

Today your child took part
in Life Education's

ALL SYSTEMS

GO

module



WHAT IS IT ABOUT?

'All Systems Go' focuses on the human body. In this fun and interactive session, the students explored and discovered how magnificent the body is and what is needed to keep healthy such as:



healthy food choices



benefits of
physical activity



strategies to keep
safe from second
hand smoking



exploring ways to
manage peer pressure

WHY IS THIS MODULE SO IMPORTANT?

Being healthy is the key to leading an active and productive life. So, it's really important to give our children the awareness, knowledge, skills and strategies they need to make informed, positive decisions when it comes to their bodies.

SO WHAT NEXT?

Your child's teacher has 'All Systems Go' resources to use in the classroom, and you can continue the learning at home.



To do:

A great way you can encourage and support your child to adopt healthy lifestyle choices is to participate in the Bupa Family Challenge. To sign up and find out more go to www.bupafamilychallenge.com.au.



You can also learn the song 'I'm Your Body' with your child. Visit www.lifeeducation.org.au/songs to listen.

To ask:

Talk to your child about what they have learned. Here are some ideas to start a conversation with them about it.

Have you ever felt pressured to do something by people at school?
How did it feel?
What did you do?

What advice would you give me about keeping my body healthy?

SUPPORTED BY:



www.lifeeducation.org.au