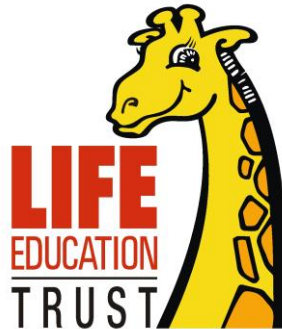




Sunnyhills School



17 The Crest, Pakuranga, Auckland | 5768031 | www.sunnyhills.school.nz | Principal: Mrs Justine Driver



Dear Parents/Caregivers,

Life Education Trust Mobile Classroom

The South East Auckland Life Education Trust mobile classroom is visiting our school from:-
24th May – 8th June 2018

Life Education lessons are given to the children using qualified teachers and modern technological equipment. The aim is to provide children in their formative years from 5-12 years with an awareness of themselves.

Year 0/1

1. What is the importance of kindness? How can we show kindness to others? What effects could our actions have?
2. What can we do when we have problems? How can we respond when we are faced with a problem? Where could we go for help, and how could we choose what to do?

Year 2

1. What does our body need to stay healthy and happy? Students at all levels can explore the ways in which we can contribute to our own health and wellbeing. These may include: good nutrition, sleep, hygiene, physical exercise, and keeping ourselves safe.
2. What makes us special and unique? We are all special and unique. Children will explore topics including self-identity, self-awareness, and relating to others.

Year 3

1. How can I tell from the packaging whether food is healthy or not? Reading food packaging and nutritional labelling is a skill that helps us to choose foods that will keep us healthy and give us energy. Students will learn to assess which foods will provide the best nutrition.
2. What do we need to know about the food we eat? It is important to understand what we are eating, and what it will do for our body. Students will learn about where food comes from, and the different ways in which it affects our health.

Year 4

1. What makes our bodies work? What are the body systems, and how do they work together to keep us alive?
2. What does our body need to stay healthy and happy? Students at all levels can explore the ways in which we can contribute to our own health and wellbeing. These may include: good nutrition, sleep, hygiene, physical exercise, and keeping ourselves safe.

Year 5

1. What are the impacts of the decisions we make? Each decision we make has consequences. What kinds of effects can our decisions have on other people, and how?
2. What makes a good leader? Students explore qualities involved in good leadership

Year 6

1. Where can I go for help? Students and the Educator consider problems that may arise, and discuss strategies to obtain help and assistance.
2. What is stress, and how can it affect us? Students explore the concept of stress, and what it means for them. What causes stress, and how can we overcome it?

Life Education lessons link into the Schools Health Curriculum and each class has the opportunity to be involved in pre-visit and follow up activities.

The cost of the visit is \$5.00 per child. This has been added to your child/children's KINDO account. Thank you to those families that have already gone onto their account and paid for this in advance.

Your child will attend 2 sessions in the Life Education Classroom with the Life Education Educator and will also receive a teaching booklet.

Thank you.

Sharon Knofflock
Assistant Principal