



SAINT KENTIGERN

11 September 2023

Dear Parents and Caregivers

Year 7 and 8 Health – Life Education Trust

The College has organised for the **Life Education Trust** to work with our students on various topics as part of the Health Education Programme. Life Education will be at Saint Kentigern College between **Monday 11 September** and **Friday 22 September 2023**. You may be aware of this organisation as they also work extensively in primary schools across Auckland.

Each Year level will be involved in programmes that address the needs of that age group. This year both Year 7 and Year 8 students will focus on the concept of physical development and growth, specifically puberty. In addition to this, the Year 7 students will discuss making wise health choices and fostering resilience. The Year 8 students will learn about peer pressure and the harmful effects of vaping. Each Year 7 and Year 8 class will be involved in three 50-minute sessions which will take place in the Life Education Trust's mobile classroom at school.

Year 7 Key Questions:

- Why is physical activity good for our bodies?
- How do we make good decisions?
- How can we show resilience?
- How do we change as we get older?

Year 8 Key Questions:

- What is peer pressure and how can we deal with it?
- How do we change as we get older?
- What are the possible negative effects of Vaping?

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 for your child to attend these lessons, please email me by **Monday 11th September** at reece.hamon@saintkentigern.com.

If you have any further questions regarding the Life Education programme, please feel free to email me.

Yours sincerely,

Reece Hamon
HEAD OF MIDDLE SCHOOL HPE

Paul Bennett
HEAD OF FACULTY

COLLEGE

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BOYS' SCHOOL

For Boys in Years 1-8
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GIRLS' SCHOOL

For Girls in Years 1-8
514 Remuera Road, Remuera 1050
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PRESCHOOL

For Boys and Girls aged 3 and 4
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