



LEURA PUBLIC SCHOOL
Cnr Mount Hay Rd and Willow Park Ave
Leura, 2780
ph : 4784 1251 fax : 4784 3156
email : leura-p.school@det.nsw.edu.au

respect

responsibility

resilience

LIFE EDUCATION VISIT

26th June 2019

Dear Parents/Guardians,

As part of our Personal Development, Health and Physical Education curriculum, we have organised a visit from the Life Education van from Monday, 1st July to Thursday, 4th July. This year the school is funding this educational visit with no cost to families. Below is an overview of the Life Education program contents that will be seen by the students:

Stage	Unit	Content
ES1	My Body Matters	'My Body Matters' focuses on things children can do to help keep themselves healthy including the importance of personal hygiene, choosing foods for a healthy balanced diet, benefits of physical activity and sleep, and ways to keep safe at home, school and in the community.
Stage 1	Ready Steady, Go	'Ready, Steady, Go!' focuses on the benefits of healthy eating, physical activity, strategies to stay safe, and how our body reacts in different situations. This module helps children understand that a healthy lifestyle is an important step towards making positive healthy choices now and into the future.
Stage 2	Mind our Medicine	Using a friendly game show format 'Mind You Medicine' develops students' understanding of medicines and their safe use, positive communication, strategies for managing conflict, stress, and bullying and how feeling influence the choices that we make. <ul style="list-style-type: none">• Factors that influence someone's self-worth• Identifying the impact of different factors on health and wellbeing• Medicines as drugs and the consequences of their misuse
Stage 3	Decisions	The 'Decisions' module leads students to an appreciation of the influences and responsibilities which relate to making safe and healthy decisions by exploring: <ul style="list-style-type: none">• Factors that influence decisions e.g. friends, family, media, laws• Short and long term consequences of a range of legal or illegal drugs• Social dilemmas young people may be faced with in the future

E Berwick
Principal