



## Healthy Harold.



FOR A SAFER, SMARTER LIFE.

Early in Theotokos Term (3) Primary students at St Mark's took part in a one week program run at the school by Life Education Australia. Healthy Harold (and his bus) came to live at St Mark's for the week, and addressed issues such as: what makes a person feel lonely, sad or angry; how to deal with negative and positive feelings; how to deal with bullying; and what we should do to help a new person at school feel welcome and part of the school. The students also got to see some of the amazing parts inside the body and learn where food goes when we eat it, as well as talking about food that helps us to be healthy.



Healthy Harold was a popular visitor to the College, and helped to present these issues to the students in such a way that they enjoyed learning and participated actively. He (and his helpers) got the children and teachers working in small groups, discussing and exchanging their views. Harold also read from his own personal diary about some of his own experiences, and discussed how to best deal with these situations.

You can find out more about the programs offered by Life Education Australia at [www.lifeeducation.org.au](http://www.lifeeducation.org.au), or you might like to visit Healthy Harold's personal website (designed for kids) where you can do anything from play online games to fun activities to sending your own drawings to Harold. He can be found at [www.healthyharold.org.au](http://www.healthyharold.org.au).



Contact the school for information on how to enrol: 9825-6768.

More news and information at [www.stmarks.nsw.edu.au](http://www.stmarks.nsw.edu.au)