



SAINT KENTIGERN

October 2020

Dear Parents and Caregivers

Year 7 & 8 Health – Life Education

At the beginning of Term 4, the College has organised for the **Life Education Trust** to work with our students on a number of topics as part of the Health Programme. You may be aware of this organisation as they also work extensively in primary schools across Auckland.

Each year level will be involved in different programmes that address the needs of that particular age group. The content within these programmes complements the messages/content that has been covered throughout the course of the respective Health Programmes. Each Year 7 and 8 class will be involved in three 50 minute sessions which will take place in the Life Education Trust's mobile classroom.

Below is an outline of the programmes our students will be involved in as it appears on the Life Education website.

Year 7 Girls and Boys

- Students explore the concept of stress, and what it means for them. What causes stress, and how can we overcome it?
- Each decision we make has consequences. What kinds of effects can our decisions have on other people, and how?
- Peer pressure has both physical and emotional effects. Students explore what those are, relate them to different real-life situations, and formulate strategies to deal with them.
- Students will learn about the brain and its function and discover why and how our brains control our bodies.

Key messages:

- The best decision is an informed decision
- The choices we make have consequences, positive and negative
- The choices we make may affect others
- There are different influences on our choices
- When we are in balance, we better able to enjoy life, avoid unnecessary stress and learn better

Year 8 Girls and Boys

- Each decision we make has consequences. What kinds of effects can our decisions have on other people, and how? (scaffolded learning from Year 7 programme)
- Our online behaviour affects others as well as ourselves. How can we make good choices in a digital environment? What differences are there between our behaviour in a digital environment compared to a physical one?
- 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.

COLLEGE

For Boys and Girls in Years 7-13
130 Pakuranga Road, Pakuranga 2010
PO Box 51060, Pakuranga, Auckland 2140
Phone +64 9 577 0749 Fax +64 9 577 0700

BOYS' SCHOOL

For Boys in Years 1-8
82 Shore Road, Remuera 1050
PO Box 28790, Remuera, Auckland 1541
Phone +64 9 520 7682 Fax +64 9 520 7688

GIRLS' SCHOOL

For Girls in Years 1-8
514 Remuera Road, Remuera 1050
PO Box 28399, Remuera, Auckland 1541
Phone +64 9 520 1400 Fax +64 9 524 7657

PRESCHOOL

For Boys and Girls aged 3 and 4
514 Remuera Road, Remuera 1050
PO Box 28399, Remuera, Auckland 1541
Phone +64 9 520 8814 Fax +64 9 524 7657

Key messages:

- We need to be kind to others particularly as we cope with our changing bodies and feelings
- That our physical, mental, social, and spiritual well-being is all inter-related.
- We are better able to make decisions for ourselves when we have reliable information
- We need to be safe on-line

Growth and Development

In addition to these programmes there will be sessions run for both the Year 7 and 8 students that cover basic puberty information. During these sessions Growth and Development will be discussed.

- Year 7 Girls Monday 19 October 11:40am-12:30pm (P4) in EM 18
- Year 8 Girls Friday 23 October 1:50pm – 2:40pm (P5) in EM 18
- Year 7 Boys Tuesday 20 October 1:50am – 2:40am (P5) in EM 18
- Year 8 Boys Friday 23 October 11:40am – 12:30am (P4) in EM 18

Further information about the Life Education Trust can be found by following the link;
<https://www.lifeeducation.org.nz/>

The cost of this programme is **\$8.00 per student**, which will be charged to your College Account. However, if you do not wish your child to attend please contact their class teacher directly and we will find another activity for them to do during this time.

If you have any questions, please feel free to contact the College.

Yours sincerely



Kevin Taylor
Year 7 and 8 Operations Leader



Paul Bennett
Head of Faculty - PE