



# Beaumont Hills Public School

The Parkway, Beaumont Hills NSW 2155

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11 September 2024

## 2024 K – 6 LIFE EDUCATION PROGRAM

Dear Parent/Caregivers,

The Life Education van will be coming to Beaumont Hills Public School. Life Education is an organisation that empowers children and young people to make safer and healthier choices through education. Each class will attend one session in the Life Education van.

**Dates:** Between Tuesday, 15 October 2024 and Friday, 25 October 2024

**Cost:** **\$12.00** due **Friday 27 September 2024**

*Below is a brief outline of the range of programs that will be experienced by students:*

**Kindergarten** 'My Body Matters'  
Healthy Food choices, importance of physical activity and safety.

**Years 1 and 2** 'Growing Good Friends'  
Students investigate healthy lifestyle choices and factors that impact health and emotional wellbeing.

**Years 3 and 4** 'b Cyber Wise'  
Students investigate their use of tech and the positives and negatives of being online, including unwanted contact and unsafe situations.

**Years 5 and 6** 'Take a Breath'  
Students investigate the issues around vaping and smoking. Students are encouraged to stop and 'take a breath', ask questions, seek answers, and exercise critical thinking skills before making decision.

Please grant permission via the Sentral Parent Portal **by Friday, 27 September 2024**. Any student who does not have permission to participate will not attend.

If you wish for your child **NOT** to participate, please select 'not attending' via the Sentral Parent Portal.

Payment of **\$12.00** is due **no later than Friday, 27 September 2024**. Payment can be made via 'School Bytes' (link on the school website), cash or cheque at the School Administration Office. NO credit card facilities are available.

Mrs Fink  
**Organising Teacher**

Ms Welsh  
**Principal**