



**LIFESTYLE CHOICES:** Year 6 students Michaela Blaine, Samuel O'Hara and Eliza Core understand the importance of a healthy lifestyle.

## Harold teaches healthy habits

Healthy habits were the focus at Rutherford Public School last week when Life Education's Healthy Harold sang his song of sensibility.

Each student stage had their own themed session with Harold and learnt about a variety of topics including the importance of physical activity, friendship and resilience.

Healthy choices were also a

focus of the lessons and Year 6 student Samuel O'Hara said he thought it was important to make good lifestyle choices.

"If you eat junk food and play sport it will drag you down, so you need to eat healthy food so your body works better," Samuel said.

Deputy principal Voula Hatzi said the Healthy Harold Life

Education van is a good way to teach students about a healthy lifestyle.

"It's a great way to teach the kids about healthy choices, how their body works and health issues and the convenience of the mobile van means all that information can come to us at school," Ms Hatzi said.



# Harold gives health lesson

Hunter Life Education Australia and its hand-held ambassador Healthy Harold rolled into Rutherford Public School on Tuesday, ready to answer questions and provide healthy lifestyle information for students.

Young children learned about road, beach and public safety as well as healthy eating and positive thinking routines.

Years 5 and 6 were also taught about some serious issues facing society.

"Year 5 are learning about smoking and we use some very graphic and real examples to teach the children," Hunter Life

Education teacher Silvia Martinez said.

"And Year 6 learn about problems associated with alcohol and drugs.

"The school can actually choose to address a topic that affects the area they are in. Rutherford Public School has chosen alcohol education because it is an issue in and around Maitland."

Following the lesson from Ms Martinez, children were treated to a visit by Healthy Harold, a puppet giraffe.

"They absolutely love him, they just go crazy when he comes out," Ms Martinez said.

"I generally like to bring some of the class into the kids' discussion with Harold, he can ask them questions, sing a song or play a game with them.

"He is very effective."

The Hunter Life Education Australia van will travel to five more public schools in the Maitland area through to the end of July.

Those other schools include Gillieston, Paterson, Vacy, Largs and Glen William public schools.



**FUN WHILE LEARNING:** Rutherford Public School students had a lesson from Healthy Harold and Silvia Martinez.



# Learning how to live a healthy life

## EAST MAITLAND PUBLIC SCHOOL

East Maitland Public School students have learned staying fit and healthy is a lot easier when Healthy Harold is your role model.

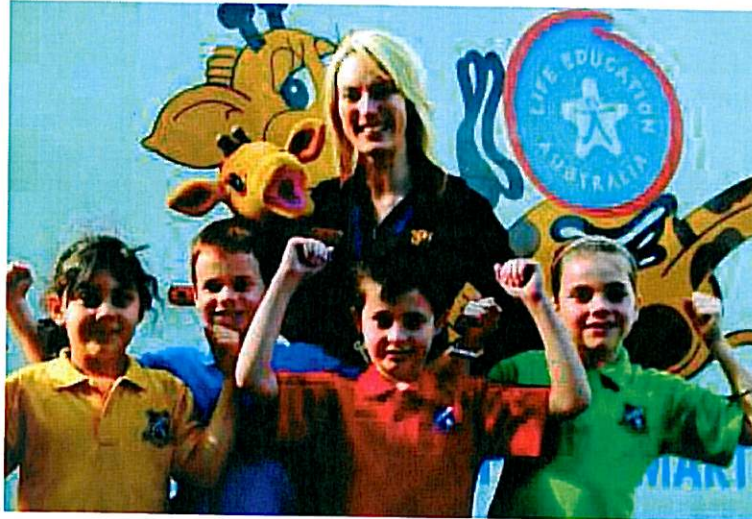
The students have been visiting the friendly giraffe through the Life Education Australia over the past two weeks and have been learning about nutrition, healthy eating habits and how their body works.

Life Education presenter Rebecca Grout said Healthy Harold helped the students to understand in a fun and interactive way the importance of taking care of their body.

"The students like to hear what a fun, real-life and talkative giraffe like Harold has to say and it's important for them to adopt healthy lifestyle choices. Harold helps to bring positive messages to the students about their health and how their body works through fun activities," Mrs Grout said.

Year 3 student Toby Burgess said he had looked forward to hearing what Harold had to say.

"Harold is great and when we went there



**CHOICES:**  
 Students  
 Natalie  
 Zorba, Toby  
 Burgess,  
 Mitchell  
 Eveleigh and  
 Sophie Jones  
 learnt about  
 healthy  
 lifestyles with  
 Healthy  
 Harold and  
 Rebecca  
 Grout.

he told us that it's important to have good nutrition and eat good food like dairy and fruit," Toby said.

Life Education is the nation's largest

not-for-profit provider of preventative drug education in schools and it offers a variety of programs for Kindergarten to Year 6 students.