellington City; Kapiti Horowhenua
Top Energy	Far North
Toyota Albany	North Shore
Trillian Trust	Auckland Central; Counties Manukau
Trish Brown	Auckland Central
Trust House Community Enterprise	Hawkes Bay; Wairarapa Tararua/ Central Hawkes Bay
Trust Waikato	Waikato East
United Way	Coastal Otago
Valder Trust	Waikato East
Waimakariri District Council	Canterbury
Waiotahi Contractors Ltd	EBOP
Waipa Networks Trust	Waipa/King Country
Wairoa Warriors	Nelson/Tasman
Whanganui Community Foundation	Wanganui and Districts
Whitelaw Weber Limited Chartered Accounts	Far North
100% Lake Taupo Charitable Trust	Central Plateau

TRUST	TRANSPORT COMPANY	OWNER, DRIVERS & CO-ORDINATORS
Auckland Central	Mainfreight	
	New Zealand Post	
	Sealink Freight	
Canterbury	TMC Trailers	Paul Currie
	NZ Express Transport	John Petrie
	Hiltons Haulage	Joey Young
	North Canterbury Truck and Tractor Services	Arthur and Christine Jones
	Frews Transport	Chaz Frew
	PBT	Kylie Trompert and Mike Satherly
	Peter Fletcher Transport	Peter Fletcher & Clint Murphy
	Martin Bruce Transport Hororata	Martin Bruce
	Ellesmere Transport	
Central Plateau	Lott Contractors	Billy Lott
	Mainfreight Taupo	Nick Hyde
	Ongarue Transport, Taumarunui	Darryl Gulbrandsen
	Tirau Eath Movers, Putaruru	Steve Ensor
	RJ Lincoln Cartage Contractors, Tokoroa	Raymond Lincoln
Coastal Otago	Kernohans Contractors Turangi	Jeff Kernohan
	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	
	Crane & Cartage	
	PHT	
Eastern Bay of Plenty	Shea Transport	
	Waiotahi Contractors	Syd Kopu, Syd Ranapia, Adam Anderson
Far North	Toll Truck (Kaitaia & Dargaville)	Wayne Henderson
	Manganui Haulage	
	Kaitaia & Kaeo Fire Brigade	
Gisborne East Coast and Wairoa	QRS Wairoa Transport	
	Downers Gisborne	Ken Eruera
Hamilton	Mainfreight Transport	Wayne Goodwin
Hawkes 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	
Hutt Valley	MJH Engineering Limited	
Kapiti/Horowhenua	Goodmans Contractors Ltd Waikanae	Trevor Smith & Marcello Giacon
	Emmerson Transport Ltd Levin	Scott Searle
Manawatu	TruckStops (NZ)	
Marlborough	TNL (Marlborough)	
	Coles Contracting Ltd (Murchison)	
	Fissenden Bros Ltd (Kaikoura)	
	AGS Earthmoving Ltd - Hurunui	
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	TNL Group	
	Sollys Contractors	Eddie Solly
	Sturgeons Amusements	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
Otago	New Zealand Fire Service	Keith Maydon, Lindsay Rae, Mark Bradford, Ray Adams, Trevor Buchanan, Nigel Manson, Brett Delamere
Rodney	Hiway Stabilizers	
Rotorua Area	Trusts Own Truck	Allan white
Southland	Trusts Own Truck	Colin Whyte, Owen Anderson, Robert Wilson, Richard Dillon, Ernie Johnstone, Brent Sheperd, Donald Day, Peter (Truckstops), Dave (Truckstops)
Taranaki	Hookers Pacific	David Jury
	TIL Freightling Ltd	
Waikato East	Murphy Buses	Ian Murphy & Todd Murphy
	Carters Construction of Waihi	Warren Carter
	Carleys of Te Kauwhata	
	Fonterra	
	Tony Richards Toyota	
Waipa/King Country	Owned by Trust	Ken Miller, Ken Shearer, Craig Stone, Dion Halse, Steve Lincoln, Murray Rumbles and Michael Knowles
Wairarapa Tararua/Central Hawkes Bay	Stephenson Transport Ltd	Bruce Stephenson
	Higgins (Wairarapa)	
	Ernie Christison (Tararua)	
Waitakere	Steve Winks Transport Ltd	Steve Winks
Wanganui and Districts	Dave Hoskins Transport Ltd	Dave, Gwen, Darryl & Karl Hoskin
	Kui Griffin & Co Ltd	Dave Griffin
Wellington City	NZ Post	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, Emmette and Braedon Parkinson
Western Bay of Plenty	Priority Logistics	Clinton Burgess, Willy Shears
	Page Earthworks Ltd	Steve Page
	Bosselmann Contracting Ltd	Mark & Sally Bosselmann
	Reads Transport Ltd	Bruce Read, Neville Campion
	Raymond Transport	Chris Raymond, Matt Greenland
Whangarei	Stan Semenoff Transport	Charlie



# TRUST DIRECTORY

TRUST	CHAIRPERSON	EDUCATOR
Auckland Central	Lance Hutchison	Lynn Klapproth Nicole Fonua
Canterbury	Andrew Brady	Amanda Thompson Jamie Dunbar Claire Leach
Central Plateau	Brent Fryer	Andrea Campkin Liz Southall (res)
City/West Auckland	Colleen Acton	N/A
Coastal Otago	Aileen Winmill	Maria Sinclair Richard Trow (res)
Counties Manukau	Paul Cressey	Raumati Wynyard Hilary Scheffer Pamela Ens Sacha Bradley Misty Bettridge Sally Miles Michelle Taylor Jules Herlihy Achmat Esau (res)
Eastern Bay of Plenty	John Spring	Jocelyn Gillespie-Wano Huia Walker (res)
Far North	Diane Henderson	Terri Gravatt Bridget Harvey (res)
Gisborne East Coast and Wairoa	Pat Seymour	Quentin Jamieson
Hamilton	Melanie Rouse	Trish Thurston
Hawkes Bay	Angela Williams	Anne Jamieson
Heartland Otago/Southland	Paulette Watson	Pip Tisdall
Hutt Valley	Steve Graves	Andrea Young
Kapiti/Horowhenua	Stewart Thompson	Paula Marsters-Sasa
Manawatu	Andrew Siewwright	Tim Jones
Marlborough	Rob Simcic	Genevieve MacDonald Renee Bouchut (res)
Mid South Canterbury	Ray King	Jane Hooper Rudi Keggenhoff
Nelson/Tasman	Michelle Fitzgerald	Ingrid Kemp
North Shore	Barry Kirk-Burnnand	Corinne Marsden Harriet Sherratt
North Wellington	Allan Nichols	Kapa Te Aho
Otago	Aileen Winmill	Richard Trow
Ponsonby	Angela Stafford	Claire Bentley Ben Coaton (res)
Rodney	Adrienne Gilmore	Chris Turner
Rotorua Area	Jules McLaughlin	Bernadette Volschenk
Southland	Val Whyte	Teresa Wallace
Taranaki	Grant Coward	Abbey Howard Megan Lilley Rena List
Waikato East	Keith Trembath	Mike Budd
Waipa/King Country	Ken Miller	Nicky Wise
Wairarapa Tararua/Southern Hawke's Bay	Craig Esau	Kirsty Jamieson
Waitakere	Colleen Acton	Murielle Gill
Wanganui and Districts	Phil Walker	Mark Keelty
Wellington City	Jo Coughlan	Charlotte Klemick
West Coast	Nigel Ogilvie	Carmen Hartley
Western Bay of Plenty	Sue Boyne	Shane Smith Michael Chemis
Whangarei	Mike Procter	Nadine Campbell



THE BIG SEED *OF*  
LIFE EDUCATION'S  
GOODNESS  
- is -  
LOVE





# ACROSS OUR REGIONS

Trust	Children Taught	Lessons	Schools Involved
Auckland Central	11,677	1,152	38
Auckland West	7,462	701	24
Canterbury	17,636	1,668	80
Central Plateau	5,942	635	42
Coastal Otago	5,714	569	49
Counties Manukau	43,962	3,870	255
Eastern Bay of Plenty	2,256	250	26
Far North	4,939	533	55
Gisborne East Coast and Wairoa	5,477	644	69
Hamilton	6,008	553	27
Hawke's Bay	5,676	611	35
Heartland Otago/Southland	7,766	999	54
Hutt Valley	6,315	614	30
Kapiti/Horowhenua	3,413	458	19
Manawatu	6,272	599	64
Marlborough	2,894	304	32
Mid and South Canterbury	8,358	802	62
Nelson/Tasman	6,101	546	43
North Shore	15,275	1,421	37
North Wellington	6,558	650	38
Rodney	5,830	550	27
Rotorua Area	5,657	588	32
Southland	7,157	735	61
Taranaki	11,272	1,045	80
Waikato East	5,277	569	51
Waipa/King Country	6,504	636	38
Wairarapa Tararua/Central Hawke's Bay	3,327	441	45
Wanganui and Districts	3,016	348	38
Wellington City	4,737	597	26
West Coast	3,092	353	42
Western Bay of Plenty	12,484	1,313	45
Whangarei	5,501	564	24
	<b>253,555</b>	<b>25,318</b>	<b>1,588</b>



In 2016  
we visited  
**1,588**  
schools



**AND** TAUGHT  
**25,318**  
LESSONS



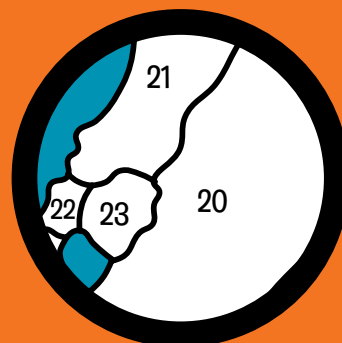
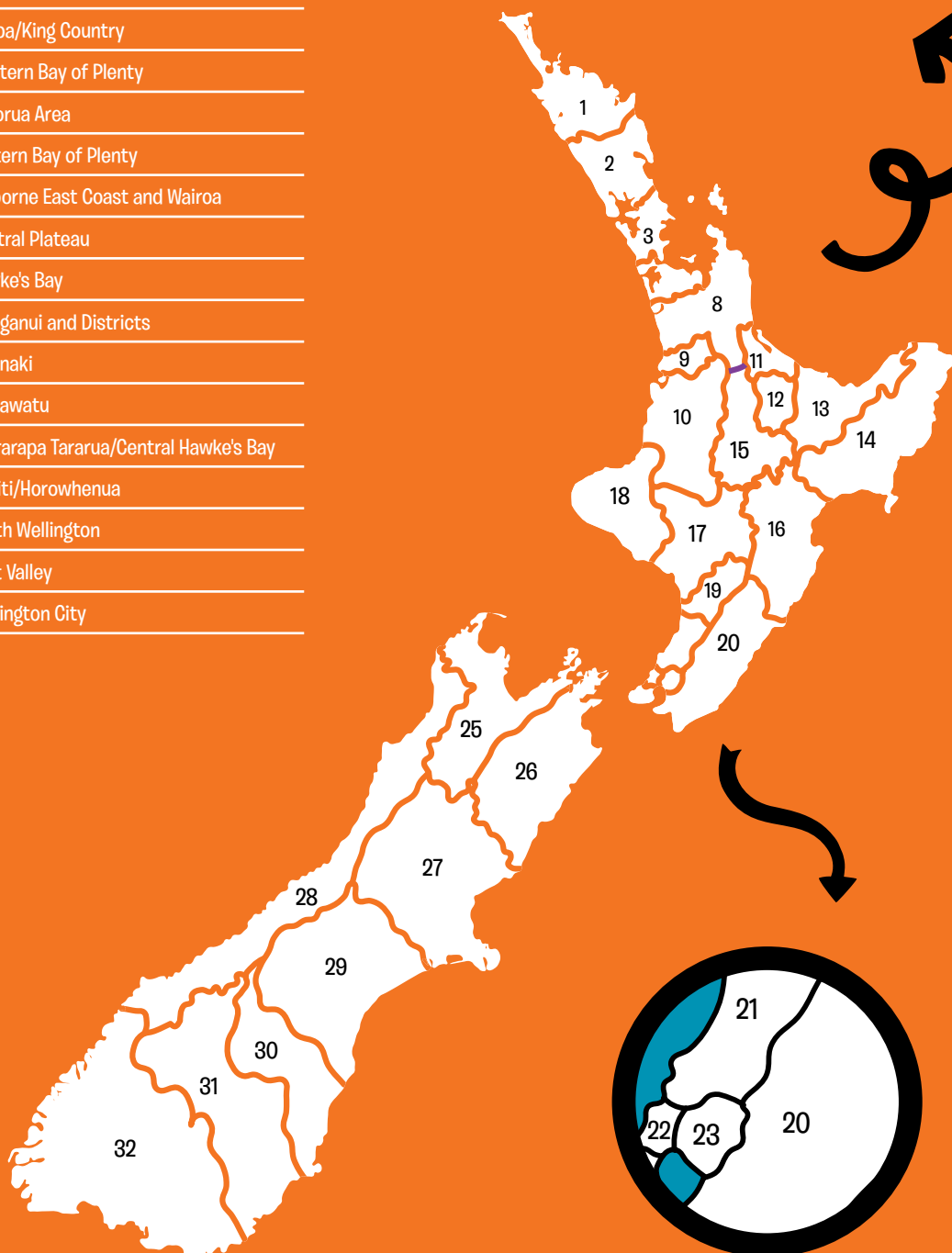
**253,555**  
children  
were seen  


## 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

## 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



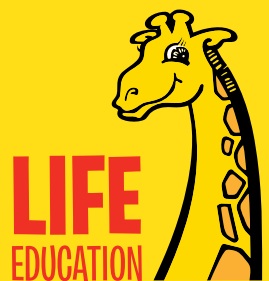
"I think the service and teacher involved in programme delivery at our Primary School does an outstanding job. For all the years we have been involved I have never been anything but incredibly impressed by the planning, delivery and communication with staff before and during the visit. I was particularly impressed by the coverage and awareness of more recent themes in education - mindset work of Carol Dweck. Many thanks for providing such a powerful programme which supports school focus areas and adds a special dimension to learning which the children just love!"

**Cromwell Primary School**



You can find more  
information and  
contact details for Life  
Education Trust (NZ) and  
local Trusts online at  
**lifeeducation.org.nz**

Got a question for Harold?  
**healthyharold.org.nz**



**Life Education Trust  
Registered Office**

41 Pipitea Street  
Wellington 6011

PO Box 2717  
Wellington 6140

**0800 454 333**

**[enquiries@lifeeducation.org.nz](mailto:enquiries@lifeeducation.org.nz)**

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

Charities Commission CC10320

*Learning with Harold*