


On Tuesday 3rd June, Kindergarten – Year 2 will be participating in Healthy Harold.


Students in KB and K/1C will be doing the My Body Matters program.



Students learn about choices and behaviours that promote health, safety and wellbeing as they are growing and changing. They explore personal hygiene, healthy food choices, the benefits of physical activity and sleep, as well as ways to keep safe at home, school and in the community.

- The importance of personal hygiene
- Choosing foods for a healthy, balanced diet
- The benefits of physical activity and sleep
- Safety at home, school and in the community

Students in 1/2W, 1/2RM and Year 2 students from 2/3L will be doing the Ready Steady Go program.



Students learn to identify body clues and manage emotions that arise in new or challenging situations. They also investigate the importance of physical activity and health choices.

- Identifying how our bodies react in new situations
- The benefits of physical activity
- What our body needs to be healthy including nutrition, water and sleep
- Safety strategies in different environments

THE COST IS \$7 PER STUDENT– Note and money due by Monday 23rd May 2025.

I give permission for _____ in class _____


to attend the Life Ed program and have enclosed \$ _____

Signature _____ (Parent/Guardian)



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