



Message wrapped up in fun

STUDENTS at Martindale Public School had a special visitor on Wednesday.

The Healthy Harold Life Education van was at the school to teach the kids about healthy living.

Martindale Public School principal Sharon Rivers said the Life Education van's visits were always a welcome and important way to teach the kids while entertaining them.

"The whole school enjoys the van because the information is presented in a fun and positive way," she said.

Eleven infants learnt about dialling triple 0 in an emergency, medicine safety, syringes and passive smoking.

The older children looked at organs

of the body and how to stay healthy.

"In their lesson, the older children worked on strategies to say no to substances that are not good for their body," Mrs Rivers said.

"Things like alcohol and cigarettes are substances children may see adults consuming but they need to be aware their bodies are still growing and it will be a lot worse for them."

It was clear the children were enjoying their time with Harold and knew what was good for them in life.

Life Education Australia educator Sarah Cambridge said the program taught kids how to live healthily while having fun.

"I think Healthy Harold is so suc-

cessful because it has the wow factor and we always try to make it a very positive experience," she said.

"It is still a classroom environment, but it's in a van with Harold and other props there to make the lesson as fun as possible for the children."

Martindale students have some big events coming up. Next Friday they'll travel to Cassilis for a small schools cross country event.

They will be joined by small schools throughout the region like Sandy Hollow, Coolah, Belltrees and Cassilis.

"On the second last day of term – Thursday, April 7 – we have our Easter hat parade which is always a big event for the kids," Mrs Rivers said.



Life Education educator Sarah Cambridge introduces Happy Healthy Harold to Martindale Public School students Jessica Waters, Will Harris and Cooper Freeman.