



Life Education Queensland

Annual Report 2021



Every child
deserves to thrive.

lifeeducationqld.org.au

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About Life Education

For 35 years, Life Education Queensland has been empowering children to make safer and healthier choices through education. Our trusted program has reached more than 1.7 million Queensland students and seven million Australian children.

From Doomadgee and Cairns, to Brisbane and Goondiwindi, and almost every region and city in between, we believe that every child should have access to vital health and safety education whether they live in the city, near the coast or in the remote outback. Last year, we delivered face-to-face health education to 201,852 children and young people in schools and preschools.

As Queensland's largest non-government provider of health education to children, we are well-recognised for our trusted health and safety messages around drugs and alcohol. These days, we do much more than that, with a suite of innovative programs covering nutrition, cybersafety, relationships, puberty, positive mental health, resilience and strategies to prevent bullying.

We recognise that supporting both parents and teachers is vital to achieving deeper and more sustained impact, and that working with school communities to influence their systems, culture and environment will result in greater long-term benefit for children.

We're excited to offer 27 primary and four preschool modules, our award-winning Healthy Eats program, the Triple P – Positive Parenting Program and a suite of resources for parents and teachers including podcasts, webinars, video modules and the online Life Education Hub. In 2022, we'll also be delivering the new bullying prevention and resilience program for students in Grade 4, Harold's Kind Classrooms (HKC).

We're proud of our ongoing reach and influence and the privileged role we play in giving thousands of children the skills and knowledge they need to thrive now and in the future.

Our vision

Generations of healthy young Queenslanders living to their full potential

Our mission

To empower children and young people to make safer and healthier choices through education

Our patrons



The Honourable Robert Borbidge AO

The Honourable Robert Borbidge AO was the 35th premier of Queensland and served in the State Parliament as Member for Surfers Paradise for more than 20 years.

During this time, he held several senior positions including senior ministries, deputy leader of the Opposition, leader of the Opposition and premier.

Since his resignation from parliament in 2001, he has held numerous board positions in both private and publicly-listed companies.

In 2006 Mr Borbidge was appointed an Officer of the Order of Australia and awarded an honorary doctorate from Griffith University.

He is currently chair of the Board of Advice for the Institute for Glycomics at Griffith University; a member of the Council of Griffith University; and a member of the Board of Trustees of the Friends of Griffith University (incorporated in the USA).

Mr Borbidge is chairman of Life Flight Australia – one of the world's largest not-for-profit aero-medical and rescue providers servicing 75% of Queensland's population with a fleet of 13 helicopters and three jets, operating from eight bases across the state. He is also chair of the Legacy Committee for the Gold Coast Commonwealth Games; chair of Study Gold Coast, a collaborative venture between the region's major universities and education providers and senior counsel for government advisory services group Govstrat.

Mr Borbidge also served on the Independent Distribution Committee for the public appeal for victims of the 2016 Dreamworld tragedy.



Dr Anthony Lynham FRCS Ed.

Dr Lynham is a maxillofacial surgeon devoted to reducing harm in our community.

He served for many years as part of the trauma team at the Royal Brisbane and Women's Hospital. He entered politics in 2014 with the specific aim of reducing the harms of domestic violence, alcohol-fuelled violence and bullying. He served as a senior minister in the Palaszczuk Government. He was directly involved in the implementation of specific legislation to tighten alcohol trading hours that reduced alcohol-fuelled violence by 30% statewide.

There is always more to do, more action to take, but he was proud to take a leading role.

The association with Life Education has been long and productive, as Dr Lynham believes the education of our young in respecting yourself, and therefore respecting others, is the most effective measure we can take.

Associate Professor Lynham is now a clinical director of our nation's leading trauma Institute, the Jamieson Trauma Institute.



From the chairman and chief executive officer: Now is the time!



Peter Morgan

Chairman, Life Education Queensland



Michael Fawsitt

Chief Executive Officer, Life Education Queensland

At Life Education, our desire is for every child to thrive: physically, socially and emotionally.

There's no doubt that when children are empowered with knowledge, skills and strategies to make safe and healthy choices, reinforced through healthy, positive and respectful relationships with parents and carers, peers, teachers and the wider community – the possibilities for our next generation are tremendously exciting.

We all have a role to play in this – so that healthy, resilient children can grow into healthy, resilient adults. That's why we love working with schools, parents and local Queensland communities. We know that our efforts are going to have greater impact when we work together.

Yet the greatest threat to children achieving their full potential as adults are chronic conditions which are the leading cause of illness, death and disability in Australia today.

This includes heart disease, stroke, cancer and type 2 diabetes. We know that much of this is life-style related and therefore preventable. In Queensland in 2018, 37% of all deaths were considered to be premature (7,255 males and 4,310 in females), with 50.9% considered potentially avoidable. That's a tragic loss of potential.

The COVID-19 pandemic has also highlighted the link between chronic disease and increased risk of hospitalisation and death from COVID. Obesity is one risk factor for adverse health outcomes from COVID and we already know the impact that overweight and obesity can have on heart disease and other chronic diseases.

Overweight and obesity alone accounted for the equivalent of 114,400 episodes of care and 305,000 patient days in Queensland hospitals in 2015–16.

Yet, last year, only 68% of children met the recommendation for daily serves of fruit, whilst just 4.6% of children met the recommendation for daily serves of vegetables, and just 46% of children met physical activity recommendations. Overall, 25% of children are overweight or obese.

If this can be addressed, just imagine how much suffering and how many early deaths we can avoid in the future – and what those individuals might achieve in their lives.



Educator Donna Walker teaching students from Annandale State School in the Townsville mobile learning centre.

We have to act now

Through the Healthy Eats program and Life Education's core nutrition modules, we're working with Queensland schools to help create healthier school environments, increasing children's knowledge of, and access to, vegetables and fruit, and supporting parents who have a critical role to play in their child's diet.

We're also working with schools and parents to address issues affecting children's mental wellbeing and healthy relationships. It's a rapidly growing area of need. Statistics on child mental health are lacking in Queensland, but we know that:

- One in seven or 560,000 children in Australia were assessed as having one or more mental disorders in the previous 12 months.
- Eight per cent had a major depressive disorder, highest in girls aged 16-17 years (20%).
- One in 12 adolescents aged 12-17 had self-harmed in the previous 12 months.
- Approximately 25% of school students had experienced bullying at some stage during their schooling, with children with a physical or mental health disorder being twice as likely to have been bullied.

Throughout this annual report, you'll see inspiring examples of changes that parents have witnessed in their children's knowledge, attitudes and behaviour in regards to bullying, relationships, sexual health and mental wellbeing, as well as nutrition, physical activity, smoking, alcohol and cybersafety.



The need is greater than ever, and that's evidenced by the response to our program last financial year. In spite of COVID disruption, we worked alongside approximately 10,000 Queensland teachers to support more than 200,000 Queensland children, with more than 35,000 parents now registered with us to receive ongoing parent support.

Our educators also achieved accreditation to deliver the Triple P – Positive Parenting Program which we are now rolling out in partnership with many schools, and our parent podcasts enable parents to access relevant information on a range of health topics for their children when and where it suits them.

Our Life Education Hub is growing as an online resource hub for classroom teachers, and our first schools have recently achieved all ten benchmarks to enable them to be accredited as 'Healthy Eats' schools – a gold standard in increasing children's consumption of vegetables and fruit at school.

On behalf of the Board and CEO, we would like to thank our dedicated and committed staff. From those working with children in schools each day, to those who support and enable that work to happen, as well as our passionate local volunteer committees in areas of regional Queensland – it's a team effort.

We also express our appreciation to our stakeholders: the 800 schools and preschools who partner with us each year, Queensland Government and Health and Wellbeing Queensland, Primary Health Networks in North Queensland and Central QLD, Wide Bay and Sunshine Coast, and our local Communities for Children partners (Uniting Care, Mission Australia, The Smith Family and Centacare).

Finally, a big thank you to our thousands of donors through our Kids Protect Team, and those who participated in the Healthy Harold Hundred. Your donations are critical to our work, particularly with vulnerable and disadvantaged children.

Preventing future disease and death starts now. It starts with NGOs, with schools, with parents, with government, with organisations, and with donors – all working together to make sure that this generation of children have the best opportunity to thrive.

We can't delay. The more we invest in prevention now, the greater the benefits to Queensland children in the years to come – and throughout their life-time.

***Statistics cited from 'The health of Queenslanders 2020' Report of the Chief Health Officer, Queensland.**

Building healthy, resilient kids is everyone's job



As the saying goes, it takes a village to raise a child. It's an even bigger responsibility to raise a healthy and resilient child.

So what does healthy mean? It's physical, it's social (relationships) and it's emotional (mental health). Children need support in all three areas of health in order to thrive.

We know that children don't just make decisions based on knowledge. They're surrounded by influences that also shape their attitudes and behaviour. Their school, their parents and family, their friends and peer group, and social media, are just some of the factors that affect the choices children make – for better or worse.

So, providing life education to a child isn't something you can do in an hour, or a day, or even in a year – it's an ongoing commitment to supporting and educating children as they grow. That's why at Life Education Queensland we work hand in hand with schools, parents and the wider community, year after year.

Here are just some of the things Life Education does every day to support children's health and wellbeing:



We partner with more than 800 schools and preschools across Queensland.



We deliver curriculum-aligned health education to more than 200,000 children – empowering kids to build awareness, knowledge, confidence, skills and strategies to make healthier and safer choices.



In addition to physical health, our program develops social-emotional skills in young people enabling them to build resilience and the capacity to form and maintain positive, respectful relationships with others, as well as managing bullying or unsafe situations.



We deliver the largest sexual health and relationships education program in Queensland - Talk About It - which supports kids to navigate puberty with a positive self-image.



We support more than 20,000 Aboriginal and Torres Strait Islander students, including those in remote communities like Doomadgee and Weipa.



We provide ongoing support to more than 8,000 classroom teachers, through curriculum-aligned and age and stage-appropriate resources.



We provide the online Life Education Hub that includes regular podcasts, video lessons, articles and other resources to support parents, teachers and students.



Our program is accredited to provide the internationally recognised Triple P – Positive Parenting Program, allowing us to deliver webinars and face-to-face seminars to Queensland parents.

Healthy Eats

We deliver the award-winning Healthy Eats program, a place-based whole school community nutrition program focused on increasing vegetable and fruit consumption in primary-aged children, and now adopted in schools in North Queensland and the southeast.



We're finalising a new program to support children's mental health and relationships. Harold's Kind Classrooms is a five-week teacher-led program which aims to build resilience and peer relationships through positive reinforcement, and it's coming to schools in 2022.

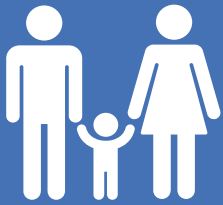


We provide a range of initiatives to support local schools to develop and implement plans and policies to improve the physical health and social-emotional wellbeing of their students, including the placement of regional community development officers who provide more ongoing support to schools, and help them with other community organisations.



ASPIRE - LEARN - ACHIEVE
"Pathways to success"

Key service activities in 2020-21



Life Education Queensland

became accredited to deliver the Triple P - Positive Parenting Program to Queensland parents

Healthy Eats

The award-winning Healthy Eats nutrition program expanded to South East Queensland



9,629 teachers utilised our program



9,965 donors supported our program



813 schools and preschools accessed our program



201,852 students benefited from our program

Our reach in 2020-21



SEQ



Sunshine Coast / Cooloola - 20,820

Moreton Bay - 12,314

Brisbane - 20,784

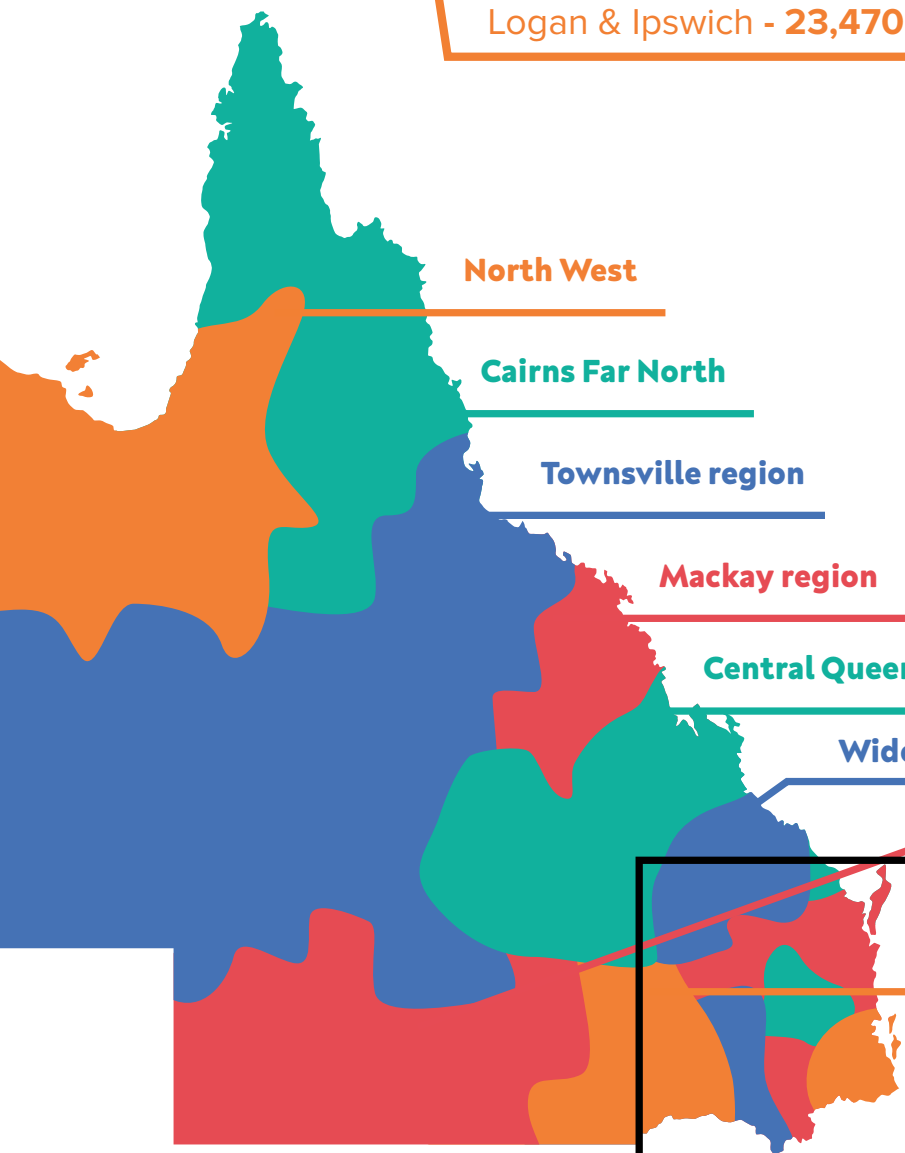
Redlands - 9,139

Gold Coast - 31,004

Logan & Ipswich - 23,470

201,852

children accessed health and wellbeing education.



North West

Cairns Far North

Townsville region

Mackay region

Central Queensland

Wide Bay

South West

Darling Downs

See SEQ Inset

Region

Children & Young People

North West Region	6,486
Cairns and Far North	13,452
Townsville Region	16,631
Mackay Region	12,173
Central Queensland	13,060
Wide Bay/Bundaberg	12,645
Darling Downs	7,662
South West Region	2,212



Health and Drug Education Program

Our program in action across Queensland

Persistence, passion, innovation and impact have been the hallmarks of the Life Education Queensland story over the past 12 months. We've provided health education to 201,852 children from more than 800 schools and preschools in almost every region, town and city across Queensland - an amazing achievement considering the COVID pandemic. In fact, collectively, our educators have travelled more than 160,000 kilometres in the past year, to deliver the program.

At Life Education Queensland, we are blessed with a dedicated team of 30 educators who bring a wealth of experience to their roles as Life Education educators.

With undergraduate and post graduate qualifications in teaching, nutrition and sexual health education, and varied backgrounds in academic research, and even performance, our educators are specialists in their field. Their goal is to make each module or learning session memorable, engaging, empowering, and most importantly, educational.

This year, we recruited and trained five health and drug educators and two new *Talk About It* educators who have taken to their roles with enthusiasm. Here's what teachers had to say about one of our newer team members.

“I just wanted to pass on my thanks and the feedback that I've received regarding Elise and this year's programs. Every teacher has spoken very highly of Elise and said that she was highly engaging, kept the students focused and that the programs she ran were fantastic and on point. They really appreciated her efforts in the van, the content she delivered and the way she kept the students moving. They felt that the students learned a lot from her this year.” - **Head of Curriculum, Woongoolba State School**

Here's what another school had to say about experienced educator Jennifer who's been delivering the Life Education program in her region for almost ten years.

“My thanks for all your efforts in delivering the module, Decisions to my Year 6 class yesterday, and for many years before. The content is so relevant to the maturation of our Year 6 students and their quest for knowledge. Our girls and boys are curious: they see and hear things both in their own homes and out in the community. Having a designated program that delivers the facts, and strategies for dealing with everyday life, is vital for their continued healthy development and for them to grow as informed citizens.

The Life Education program and its teachers continue to deliver high quality, engaging lessons that really resonate with children, and this is something I have witnessed over the many years the van and it's staff have been coming to this school.”

- Year 6 teacher, Nambour State College



Educator Jennifer Rousset has been teaching the Life Education program to children at various Sunshine Coast schools for the past decade.



Educator Jordan, took the Life Education program to outback Queensland this year, reaching remote schools in Urundangi, Dajarra, Winton and Boulia among others.

Lynn's legacy



Long-serving staff member Lynn Reeves was farewelled after 17 years of dedicated service to Life Education Queensland.

There were Harold cakes, tears and tributes when Life Education Queensland farewelled popular staff member Lynn Reeves, who retired in February after an incredible 17 years of dedicated service to the charity.

As school liaison officer, Lynn forged valuable relationships with school principals, teachers and coordinators across Queensland, arranging Life Education visits to hundreds of schools each term. Lynn's talent for remembering names and Life Education history was legendary and she was loved by our educator team for her compassion, wisdom, humour and admiration of their work with children.

Life Education Queensland CEO Michael Fawsitt joined board members, staff and school principals at a farewell night, paying tribute to Lynn's legacy which saw her work in a variety of separate roles and devote her time to fundraising events during her employment.

“Lynn had a remarkable way of building strong, lasting relationships with schools even though she had never met most of the school contacts in person over the 17 years she worked for Life Education,” Mr Fawsitt said.

“Lynn's willingness to go beyond to always find the best solution for all involved, along with her adept scheduling to ensure that no children missed a visit, was an invaluable asset to the School and Community Partnerships team.

“We thank Lynn for her amazing contribution and wish her a very happy and well-deserved retirement with her husband, children and grandchildren.”



Narelle Watkins, one of our specialist team of sexual health educators, presenting the Talk About It Puberty module to students at Birkdale State School.

Talk About It Program

We're excited about the growing demand for our Talk About It personal development program which is designed to help children navigate puberty, sexual health and relationships.

Developed by Life Education Queensland, Talk About It is now the largest sexual health and relationships program delivered in Queensland primary schools, reaching 36,906 students across the state in the past year.

Schools are telling us this content is now a vital part of their curriculum. Our 10 specialist educators deliver the 60 – 90-minute Talk About It curriculum-aligned modules in the classroom with the teacher present, and cover topics including identity, diversity and inclusivity, puberty changes, reproduction, protective behaviours and hygiene, consent, managing peer pressure, and building and maintaining healthy relationships.

Each session incorporates engaging animations, diagrams, resources and support material, reflecting current research and best practice in personal development, sexual health and relationships education.

In a successful collaboration with other states, Life Education Queensland senior educator Lane Norman has provided Talk About It training for educators from Life Education South Australia and continues to support Life Education Victoria with their roll out of the Talk About It program.

Teachers and parents across the state shared this feedback about how the Talk About It program met the needs of young people.

“I hope that the school continues to develop this valuable partnership with you, as I strongly believe in the importance of the programs that you offer, and I am highly impressed by your skills and experience with these sensitive topics. It is great to have support as a parent navigating this.” - Parent

“Lane was excellent delivering the program to our students. She is relatable and makes the students feel comfortable and supported. As a teacher, I also took away some tools that I will use in the classroom, such as five-finger breathing and the meditation exercise the children participated in. I am grateful that my students had the opportunity to be part of this great program. Thank you.” - Teacher



Senior educator Lane Norman teaching the Talk About It program.



Professional development

Due to COVID, we moved our annual conference online, which saw our educators and head office team come together in July, for a virtual conference packed with informative sessions which included:

- a presentation on mindfulness by not-for-profit web and app-based meditation program Smiling Mind
- a drug and health update by Dovetail, a service which provides professional support to workers, services and communities who engage with young people affected by alcohol and other drug use
- an e-cigarettes and vaping update by Life Education Australia Professional Learning Manager Lisa Woodward
- a session on sexuality and diversity by counsellor and clinical sexuality educator Kerrin Bradfield
- training provided by child protection organisation Bravehearts
- young people, sex and the media presentation by academic, author and our own Talk About It educator Dr Anne-Frances Watson
- resource review and activities on nutrition modules and internal presentations by our marketing team.

“Answered lots of questions that students had. Lots of students experiencing periods and puberty for the first time. I could see that students were taking it all in.” - **Teacher**

“The Talk About It Program has met the needs of my students by being relevant and age-appropriate. It helped answer questions and clarified and addressed any possible misconceptions at an early stage.” - **Teacher**

With the Talk About It program team set to expand next year, we're excited about taking the program to even more schools across Queensland.

Educator milestones

We farewelled Janet Connolly who retired after 17 years of dedicated service as an educator in the Gold Coast region, and we also acknowledged service milestones for several staff:

Five years' service:

- Claire Johnson
- Jennifer Hall
- Lane Norman
- Louise Shailer
- Narelle Watkins

Ten years' service:

- Jane Jackson



Students from Bentley Park College in Cairns engaged with their learning in the Life Education mobile learning centre.



Triple P – Positive Parenting Program

Parenting can be a challenge at the best of times. Parenting during a pandemic has tested many families to the limit, with children and teenagers reacting in different ways due to learning disruption and uncertainty.

At Life Education Queensland, our goal is to do more than help children to thrive, we want to support parents too. Research shows that when parents have the strategies and tools they need to parent effectively, their children are more likely to develop the skills they need to do well at school, build friendships, and feel good about themselves.

Life Education Queensland is now accredited to deliver the acclaimed Triple P - Positive Parenting Program to Queensland schools, an exciting new addition to our program, which allows us to give much-needed support to parents and carers.

Accredited educators

Nine of our experienced Life Education Queensland program educators have completed the Triple P Provider Training Course and are skilled to deliver several key seminars, including, Raising Resilient Children, which we are offering to schools, face to face and via popular online webinars.

The Triple P – Positive Parenting Program was developed by the University of Queensland School of Psychology’s Professor Matt Sanders and his team, who saw a need for a large-scale best-practice program to enhance the knowledge, skills and confidence of all parents, regardless of the age of their children, cultural background or level of need.

Now, the program is used in more than 30 countries and is estimated to have helped more than four million parents and their children.

Thanks to decades of rigorous and ongoing scientific research, the Triple P – Positive Parenting Program is regarded as one of the world’s most effective parenting programs. In fact, the United Nations ranks Triple P as the number one parenting program in the world, based on the amount of research and evidence behind the program.

Triple P isn't just one program. In Queensland, parents can do a whole range of free programs, thanks to Queensland Government funding. As well as the seminars, there are group and individual programs, programs for parents of teenagers, and programs for parents of children who have a disability. There's also a new program called Fear-Less Triple P, so parents can help children or teenagers learn new ways to cope with anxiety. Parents can also do some programs completely online, via the Triple P website: www.triplep-parenting.net.au

Sessions for parents

Triple P doesn't tell parents how to parent, rather, it gives parents simple and practical strategies they can adapt to suit their own values, beliefs and needs.

The in-demand Raising Resilient Children session aims to help parents:

- teach children to manage their emotions
- develop children's ability to bounce back from disappointment
- show children how to express strong feelings in a healthy way
- raise children who can deal with stress
- encourage problem-solving and a positive attitude.

Hundreds of parents have attended our Life Education Queensland facilitated Triple P seminars in the past year and feedback has been incredibly positive.

Senior educator with Life Education Queensland, Sue Osmond, said the sessions were about empowering parents to feel more confident and competent to manage day-to-day family life.

"Parents are telling us that having these tools means they are less stressed and have less conflict at home over parenting issues," Mrs Osmond said.

"It's really about giving parents and carers a toolkit that they can adapt to their needs, and then if they want more support, they can access more intensive group courses, individual counselling, and other resources, via the Triple P program."

Take-home messages

Parents can help children learn to:

- recognise, understand and accept feelings
- express feelings in appropriate ways
- develop a positive outlook and coping skills
- deal with negative feelings
- cope with stressful life events

Life Education Queensland senior educator Lisa Barber presenting the Triple P - Positive Parenting Program seminar, Raising Resilient Children.

Parent feedback

Here is what parents had to say after attending the Triple P - Raising Resilient Children seminar.

“It was a fun and informative session. I'm so glad I attended.”

“A great reminder of how to support my child.”

“Thank you again for the amazing course. I found the Raising Resilient Children seminar so helpful and informative. You are amazing at your job, and the seminar was so helpful. It has provided me with some more tools to be an even better parent and I have definitely taken away lots of useful information that will help.”

“It was very helpful! You open my mind to different ways of communicating with my girls.”

“It was great to be reminded to be present for my child.”

Raising resilient children Triple P Seminar Series Seminar 3

Senior Educator Sue Osmond: one of the experienced team of Life Education Queensland educators now accredited to deliver key Triple P - Positive Parenting Program seminars at our partner schools.



Meet our educators

Our 30 dedicated educators deliver the program in schools and preschools throughout Queensland. We asked four educators who recently joined the team, to share their unique workday experiences.



Elise Woodrow Health Educator

I have found a role that perfectly suits my experience and knowledge, but most importantly, overlaps with my ultimate passions in life: health and nutrition, and being part of a community that helps children grow, learn and develop to their full potential. It helps that I'm also quite fond of giraffes!

The laughs, the smiles, the questions, the conversations and comments like, 'Oh, I wish we could stay here for the rest of the day. I want to know more!' are the absolute highlights of my visits to each school.

What's that saying? If you love what you do, you'll never work a day in your life!

"Having the opportunity to empower young minds every day to help children make healthy decisions for a bright, happy and safe future drives me to be the most impactful and engaging educator I can be."

I graduated with a Bachelor of Nutrition degree in 2020 and worked as a primary school teacher aide for eight years. There was no doubt in my mind when I decided to apply for the health and drug educator role at Life Education Queensland.

Dr Anne-Frances Watson Sexual Health Educator

Being a sexual health educator is the perfect job for me - it's my area of expertise, after completing PhD research in sexuality education. I'm passionate about young people having shame-free access to information about their bodies and their health and safety. I'm so proud to be delivering the education I wish I had received when I was at school.

I've had a varied and interesting life – particularly in my younger years – which I feel has provided me with the life experiences to understand what most young people are going through. After many jobs, and a career in academia where I was lecturing in Media and Communications, I now feel like I've found the right fit for me.

My role as a sexual health educator with Life Education sees me teaching students about puberty, sexual health, relationships, identity and body safety in a non-threatening classroom setting. It's so valuable to have a

specialist come into the school to teach these topics because many teachers often didn't get adequate sexuality education themselves, and it can be a bit awkward for them to broach these topics with their students when they might be ill-equipped to start that conversation. Having someone like me come in enables them to feel comfortable continuing that conversation with their students and gives the students someone who they can ask any questions of without fear of embarrassment.

It's so important that young people have access to the right information to support their sexual health education. By equipping them with the knowledge and confidence to make safer and healthier choices, we can help to reduce teen pregnancy and STI infections, as well as empower young people to enjoy safe, healthy and respectful relationships throughout their adult life.



"I love seeing looks of recognition and relief on kids' faces as I'm speaking, when they realise that what they've been experiencing is just a normal part of puberty. And it always feels so lovely and rewarding when a young person comes up to me at the end of a session and thanks me for teaching them about their body and puberty."

Nicola Harwood

Health Educator

I remember how much I enjoyed visiting Life Education when I was a child, and now that I'm an adult, I have come to realise how much my own values align with the organisation's mission.

My first degree was a Bachelor of Social Science and that's when I became interested in health promotion. After studying, I worked in a variety of separate roles including event management and fundraising before eventually deciding to complete my Master of Teaching (Secondary).

I spent 18 months teaching in a high school, but my passion lay in the health education field. When I saw the health educator role at Life Education Queensland, I knew I'd found the right role.

At the end of a session when they are leaving the van, some students go out of their way to thank me personally for teaching them, or they say, 'That was really fun!' That feedback really stays with you.



"The best of part of a day in the van are what I call the 'awe' moments. I love seeing the children's reactions when the lights go off, stars come on and they get excited or when you teach students something they didn't know before and they are really surprised and interested by that information. This is when you can see firsthand just what a significant impact the program has on children."



"I am always getting feedback from teachers that the topics we cover are all so important in their own way. The program isn't about using scare tactics. It's about providing students with all the information they need to understand what a healthy and safe choice will be."

Mariana Roehe Conceicao

Health Educator

I joined Life Education Queensland as an educator in January this year. What I love about being an educator is seeing the students make those new connections and their amazement at what they are learning in the mobile learning centre.

I'm originally from Brazil. I moved to Australia in 2004 to complete a Bachelor of Business and Graduate Diploma of Secondary Teaching and fell in love with Queensland and decided to make the Gold Coast home.

I started teaching in high schools in 2015 and I also teach jazz and contemporary dance.

I love that the Life Education program is so engaging for students. In the van, children get to experience so many different hands-on experiences: educational videos, brain breaks to help them stay focused and let off some extra energy, and games they can participate in.

Then of course, there is Healthy Harold. The magic that revolves around him really helps students be open to receiving the important health messages.

It is rewarding to know that the program we deliver is giving children the knowledge they need about how the body works, hygiene and safety, the importance of healthy eating and exercise and how to safely navigate technology and the online world.

Harold's Kind Classrooms: An exciting new program by Life Education Queensland



Year 4 students from Varsity College were excited their school was the first in Queensland to trial the new Harold's Kind Classrooms program.

According to statistics, one in four Australian children in Years 4 to 9 is bullied every few weeks and one in five children in Year 4 experiences bullying on a weekly basis.

Working with schools to empower children with the social and emotional skills to address these challenges is more important than ever.

It's why Life Education Queensland has developed a new anti-bullying and resilience program for students in Grade 4, called Harold's Kind Classrooms (HKC) with support from Queensland Health's immediate support measures COVID-19 Grant Fund.

Harold's Kind Classrooms is not just another bullying program. It aims to reduce the incidence of bullying by taking a strengths-based approach, using kindness and positive social support as key strategies to motivate behaviour change.

Teacher-led program

The new initiative was piloted at Varsity College primary campus in Term 4, with roll out of the full program due to take place in Term 2, 2022.

Aligned to the Australian National Curriculum, the five-week teacher-led program features a suite of content including five lesson plans, student kindness journals, daily student activities, positive leadership incentives for students and supporting resources for parents.

Social Impact Team Manager Sharon Lansley said HKC was designed to increase students' social-emotional literacy and assist them in making and maintaining positive, healthy friendships.

“The program works by strengthening students' understanding and ability to develop and demonstrate key attributes associated with kindness including empathy and compassion, collaboration, self-awareness and gratitude,” Ms Lansley said.

“By practising and reflecting on these things through a range of program touch points, children gain an understanding of how their positive behaviour choices not only benefit them as individuals but also improve their relationships with their peers.”

Varsity College Wellbeing Coordinator Marita Frazer said teachers and students thoroughly enjoyed the Harold's Kind Classrooms pilot, with students gaining valuable social experiences each day and practising kindness both inside the classroom and in the playground.

“By taking a strengths-based approach, Harold's Kind Classrooms steers clear of discussing negativity, instead focusing on being kind to ourselves and others,” Ms Frazer said.

“Focusing on strengths, teaches children to identify what they can control. This helps in building resilience when friendships change, as they often do in the primary school setting.”



Varsity College Year 4 students will be among the first Queensland children to experience Life Education Queensland's innovative program Harold's Kind Classrooms





B BLOCK

Life

Life
EDUCATION

Healthy Eats program growing a love of fruit and veggies



Ipswich East State School Year 5 students embraced nutrition learning, a healthy tuckshop and a range of fun activities when their school partnered with the Healthy Eats program this year.

Life Education Queensland's trailblazing Healthy Eats nutrition program is proving to be a powerful agent for change in North Queensland school communities and in targeted regions of South East Queensland.

Since piloted in 2019, the award-winning program has been adopted by 37 schools in North Queensland while another 20 schools up north will come onboard next year.

The program expanded to South East Queensland in 2021, with Ipswich East State School, Riverview and Gaven Primary all now embracing the Healthy Eats program.

Life Education Queensland CEO Michael Fawsitt said feedback from Healthy Eats schools showed the program was not only changing mindsets but leading to healthy lifestyle choices as well.

“Healthy Eats is about more than delivering health education; it's really about changing the culture in the school, so that children are more able and more likely to make healthy choices and have greater access to eating vegetables and fruit for a more nutritious diet,” **Mr Fawsitt said.**

“This is a program that is about engaging not only the students but the whole school community as well.”

Response to need

Healthy Eats grew out of concerns that too many children were not meeting the recommended daily intake of fruits and vegetables, with diets consisting of too many discretionary foods high in salt, fat and sugar, including sugar-sweetened drinks.

This is especially a problem in areas where it can be a challenge for communities to access affordable and quality fresh and healthy foods. Poor diet outcomes increase the risk of cardiovascular disease, type 2 diabetes, chronic kidney disease and overweight and obesity.

Healthy Eats aims to boost vegetable and fruit consumption in primary school aged children with a ground-breaking program that works in partnership with school communities across the entire year to bring about lasting change to the school food environment.

Healthy Eats outcomes

The program covers a range of initiatives including:

- a practical and fun classroom nutrition session targeted to Year 5 students that demonstrates that eating well is tasty, easy and enjoyable
- breakfast programs, so that children can start the day with a nutritious meal
- healthy brain food breaks for students and teachers in between classes to help children thrive during the day and encourage healthy habits
- an intra-school vegetable and fruit passport challenge,
- school leadership activities to motivate student peers to make healthy choices
- resources to help schools engage with parents and help them participate in the program
- support for schools to establish thriving and sustainable vegetable gardens so that children can see where food comes from and be part of growing it
- support to make tuckshops Smart Choices compliant and increase the availability of healthy food options in canteens.



Ipswich East State School students learned how to make healthy snacks during their Healthy Eats nutrition session, including this favourite: "ants on a log".

This year, the Healthy Eats program reached a new milestone, with seven North Queensland schools gaining full accreditation status with the program for achieving a 'gold standard' healthy school food environment. [See story on next page].

North Queensland schools meet Healthy Eats gold standard

When it comes to healthy eating, seven North Queensland primary schools have scored a perfect report card.

Julatten and Biboohra State Schools in Mareeba Shire, Wulguru State School in Townsville, Atherton's Jubilee Christian College, Hampden and Bucasia State Schools in the Mackay region and Mossman State School, are now all fully accredited Healthy Eats schools after working to achieve 10 key program benchmarks.

From establishing breakfast programs and thriving vegetable gardens, to daily nutritious 'brain breaks' and tuckshop menu audits, the seven schools have implemented significant changes thanks to their partnership with the Life Education Healthy Eats program, designed to have a long-term positive influence on students' eating habits, health, and wellbeing.

- At **Julatten Primary**, the implementation of the Healthy Eats food policy has given the school a clear framework and standard to work towards around nutrition. As a community-driven school that enjoys cooking together, this framework is supporting the types of food choices encouraged and selected for community events.
- **Biboohra State School** has created an aspirational school fruit and vegetable garden that also includes native Australian varieties. The garden is so abundant, the school regularly makes produce available to families, uses food in class cooking sessions and even runs a fruit and veggie stall at the local markets.
- At **Wulguru State School** the teaching staff found the professional development opportunity beneficial for gaining further knowledge and keeping their healthy eats initiatives going beyond 2021.
- At **Jubilee Christian College**, students have embraced the Healthy Eats student leadership program. The Year 5/6 cohort are enjoying the responsibility of encouraging healthy food choices and take pride in guiding students in younger grades.
- Meanwhile at **Hampden State School**, the student leader group has been proactive, supplying healthy snacks on sports day and for the cross country race. They are also embracing healthy school cook-ups to reinforce that healthy food can be nutritious and tasty.
- And at **Bucasia State School**, the tuckshop has seen the biggest improvement, with the school's canteen now Smart Choices compliant after working closely with QAST and the Healthy Eats team.



Healthy Eats Community Development Officer Kristina Woodberry congratulated student leaders from Julatten Primary School after their school achieved accreditation with the Healthy Eats program.



The amazing fruit and vegetable garden at Biboohra State School, one of seven schools to achieve Healthy Eats accreditation.

Accreditation grant

Each school that achieves full Healthy Eats accreditation earns a Life Education Queensland grant of up to \$1,000 to support the school to focus on initiatives that encourage healthy eating.

Mossman School will put their reward money towards a new dishwasher for the tuckshop, Jubilee Christian College has used the funds for a new barbecue, Julatten State School has created a fund for healthy cook ups and Bucasia State School will invest in garden bed equipment.

Wulguru Primary will use their grant money to help maintain their school garden and create a fund to provide fresh fruit to students on Fridays and Biboohra State School will put their funds toward creating an outdoor kitchen.



Mossman Primary students taste sweet success after their school achieved full accreditation with the Healthy Eats program for meeting a "gold standard" healthy school food environment.

Mossman school's healthy food revolution

When Mossman State School adopted Life Education Queensland's Healthy Eats program, school leaders saw it as an opportunity to achieve a vision for the school and its wider community.

“We were really blessed when Healthy Eats came into our lives because we do look at healthy eating as part of the Australian curriculum and as part of the Education Queensland Smart Choices policy, but Healthy Eats enabled us to bring it all together,” said school principal Randal Smith.

“Healthy Eats came as an external body that looked at the work our school does, and we were able to co-author and co-design a new way of working around food and nutrition. It solidified our improvement vision and helped bring it alive in our school.”

The school, located at the foothills of the beautiful Mossman Gorge on the land of the Eastern Kuku Yalanji people, is proud to be among the first in Queensland to achieve Healthy Eats accreditation.

“Being one of the first schools to achieve Healthy Eats Accreditation in Queensland definitely brings an element of pride, but mostly I feel privileged that we have been able to take our community, our students and our staff on a journey of discovery,” Mr Smith said.

“Our school improvement journey, together with the Healthy Eats program has enabled us to partner with our Aboriginal community in a positive way and help change the eating habits of some of our vulnerable families up at Mossman Gorge and that has been really powerful.”

The school's tuckshop is now 90% green using the Smart Choices traffic light system, after the convenor worked closely with Healthy Eats and the Queensland Association of School Tuckshops to create a healthy new menu that is a hit with families and students.

“This is a tremendous change from where it was before, and the tuckshop is thriving as a result. We've even needed to bring on a new member of staff to keep up with tuckshop demand,” Mr Smith.

Healthy Eats student leaders

The school has also benefited from the hands-on nutrition workshop delivered to Year 5 students as part of the Healthy Eats program.

Zane Lancaster said he had learned that eating healthy helps the body to grow, so you can do more.

“It is important for Mossman to be a Healthy Eats school because not all people get the chance to eat healthy foods,” Zane said.

Thea Wilkie said healthy food choices helped keep her body healthy and enabled her to think better, and Claire Saunders enjoyed the program's leadership opportunities.

“The best thing about being in Healthy Eats was the student leader group, because I got to help other kids learn to eat healthy,” Claire said.

Place-based program

Life Education Queensland Social Impact Manager Sharon Lansley said Mossman Primary was a great example of how the Healthy Eats program empowered schools to co-design a program tailored to individual school needs.

“All school communities are different and therefore have different needs. Working with schools to help them identify their needs and set meaningful, achievable goals is what has really led to the success of the Healthy Eats program,” Ms Lansley said.

“

The Life Education Hub is a great place to get the pre and post resources to assist with our program. There are also lots of extra videos, so if teachers wanted to extend their class, that option is there. And it's really great because it can be accessed any time.

”

Darlene
Bentley Park College – Cairns
Positive Behaviour for Learning Coordinator





LIFE EDUCATION HUB

During the pandemic lockdown in 2020, Life Education Queensland launched the Life Education Hub, an online platform to provide Queensland primary school and preschool teachers with year-round access to health education resources to support their implementation of the health and physical education syllabus in the classroom. This is also important to further enhance and embed the learning from our face-to-face delivery to students.

The Hub means teachers, parents and students have a wealth of valuable health and wellbeing information at their fingertips.

There is a suite of interactive lessons provided to schools to support teachers and facilitate continuity of learning. These resources ensure that the important key messages taught as part of the Life Education program can resonate with students throughout the year.

The Hub also has a range of useful tips for both parents and teachers designed to help children navigate their school journey.

And when parents and teachers register on the Hub, they gain access to the Life Education Podcast. Covering a range of hot topics, the podcasts feature expert guests discussing everything from resilience, mental health and nutrition, to cybersafety and tips to help children handle bullying.



Hub coordinator role

In the past year, Marketing Coordinator Shannon May has taken on responsibility for the Life Education Hub, providing teachers, parents and students with access to a raft of health and wellbeing resources.

This role supports the School and Community Partnerships team, Education team, Social Impact team and other team members, incorporating educational content that drives behavioural change by encouraging utilisation of our vital resources.

Hub key developments

Since May, the Hub has undergone an audit and now includes more content for schools and parents, particularly for the Healthy Eats and Talk About It programs.

More than 5,185 resources have been accessed by Queensland teachers, parents and students via the new platform so far, with that number building each year.

How users have engaged with the Hub:

- **91** schools utilised the Hub
- **5,375** downloads of materials and resources.



There is a wealth of resources that the Life Education Hub offers to teachers and students and the wider community - parents. This is important, because teachers can look at lesson plans prior to the Life Education van visiting. We can then incorporate the program messages into our class lessons beforehand and reinforce students' awareness about the key learnings. There is also information to engage with parents and carers to ensure that they are also supporting the messages at home with their children.



Leah,
Bentley Park College teacher

The Life Education Podcast



As parents, we're faced with so many responsibilities and decisions. Raising children in the 21st century brings added challenges, such as managing screen time, the potential for cyberbullying and concerns about too little downtime. COVID-19 has brought more stresses for families, with many parents telling us their children are feeling more worried than usual.

In fact, a recent survey of more than 6,000 Queensland parents found bullying and cyberbullying, cybersafety and mental health were parents' top health concerns for their children.

Supporting parents to raise happy and healthy children is why we created the Life Education Podcast – a podcast for parents, teachers and carers which covers everything from health, nutrition and emotional resilience to helping kids deal with bullying, cybersafety and anxiety.

From unlocking the keys to happiness to dealing with fussy eaters and exploring why kids need age-appropriate challenges to help them thrive, host Tracey Challenor invited guests to share their wisdom and advice.



Tracey Challenor, Life Education Podcast host

Expert advice

This year's guest line-up featured popular mental health campaigner Hugh van Cuylenburg, founder of The Resilience Project; cybersafety expert and former detective Brett Lee; neuroscientist Professor Selena Bartlett; leading dietitian and author Kate Di Prima and clinical psychologist and media commentator Dr Judith Locke.



Dr Judith Locke

Life Education Queensland ambassador, clinical psychologist and author

In one of two Life Education podcasts, Dr Judith Locke, author of *The Bonsai Child* and *The Bonsai Student* talked about how parents can help children reach their full potential at school.

“A lot of my work involves supporting parents and teachers to build children's confidence and capability,” Dr Locke says.

“I think it's fantastic that Life Education Queensland has created a podcast platform that provides the opportunity to engage with time-poor parents and give them really useful tools and strategies to help support their parenting journey.”

Supporting parents

Life Education Queensland CEO Michael Fawsitt said the podcasts were part of a suite of resources providing invaluable support to parents.

“It's been exciting to produce such an impressive and relevant series of podcasts. As our parent engagement continues to grow, so too are our downloads. It's become a vital part of our work to support children,” Mr Fawsitt said.

A big thanks to our amazing podcast guests, along with Media and PR Manager Tracey Challenor, Marketing and Fundraising Manager Zoe Shearer, Digital Marketer Hannah Smith and Graphic Designer Jelo Ivan Mesina who produce and promote the podcast series.

This year, the podcast achieved 3,000 all-time downloads and 1,249 streams, with new downloads occurring each week.

The Life Education Podcast is available across all popular podcast platforms, via our parent journey, the Life Education Queensland website, the Life Education Hub and on the national Life Education Australia website.



Brett Lee

Cybersafety expert, author and Life Education Queensland ambassador



Professor Selena Bartlett

Neuroscientist, educator, author and mental health advocate



Hugh van Cuylenburg

Mental health campaigner, author and founder of The Resilience Project



Kate Di Prima

Dietitian, author and Life Education Queensland ambassador



Parents Annie and Peter Clay from Townsville say the Life Education program has had a positive impact on their whole family.

Our impact: One Queensland family's Life Education story

Often, the lessons learned in the Life Education van benefit the whole family. That's certainly the case for the Clay family from Townsville who say the program is helping their children to make good life choices.

Mother-of-three Annie Clay can still remember the Life Education program from her own school days.

“I still remember how excited I was when my class visited the Life Education program, and now, my three children are getting to have the same experience, which is magical,” **Mrs Clay says.**

“What I love, is that the program is as relevant now as it was for me when I was in primary school, so I'm so glad it's continued, it's age-appropriate and it's been updated to reflect the world children are growing up in today.”

Mrs Clay says Healthy Harold and the wide range of lessons learned through the Life Education program have a strong influence on her family's healthy choices.

“It's funny, but I will often say to the children in a playful way, 'What would Harold say?' or 'We need to eat our fruit and veggies because Harold says it's good for us.' He's a bit of an icon and the way the program educators engage him to reinforce healthy body and wellbeing messages has a big impact on young people.”



Engaging with children

As a maths tutor, Mrs Clay knows that connecting with children is crucial when trying to impart important knowledge and skills.

“The Life Education program does this really well. My daughter Evie came home from school recently after her class had their Life Education session and she was absolutely bursting with health-related knowledge that she wanted to share.

“Evie told me numerous times about how bad smoking is, and that has initiated family discussions about smoking and other drugs and the repercussions of doing drugs.

“I was impressed when she recalled that cigarettes have 7,000 different chemicals in them and one of the ingredients is even used in toilet cleaner!”

Social and emotional learning

Mrs Clay's older son has benefited from the social and emotional skills he's gained through the Life Education program.

“He is about to become a teenager, so having open communication with him right now especially, when we're about to hit that new phase of life is invaluable,” Mrs Clay says.

“Knowing that we've already built 12 years of open communication about all of these topics – mental health, cybersafety, relationships, personal health, the things that Harold does bring into the picture in the later years, I feel like we're prepared for the teenage years which is good.”

Mrs Clay acknowledges that whilst parents do their best to give children the knowledge and skills they need to thrive, it's powerful to have so many important topics and issues presented by specialist educators in a peer-group setting.

“The education of my children is really one of the most important things in my life, because the education they receive now is setting them up for life, literally. It's so important that we have good information from a trusted source ... and there is so much information out there now, so knowing that it's from somewhere that I trust and that it's being delivered in an exciting way, is just priceless. It's so wonderful.”

What parents say about the Life Education program

Every day, parents from around Queensland share amazing feedback regarding what their children learned with Life Education. It's one of the many ways we can measure the impact of the program and its influence on young people's choices:

Healthy eating

“My daughter is more interested in healthy foods and what she is eating. She is also more independent in packing and organising herself. I've noticed she is more confident in herself as well, and more open with her communication.”

“My son says we have to eat less sugar, and exercise to stay healthy. My plan is, from now on, less sugar snacks in the house and more exercise as a whole family.”

“He has become more of an active child: always playing and running around the backyard instead of being stuck in front of the TV after school. He has tried new fruits, as he was a picky eater, and now tries to eat vegetables.”

Physical health and safety

“Both children have expressed interest in starting some form of physical activity and joining in with my own personal training sessions. He also learned how the digestive system works, that it's important to eat your vegetables, and to exercise, to be healthy.”

“He has been telling me about hazards around the house that are dangerous to kids. He has also been talking about what to do when he feels sad.”

“My six-year-old daughter took in a lot of information from the My Body Matters lesson. She is now aware that if you keep your body safe by making good decisions, your body will live longer.”





Cigarettes, vaping and drugs

- “It has opened up a positive and proactive dialogue between my children and I, in relation to drugs.”
- “She came home and told me she will never smoke because there are more than 7,000 chemicals in a cigarette.”
- “Since his Life Education session, he is always telling people they should never do bad things like drugs, cigarettes and vapes.”

Puberty and relationships

- “They are prepared for when puberty hits and they have a good knowledge about relationships. They have also been encouraged to talk about what's happening and what will happen.”
- “I noticed there were more discussions about life in general - a real sense of maturity. The most important lesson learned was about friendship and surviving puberty.”
- “He's been more comfortable in speaking about his feelings and emotions and puberty in general.”

Social and emotional wellbeing

- “She is taking deep breaths when she is feeling anxious.”
- “I have noticed that she has changed friend groups, and now she is in a healthier friend relationship. She is calmer in the car when I pick her up.”
- “She is far more engaged and aware of authentic friendships. She is having more positive conversations about different friendship groups. She has learned what to do if your friendship breaks down - for example, talk it out with a friend to find out if anything is wrong.”

Cybersafety

- “He has chosen half an hour on the iPad instead of two hours, and without any prompts from me, has chosen to have a healthy diet.”
- “He has listened to your advice, and he said he will protect his brother and his friends if they are being cyberbullied or getting bullied. He will tell Mum or Dad if it was his brother, and if it is his friends, he will tell the teacher. Thank you very much for teaching my child about cyberbullying – it really helped.”
- “He has learned how to be cybersafe. He always asks me before downloading apps and only befriends people he knows in person.”







Students from Musgrave Hill State School shared their anti-bullying messages as part of the inaugural Healthy Harold Hundred fundraising challenge.

Healthy Harold Hundred - 100Ks in May to stamp out bullying

This year, Life Education Queensland launched an exciting new fundraising challenge - the Healthy Harold Hundred.

With a mission to raise funds to help tackle the growing problem of bullying and violence, Queenslanders of all ages were encouraged to sign up for the event and walk, run or ride 100ks over 20 days in May.

From Cooktown and Mt Isa to Bundaberg and the Darling Downs, hundreds of participants laced up their joggers to help support Life Education Queensland's vital respectful relationships and bullying prevention programs. And we couldn't be more grateful for their support.

Life Education Queensland CEO Michael Fawsitt said the response to the inaugural Healthy Harold Hundred had been phenomenal with 1,676 people registering and collectively raising more than \$90,000.

“

It was inspiring to see so many people from across Queensland pledging their support for the event because it's never been more important to shine the spotlight on the issue of bullying and respect,”

Mr Fawsitt said.

“So many participants were willing to share their personal experiences of being bullied at school or in the workplace; stories which only serve to reinforce the importance of Life Education Queensland's programs focusing on respect, empathy, resilience and healthy relationships.

”

Ambassador support

Former Broncos star and Queensland State of Origin legend Justin Hodges joined the media launch of the Healthy Harold Hundred, along with Bribie Island mother and daughter Kate and Lily who were among the first to sign up for the 100ks in May.

As an ambassador for Beyond the Broncos, a mentoring program for Aboriginal and Torres Strait Islander students, Justin was proud to support the Healthy Harold Hundred.

“Bullying can have a huge impact on someone’s life and make going to school very difficult,” **Justin said.**

“Life Education is an iconic program in Queensland schools, and the way they are teaching children about respect both online and face to face is going a long way towards making schools a safe and supportive environment.”

Thanks also to students from Musgrave Hill State School and Southport State School, and our amazing Life Education Queensland ambassadors, parenting expert Dr Justin Coulson and Nine News presenter Eva Milic who joined Harold to front a series of fun videos for the Healthy Harold Hundred campaign.

“We can all imagine how tough it must be for kids who are bullied each day, not only at school, but online,” **Dr Justin Coulson said.**

“The Healthy Harold Hundred is a great way to get fitter with family and friends, but also help raise much-needed funds. There has never been a more important time to teach young people about the importance of respect for self and others.”

The Healthy Harold Hundred will be back, even bigger and better next year. Thank you to the participants, schools and donors who brought their passion and commitment to making the event such a success.



Kate and daughter Lily, 5, joined Healthy Harold and Broncos ambassador Justin Hodges at Suncorp Stadium to help launch the inaugural Healthy Harold Hundred to stamp out bullying.



Life Education Queensland ambassador and parenting expert Dr Justin Coulson supported the inaugural Healthy Harold Hundred challenge.



Life Education Queensland ambassador and Nine News presenter Eva Milic joined the fun to promote the Healthy Harold Hundred.



Proud Kids Protect Team supporters: Kari and Barry from the Gold Coast, and their children.

Kids Protect Team

Life Education Queensland is fortunate to have a community of active supporters who belong to our regular monthly giving program – the Kids Protect Team. Whether they are mums, dads, grandparents, retirees, teachers or business owners, each valued supporter enables our charity’s vision and mission to protect Queensland children through preventative and empowering education.

In the past year, the Kids Protect Team has grown to 9,965 supporters. The support of each donor means we can continue to develop and expand our program so that every child has access to health and safety education, even those in remote and less advantaged parts of Queensland.

Sometimes, our regular givers have fond memories of attending the Life Education program when they were at school and say the important messages that they learned in the van helped shape childhood choices. Many, want the same opportunity for their own children.

We are proud to call these supporters our Life Education Queensland alumni. We spoke to Gold Coast parent Kari about why she joined the Kids Protect Team and asked what the Life Education program means to her family.

How long have you been supporting Life Education Queensland as a regular donor?

I decided to join the Kids Protect Team in September last year. When my daughter was in Prep, she came home from school one day after experiencing her first visit from the Life Education van and was brimming with stories about what she learned with Healthy Harold.

What was it about the program that made you want to contribute?

I think a program that is so committed to helping our children make good decisions is worth supporting. For some children, the lessons that are learned may not be modelled or taught at home, so receiving this education from a specialist external source that comes to their school, is so important.

What are your memories of the Life Education program when you were at school?

Who can forget Healthy Harold? Isn’t it funny how the same message can be delivered to you by your parents, but when it is coming from a puppet giraffe, suddenly you’re all ears!

What feedback have your children shared about the topics covered in the Life Education program?

Since her Life Education visit, my daughter is a lot more aware of health and hygiene. When I ask her what she would like to have for a snack, she will usually make the conscious decision to choose fruit or a healthy alternative and then she will tell me why this is important. You can see by her actions that the message has been received. She will also ask me questions like, ‘Mum, when is my next dentist appointment?’ So, I know she has been listening to what the educator shared via the program. And of course, she couldn’t wait to tell me about the stars on the ceiling of the Life Education van.

As a parent, how does the Life Education program help you to raise happy and resilient children?

During a time when many of us are inadvertently stuck to screens, Life Education facilitates important conversations with our children. It opens dialogue about how we would deal with situations that we may never have considered, let alone encountered. We can’t be with our children 24/7, and hearing from someone other than “mum or dad”, who reinforces what we teach and model at home, is crucial.



Coomera TAFE creative campus students designed a 3D animated Harold as part of a mentoring program with Life Education Queensland. The students are pictured with CEO Michael Fawsitt, Healthy Harold and TAFE Queensland General Manager Gold Coast, Karen Dickinson.

TAFE students bring animated Healthy Harold to life

Just say Healthy Harold and most Australians who went to primary school in the past four decades know you are talking about the nation's most loveable giraffe.

Harold has long been a fixture in the Life Education vans, but in 2020, our popular mascot sprang to life in animated form thanks to an innovative partnership between Life Education Queensland and TAFE Queensland's Coomera creative campus.

A group of talented screen and media students modelled a 3D animation of Harold as part of their final assessment. The result was a delightful, computerised Harold that helps students, teachers and parents navigate our online learning system – the Life Education Hub.

Life Education Queensland Marketing and Fundraising Manager Zoe Shearer said mentoring the students alongside their TAFE lecturer Ben O'Connor, was rewarding.

“To see the skill, passion and talent the TAFE students brought to the Harold animation project was inspiring, and it's great that we have been able to offer them some practical experience in animation design and benefit as a charity too,” Ms Shearer said.

“We were so impressed with the high quality of animation the students delivered. The 3D Harold is bright, fun and engaging and children love it.”



Life Education Queensland Marketing and Fundraising manager Zoe Shearer with Coomera TAFE screen and media students, life-sized Healthy Harold and TAFE Queensland Gold Coast GM Karen Dickinson.



Coomera TAFE students show the creative workings behind the animated version of Healthy Harold.



HEALTHY HAROLD GOES 3D
DESIGNED BY COOMERA TAFE STUDENTS

Valuable experience for students

TAFE student Maddison Davis, 20, said animating an iconic mascot was not only fun but provided valuable work experience.

“To be able to gain experience working with a charity was exciting, and to contribute to something that is so pivotal to the early learning of the younger generations was extremely satisfying,” she said.

“The best part of the project for me was getting to work as a team with my peers and seeing everyone’s hard work come together to create something we can all be proud of.”

Fellow student Roger Jarvis enjoyed putting his interactive digital media learning into practice.

“The skills we learned throughout the course armed us with everything we needed to get the job done. It was really cool knowing that what I did gave Harold personality and life.”

3D Harold unveiled in front of the media

Life-sized Healthy Harold joined Life Education Queensland CEO Michael Fawsitt, the marketing team and TAFE Queensland staff and students, for the unveiling of the new 3D animated Harold which featured on Seven and Nine Gold Coast News.

TAFE Queensland General Manager on the Gold Coast, Karen Dickinson said it was a fantastic collaboration.

“Life Education’s dedication to bringing a number of important topics into our schools is to be commended and it is an absolute joy to see TAFE Queensland’s screen and media students enriching their learning experience by putting their skills into practice on this real-world project,” **Ms Dickinson said.**

“Our students have done an amazing job animating Healthy Harold and I am sure they are proud to leave their mark on such an iconic childhood mascot.”

Our Queensland media impact

We had plenty of good media stories to celebrate throughout the year, from being back in the mobile learning centres after COVID-19, to the ongoing success of the Healthy Eats program and the many inspiring stories Queensland participants shared with us as part of the anti-bullying campaign, the Healthy Harold Hundred. On TV news, radio, in print and online, news of Life Education Queensland's impact was shared across Queensland and Australia.



Broncos Legend Kick-Starts Healthy Harold Hundred

Wed 21 Apr 2021, 04.39 PM

Broncos legend Justin Hodges has teamed up with leading children's charity [Life Education Queensland](#) to kick-start a new fundraising challenge to help stamp out bullying



Budding green thumbs, Peregian Beach College students Olivia Tebbutt, Year 2; Finn Beutel, Year 4; Noah Murray, Year 7 Picture: Iain Curry

School grant to feed Coast bush tucker habitat

TAFE STUDENTS BRING HEALTHY HAROLD TO LIFE



South East State School's Alicia Knox, Penelope Maricic and Jaylyn Mulrow love fruit and veges.

PROGRAM GROWING SCHOOLKIDS' LOVE OF VEGIES

JACKIE SIMMONDS

With less than 5 per cent of kids eating the recommended amount of vegetables, southeast Queensland schools have launched a new nutrition program.

Life Education Queensland created the Healthy Eats program in response to the low number of children getting enough greens.

Planted in north Queensland, the program has now expanded to primary schools in Logan, Ipswich and the Gold Coast.

Life Education Queensland chief executive Michael Fawcett said Healthy Eats aimed to engage the whole school community, including parents, teachers and students to influence healthier food and drink choices.

"We launched Healthy Eats three years ago in 20 north Queensland schools... and the results were amazing. 100 per cent of participating schools said Healthy Eats had made a positive difference and 80 per cent of schools reported a significant improvement in fruit and vegetable consumption," he said. "We are aiming to have a similar impact in southeast Queensland schools, and we're seeking support from the Queensland government to ensure it continues to grow."

South East State School is one of the first schools in the southeast adopting the program. "Eating healthy food actually helps your hair grow and it means our bodies have less chance of suffering stress and disease," Year 5 student Jaylyn Mulrow said.

The North West STAR

APRIL 20, 2021 - 7:30AM

Lace up runners for Healthy Harold Hundred

Your News



North West Queensland residents are being urged to lace up their runners and push their limits for Life Education Queensland's new fundraising challenge - the Healthy Harold Hundred to help stamp out bullying.



Bundaberg Today

BUNDABERG CENTRAL

Home News School students get health boost thanks to grant

School students get health boost thanks to grant

23/10/2020



KATE AND LILY LACE UP FOR THE HEALTHY HAROLD HUNDRED

Brisbane mother and daughter Kate Maricic and Lily are lacing up their runners to take part in Life Education Queensland's fundraising challenge - the Healthy Harold Hundred to help stamp out bullying.



The state-wide event running this year urges Queenslanders to walk, run or ride their way to 100 kilometres in 100 days - that's 10 a day. All funds raised will support the vital work of Life Education Queensland in working

to address in all corners of the state to teach respect, empathy, resilience and healthy relationships. These skills help to prevent bullying as kids are growing up, and help to break the cycle of future violence. With five-year-old daughter Lily starting

Committees



Local community volunteers who bring vast experience, passion and dedication to their roles, run our committees across the regions, supporting Life Education Queensland's mission to reach and empower children across the state. Our thanks to the committee members and our committee educators for their dedication, enthusiasm and professionalism.

Townsville

Mark Purvis

President

Despite the ongoing uncertainty caused by COVID, the committee remains resolute in ensuring our program reaches as many children in the Townsville region as possible.

This year has seen a return to almost normal operations, with some restrictions and two short mask-wearing periods. Our educator Tim left us in March to pursue a career as an at-home Dad to his daughter Hazel. Fortunately, educator Donna Walker, who previously covered the northwest region for Life Education Queensland, came onboard as the region's popular new educator.

In 2021, we delivered the Life Education programs to 60 primary schools across our region including Townsville, Ingham, Charters Towers, Burdekin, Bowen and Collinsville. Our program engaged with 15,350 children throughout the year.

We also delivered to 48 early learning centres and kindergartens reaching 1,249 children.

Based on those figures, our region is one of the largest providers of Life Education programs in Australia – a statistic which makes us immensely proud.

Quota Club of Thuringowa sponsored us to deliver the program at Railway Estate State School contributing \$1,500.

The Rotary Club of Port of Townsville sponsored Townsville South State School this year and have recently agreed to sponsor both Townsville South and Wulguru Primary for the next two years, generously donating \$5,000.

The Rotary Club of Townsville Central pays the registration for the RV each year (\$1,400), and Donna attended a meeting to give members an update on Life Education in the region, Alice River Lions Club donated \$200 (via former committee member Lyn Tarring).

We're also very appreciative of the ongoing funding we receive from Health and Wellbeing Queensland and Communities for Children, which is vital to our work, especially for the most vulnerable and disadvantaged children.

Thanks to our ongoing success, more schools and early learning centres are keen to participate in the Life Education program. As a committee, we continue to stay strongly focused on our core mission to provide opportunities for Life Education to reach every school that wants to engage with the program.



Townsville educator Donna Walker delivering the My Body Matters module to captivated students at Railway Estate State School.



High-tech learning resources are a feature of Central Queensland Life Education's new mobile learning centre. Students at Park Avenue State School, pictured with educator Liz Hills, were among the first in the region to experience the new learning environment.

Central Queensland

Ellen Von Allman
President

The past year has been one of significant growth and accomplishment for the Life Education program and committee in Central Queensland.

In May, we officially opened our new high-tech mobile learning centre which replaced the van that had serviced our region for more than 32 years. The new MLC is a huge boost to the health and wellbeing program and allows us to continue to support and empower more than 10,000 students who participate in the program each year. The \$130,000 project came to fruition thanks to the efforts of our dedicated committee and donations from organisations keen to support our work, including a \$50,000 grant from Vincent Fairfax Family Foundation and \$20,000 in funding from Aurizon.

We are also grateful to Communities for Children, Health and Wellbeing Queensland and local sponsors for their support which enables us to deliver the program throughout Capricornia, Woorabinda, Blackwater and the Central Highlands. Our excellent educators, Liz and Trinity, do an amazing job delivering the core Health and Drug program and the Healthy Harold, Healthy Me program respectively, and regularly receive wonderful feedback from students, teachers and parents. They also promoted Life Education at two major community events throughout the year: Romp in the Park (Under Eights Week) and Beach Day Out (Disability Action Week). Healthy Harold was also a major hit at both events.

This year, Liz was excited to roll out the much-needed Talk About It puberty sessions to more schools in our region. Bookings for the puberty sessions have tripled for 2022 and we are delighted with the increased demand for the program.

We were also excited to welcome several new members to our committee and have a couple of big projects planned for next year. Overall, it has been a successful year, and I'd like to thank our educators and committee members for their dedication to empowering the children of Central Queensland through Life Education.



Central Queensland Life Education educator Liz Hills helped launch the new MLC which will visit more than 50 schools in the region.

Bundaberg volunteer support group

Wendy MacDonald

Volunteer

Our educator, Rebecca, has had a busy and successful year - with her delivery area now taking in the Bundaberg region, coastal areas from Maryborough to Hervey Bay and areas in between.

Healthy Harold made appearances at our regular events including the Bundaberg Regional Council's Flourish Family Fun Day held in July at Boreham Park. He was also a popular attraction at Oceanfest Bundaberg, the event organised by the Rotary Club of Bundaberg Sunrise and held at Bundaberg Port Marina Precinct. During Child Protection Week, we attended Rainbow Day which is co-ordinated by Phoenix House each year and held at the PCYC venue.

Healthy Harold visited St John's Lutheran Primary School where students made a coin donation for their Yellow Day to celebrate Harold's visit. Bundaberg South State School invited Healthy Harold to help celebrate Under Eights week.

Sadly, due to a shortage of volunteers, we will close the office of our Bundaberg Group next year and dissolve the group after 32 years. We wish Life Education Australia, Life Education Queensland, committees around Australia and all the educators and volunteers all the success for the future.

Cooloola-Noosa

Cianna Wright

President

Cooloola-Noosa Life Education Program reached 23 schools this year, including a new secondary school, St Teresa's Catholic College, Noosaville. We are delighted to see an increase in demand for the Life Education program in our district and great recommendations. The committee and educator Niki are happy to see the inclusion of vaping in the secondary program, which has been a major issue in our district.

Thanks to the community owned Cooroy Rag Newspaper for acknowledging our contribution to the area with a donation towards our technology upgrade. We reached 3,230 students in the paper's distribution area this year.

Niki has gone above and beyond to deliver the program to schools in our region, working hard to ensure that every child is engaged in the program. Niki also finished her training for the Triple P - Positive Parenting Program and has already been connecting with families in our district. She is so passionate about her role, and really cares for the students. Niki says that for her, the highlight of the year are the enormous smiles and laughter she gets to witness every day. Thank you, Niki, for all your hard work again this year.

It has been another smooth and successful year for our committee. I want to thank all committee members for their ongoing support of the program and look forward to a successful 2022.



Bundaberg Wide Bay educator Rebecca Jakins with children from Kalkie State School.



Cooloola-Noosa Life Education educator Niki Andrinopoulos (far right) with Peregian Beach College teacher Jenny du Toit and students during a visit to celebrate the school's Life Education Yates Growing Good Gardens Grant.



Moreton Bay sub committee

Larry Burke

President and secretary

The Moreton Bay Sub Committee is incredibly pleased with the continued support for Life Education in our region. In the past year, 21 schools participated in our Life Education programs. A total of 10,003 students attended Life Education, with most sessions delivered by our long-term experienced educator Brigette.

Such strong participation would not have been possible without our committee's sponsorship of disadvantaged schools in the Moreton Bay Region. Moreton Bay Regional Council has again shown its staunch support for Life Education by approving our community grant application. This has enabled our committee to sponsor 11 disadvantaged schools, meaning a further 4,995 students were able to participate in Life Education. Our committee expended a total of \$9,686 in sponsorship during the past year.

In the new year, our subcommittee is determined to continue to promote and further support Life Education in the Moreton Bay Region.

Toowoomba

Grant Daggard

President

This year we managed to visit 37 schools and deliver engaging programs to 6,439 students. This was a tremendous effort coming off the back of COVID, with some schools still reluctant to bring in any incursions.

Toowoomba and the Granite Belt Life Education continues to engage and motivate children to make healthy and safe choices. Educator Jane delivers lessons to a wide variety of children from various ethnic, religious and socio-economic backgrounds. She has worked hard to promote the work of Life Education and build long lasting commitments from schools.

The Toowoomba and the Granite Belt Life Education Committee is continuing to grow, welcoming a range of community members, all with an interest in promoting health in our area.

Unfortunately, we were unable to gain support for our annual major fundraising event, and as a result, will need to investigate other alternatives going forward. We would like to thank Val Peachey, a wonderful community member, for her many years of support, allowing us to be the beneficiary of the takings for her amazing floral garden as part of the exhibition gardens during Toowoomba's Carnival of Flowers. Thanks also to our treasurer Tony Jarroush and secretary Amy Dobson for their incredible contributions over the years. We will soon be welcoming new people to these roles.



Our ambassadors

Life Education Queensland is grateful for the support of government ministers and members of parliament from across the state, as well as councillors in various regions, community leaders and ambassadors. Their support helps drive our vision of helping generations of Queensland children to live a safer and healthier life.

Our ambassadors in parliament include:

Hon Mick de Brenni – Member for Springwood - Minister for Energy, Renewables and Hydrogen and Minister for Public Works and Procurement

Hon Shannon Fentiman – Member for Waterford - Attorney-General and Minister for Justice, Minister for Women and Minister for the Prevention of Domestic and Family Violence

Hon Leeanne Enoch – Member for Algester - Minister for Communities and Housing, Minister for Digital Economy and Minister for the Arts

Hon Di Farmer – Member for Bulimba - Minister for Employment and Small Business and Minister for Training and Skills Development

Hon Meaghan Scanlon – Member for Gaven - Minister for the Environment and the Great Barrier Reef and Minister for Science and Youth Affairs

Hon Mark Bailey – Member for Miller – Minister for Transport and Main Roads

Hon Mark Furner – Member for Ferny Grove - Minister for Agricultural Industry Development and Fisheries and Minister for Rural Communities

Mr David Crisafulli – Member for Broadwater - Leader of the Opposition, Shadow Minister for Tourism, Shadow Minister for Olympics and Paralympics

Mr David Janetzki – Member for Toowoomba South – Deputy Leader of the Opposition, Shadow Treasurer, Shadow Minister for Investment and Trade

Mr Timothy Nicholls - Member for Clayfield - Shadow Attorney-General, Shadow Minister for Justice, Shadow Minister for CBD Activation

Dr Christian Rowan – Member for Moggill – Shadow Minister for Education and Shadow Minister for the Arts

Mr Jarrod Bleijie – Member for Kawana – Shadow Minister for Finance, Industrial Relations, Manager of Opposition Business

Ms Ros Bates – Member for Mudgeeraba - Shadow Minister for Health and Ambulance Services, Medical Research and Women

Mr Steve Minnikin – Member for Chatsworth – Shadow Minister for Transport and Main Roads, Customer Service

Mr John-Paul Langbroek – Member for Surfers Paradise - Shadow Minister for Seniors, Communities and Disability Services, Multiculturalism and Aboriginal and Torres Strait Islander Partnerships

Mrs Julieanne Gilbert – Member for Mackay - Assistant Minister for Health and Regional Health Infrastructure

Mr Joseph Kelly - Member for Greenslopes - Deputy Speaker

Mr Don Brown – Member for Capalaba – Chief Government Whip

Ms Jessica Pugh – Member for Mount Ommaney - Deputy Government Whip

Ms Joan Pease – Member for Lytton – Senior Government Whip

Ms Nikki Boyd – Member for Pine Rivers - Assistant Minister for Local Government

Mrs Brittany Lauga – Member for Keppel - Assistant Minister for Education

Mr Stephen Bennett – Member for Burnett

Mr Trevor Watts – Member for Toowoomba North - Opposition Whip

Mr Linus Power – Member for Logan

Mr Andrew Powell – Member for Glass House

Ms Jennifer Howard – Member for Ipswich

Mr Michael Crandon - Member for Coomera

Mr Jon Krause - Member for Scenic Rim

Dr Mark Robinson - Member for Oodgeroo

Mr Shane King -Member for Kurwongbah

Mr Jim Madden -Member for Ipswich West

Our ambassadors in the Gold Coast City Council include:

Pauline Young Division 12

Bob La Castra Division 8

Glenn Tozer Division 9

We would also like to thank the following for their support:

Mrs Jann Stuckey – former Member for Currumbin

Mrs Jo-Ann Miller – former Member for Bundamba

Sean Choat - former Member for Ipswich West

Seath Holswich - former Member for Pine Rivers

Michael Latter - former Member for Waterford

Freya Ostapovitch - former Member for Stretton

Trevor Ruthenberg - former Member for Kallangur

Anthony Shorten - former Member for Algester

Dale Shuttleworth - former Member for Ferny Grove

Neil Symes - former Member for Lytton

Hon Ian Walker - former Member for Mansfield

Jim Pearce - former Member for Mirani

Sid Cramp - former Member for Gaven

Robert Pyne - former Member for Cairns

Mr Ted Sorenson - former Member for Hervey Bay

Mr Jason Costigan - former Member for Whitsunday

Life Education Queensland ambassadors

Brett Lee

Eva Milic

Jimmy Morrison

Dr Judith Locke

Dr Justin Coulson

Kate Di Prima



Our partners

We acknowledge the support from all our partners.



Major partner



Queensland Health and Health + Wellbeing Queensland

We would like to acknowledge the generous support of our major partners, Queensland Health and Health and Wellbeing Queensland. The support of both the Queensland Government and Health and Wellbeing Queensland has been instrumental in enabling Life Education to expand our services throughout the state, enabling tens of thousands more Queensland children to gain access to vital health education.

Partners



Our governance



Peter Morgan
Chairman

Peter was a founding member of Life Education Queensland's Board and has served continuously ever since. He has worked as a solicitor since 1979 and has been a member of Rotary for more than 30 years. During this time, he was also a member of the finance board of one of the largest church congregations in Australia.



Jack Ray
Vice Chairman

Jack joined the board of Life Education Queensland in 2010. He was born and raised on the Gold Coast where he attended Somerset College. In 2005 he graduated from Bond University with a Bachelor of Business Law degree. Following graduation from university, Jack worked as development manager for the listed Consolidated Properties Group and Trinity Funds Management Group in a role which included the construction management and leasing of several Coles and Woolworths anchored shopping centres. Before becoming executive director of Ray Group in 2009, Jack was Ray Group's director of sales based in both its Mount Hotham and Salt Village, Kingscliff project marketing offices. He holds a commercial helicopter pilot's licence and was the former managing director and chief pilot of Helicopter Services Queensland.



Dr Caroline Salom
Strategic Advisor - mental health & substance use

Caroline is a Principal Research Fellow/Associate Professor in Substance Use & Mental Health at the Institute for Social Science Research, University of Queensland and adjunct Senior Lecturer at the National Drug & Alcohol Research Centre at UNSW. She joined the LEQ Board in February 2016. She has worked in health and medical research for more than 30 years and specifically in the alcohol and drug field for 20 years. Caroline holds a PhD in substance use, mental health, service development and epidemiology, and brings extensive experience in community and school-based health education and prevention.



Brent Kinnane
Treasurer

Brent joined the Life Education Board in March 2021. He is currently the General Manager South West Region for TAFE Queensland and is responsible for the provision of TAFE Queensland services through the Ipswich, Darling Downs and South West regions. He also performs the role of the Executive Sponsor of TAFE Queensland's training delivery to all schools around the state. Brent has 20 years' experience in the Vocational Education and Training Sector and has held a previous role as CEO of Queensland Agricultural Training Colleges and Corporate Services Director at TAFE Queensland. Brent's community roles include board membership with the Brothers Leagues Club Ipswich and the Ipswich Region Chamber of Commerce. He is also the current chair of the Hockey Queensland Men's Masters Committee.



Dr Martin Wullschleger

Martin is the Director of Trauma at Royal Brisbane & Women's Hospital. Prior to that he was clinical director of surgical, anaesthetics and procedural services at Gold Coast Hospital and Health Service. In addition to his clinical commitments, Martin is a passionate leader in surgical education and training and undertakes trauma research. Martin brings broad experience to the board including involvement in prevention programs and professional committees.



Gary Williams
Secretary

Gary joined the board of Life Education Queensland in 2010. He commenced his banking and finance career with NAB in 1985 and more recently has worked with BOQ Specialist assisting medical, dental, and veterinary clients with all forms of finance and investment. Gary has occupied numerous roles in retail, business and private banking in the Gold Coast and Northern New South Wales regions.



Michael Fawsitt
Chief Executive Officer

The Life Education Queensland team is led by chief executive officer, Michael Fawsitt, who has 30 years' experience working in non-profit organisations. Michael was one of four finalists for the 2005 Queenslanders of the Year Awards for his contribution to the alleviation of poverty through his work at World Vision Australia. He has been with Life Education Queensland since 2006, during which time Life Education's reach has doubled to more than 200,000 children and young people each year.

Our team



Community Development Officers

Jaclyn Coffey South East Queensland
Kristina Woodberry North Queensland



Health Educators

Brigette Cavanagh Moreton Bay
Brittany Hinz Central Queensland
Claire Johnson South West
Donna Walker Townsville
Elise Woodrow Gold Coast 2
Elizabeth Hills Central Queensland
Ellen Patane Gladstone
Gemma Ewin Far North Queensland
Jane Jackson Toowoomba
Jennifer Rousset Sunshine Coast
Jordan Kite North West
Lisa Barber Senior Educator
Louise Shailer Mackay
Mariana Roehe Conceicao Gold Coast 1
Michele Tabrett Brisbane
Natalie Hopsick Redlands
Nicola Harwood Ipswich
Niki Andrinopoulos Cooloola Noosa
Rebecca Jakins Bundaberg
Sara Allen Ipswich / Logan
Sue Osmond Senior Educator
Trinity Hoolihan Central Queensland



Sexual Health Educators

Anne-Frances Watson Townsville
Brad Scarrabelotti Gold Coast
Charlotte Fatnowna Mackay
Lane Norman Senior Educator
Megan Stanton Cairns
Narelle Watkins Brisbane
Natalie Nunan Brisbane



Support Office Team

Alana Lacey Social Marketing Coordinator
Andrew Cliff Bookkeeping and Office Manager
Anikka Braid Executive Assistant
Deanne Lugton Human Resources and Operations Manager
Hannah Smith Digital Marketer
Ione Eite Senior Fundraising Officer
Jelo Ivan Mesina Graphic Designer
Jennifer Hall School Liaison Officer
Michael Fawsitt CEO
Michelle Pipino Reporting Officer
Olia Tomlinson Administration Support Officer
Rebecca Batchelor Learning Coordinator
Sarah Pine School & Community Partnerships Manager
Shannon May Marketing Coordinator
Sharon Lansley Social Impact Manager
Suzanne Tyler-Smith Fundraising Support Officer
Tracey Challenor Media and Public Relations Manager
Zoe Shearer Marketing and Fundraising Manager

Our financials

Statement of comprehensive income

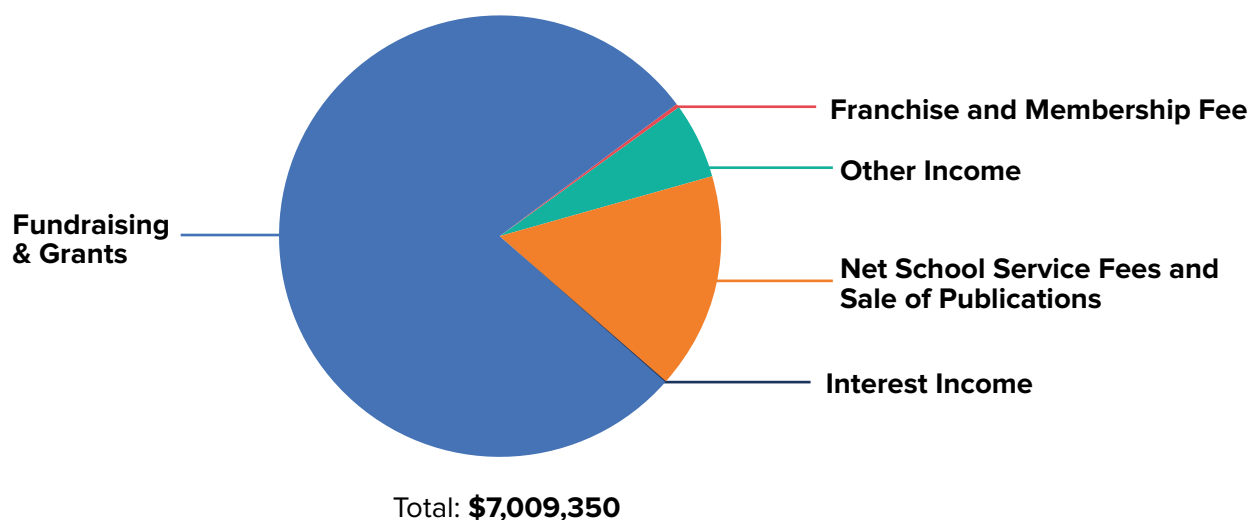
For the year ended 30 June 2021

	2021 \$	2020 \$
Revenue (Note 2)	7,009,350	5,850,470
Expenses		
Fundraising and Community Engagement Expenses	2,019,909	1,313,931
Health Promotion Expenses	3,493,392	3,339,467
General Administration Expenses	1,229,671	1,055,387
Depreciation and Amortisation Expense	108,470	129,681
	6,851,442	5,838,466
Total comprehensive income for the year	157,908	12,004

Note 2

Net School Service Fees and Sale of Publications	1,123,075	788,817
Interest Income	833	14,255
Fundraising & Grants	5,497,147	4,596,485
Franchise and Membership Fee	12,481	28,990
Other Income	375,814	421,923
	7,009,350	5,850,470

Source of funds





What children say

We asked a group of Year 6 students to reflect on how the Life Education program has influenced them during their primary school years. Here are their responses:

“ Visiting you has been extremely enjoyable and educational at the same time. You have given me and my classmates many laughs and joy throughout the years. We love your visits, and truly, the life lessons you taught us. ”

“ I remember when we categorised food into healthy and unhealthy piles and how your words can affect your friends and the people around you. ”

“ You taught me how to be confident and not let other people’s opinions make us sad or feel like we don’t belong. Thank you, Healthy Harold. I really love spending time with you. I will definitely be taking all the great advice with me throughout my years. ”

“ I now know what a healthy relationship is and how to be a good friend. ”

“ What I would take away with me forever is that friendships won’t last long unless you treat your friends the way you would like to be treated, but if you relate, respect and connect to your friends, your friendships will last a long time. ”

“ My future decisions have been influenced by you in so many different forms – like respecting others, connecting with them and relating with them. My future decision of sending my children to Healthy Harold is a definite YES and I will be convincing friends and family to do so as well. ”

“ The lessons from Harold will influence my future in many ways, such as being healthy, good hygiene, and to always be respectful to others, along with how to be safe on the internet and not trust just anyone on it. ”



How you can support us

- ✓ Join the Kids Protect Team
- ✓ Support us by becoming a donor
- ✓ Enter a corporate partnership
- ✓ Engage your school community
- ✓ Leave a gift in your Will



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