

It's easy to make a real difference in the lives of Heartland children by supporting Life Education Trust Heartland Otago Southland.

DIRECT CREDIT

Payment to our bank account:

03-1734-0063638-00

DONATE ONLINE

Scan QR code below to donate. (Stripe fees will be taken off donation amount)



SPONSORSHIP

✉ heartland@lifeeducation.org.nz

We'd love to discuss sponsorship opportunities and the opportunity to tailor a package to your individual or business needs.

THANK YOU



CONTACT US NOW!

heartland@lifeeducation.org.nz

More Information

www.heartland.org.nz

heartland@lifeeducation.org.nz

Life Education Trust Heartland Otago Southland

LIFE
EDUCATION
Learning with Harold



SUPPORT LIFE EDUCATION AND
HELP LEARNING WITH HAROLD



IN YOUR COMMUNITY

We work with schools to provide engaging, interactive health education for children in your community. We are a not-for-profit charity and are not funded by the Government.

The Life Education programme covers a wide range of health topics under five major themes: food and nutrition; body systems; self esteem; social relationships; and substances.

The sessions delivered are flexible to the needs of the individual schools. All lessons are delivered in our purpose built mobile classrooms offering a unique, high tech and modern learning environment for children.



OUR PHILOSOPHY

The underpinning philosophy for all that Life Education does is simple and effective:

1. You are special and unique.
2. The human body is magnificent.
3. Our happy existence on this planet depends on our ability to show respect and kindness to each other.

CREATE A LASTING IMPACT FOR HEARTLAND CHILDREN

You can support our trust in raising the money needed to keep Harold's mobile classrooms on the road.

Over 9,000 children benefit each year from our mobile classrooms, which requires the Trustees to raise approximately \$230,000 per year (approx. \$24 per child).

We ask you to support our work by making a donation, becoming a Harold Club member, or sponsor.

- ♥ \$10 per week will help to deliver Life Education programmes to 22 children per year.
- ♥ \$20 per week will help to support the creation of vital mobile classroom resources each year.
- ♥ \$30 per week will contribute towards towards the provision of qualified, expert Life Education Educators.



WHY WE EXIST

Every day children face challenges impacting their health and wellbeing. The decisions we make as children can dramatically affect how we live our lives in the future - and this is why Life Education Trust Heartland Otago Southland exists.

Through education we help children to understand how decisions they make today can affect their future health and wellbeing.

Growing up isn't easy, with tough issues around obesity, substance use, mental health and wellbeing, and bullying to deal with.

- 23% of young people report significant symptoms of depression, almost double the 13% in 2012. (Youth19 Rangatahi Smart Survey)
- New Zealand has the second highest youth suicide rate in the developed world. (Unicef Innocenti Report Card 2020)
- One in five children feel 'really sad or stressed about things most of the time'. (Life Education Child Survey 2018)
- New Zealand has one of the highest child obesity rates in the OECD, and we know this leads to poor mental health, higher incidences of being a victim of bullying and lower educational achievement. (Unicef Innocenti Report Card 2020)

