



Harold grabs NZ Idol spotlight

Harold the Life Education giraffe is known by children all over New Zealand for teaching them, among other things, that they are unique.

NZ Idol Dominic Bowden, who remembers hearing this from Harold himself, says being on the TV show proves that.

Dominic is supporting the Life Education Trust's Help Harold Help Kids \$3 text campaign.

Harold visited the NZ Idol set and threatened to perform a number for the public — Lamb Chop's Song that doesn't end.

"Fortunately, we were able to divert his attention," Dominic says.

Funds raised by Harold's campaign go towards buying a new mobile classroom so Harold can spread his healthy living messages to more schoolkids.

Last year the mobile classroom visited 25 schools and more than 8000 children, but Harold was unable to reach 15 schools because the demand exceeded the trust's capabilities.

By texting "Help" to 4449, donors will receive Friday, 06 October 2006, p. 6



Helping kids: Dominic Bowden from NZ Idol meets Harold the Life Education Trust mascot.

an invitation to the trust's annual Harold's Big Day Out and are directed to the trust's website to download a free Harold screensaver.

Harold's Big Day Out

will be held at the Ellerslie Racecourse from noon to 4.30pm on Saturday, October 28.

Texts cost \$3 and children should get their parents' permission first.



Lineout weapon for Shield champs

Harold the Giraffe believes in sticking his neck out for Ranfurly Shield champions North Harbour.

The Life Education mascot intends to continue gruelling lineout training from tomorrow in the lead-up to the quarter-finals against Otago.

"The team and I were

really glad to be involved with Life Education Trust," says North Harbour captain Rua Tipoki.

"We support the values the trust promotes to young New Zealanders."

Harold teaches children an interactive and fun way of looking after their bodies, respecting

one another and protecting the environment.

New Zealanders can donate \$3 via text message to Help Harold Help Kids.

The money will expand the programme and fund a second mobile learning capsule.

By texting "HELP" to 4449 donors will be in-

vited to the trust's annual Harold's Big Day Out and directed to the website to download a free Harold screensaver (children, please ask the bill-payer first).

The free family-friendly day will be held at Ellerslie Racecourse from noon to 4.30pm on Saturday, October 28.

Hearty lift: North Harbour rugby players train up one of their more interesting friends for their lineouts.



Thursday, 05 October 2006, p. 7

LIFE EDUCATION | TRUST

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We'll reach our Winning Post when we reach EVERY NZ child from their very first school lessons. Help us get there by being part of Life Education Trust Charity Raceday at Ellerslie in October 2008. LIFE EDUCATION, delivering health based programmes to a quarter of a million kiwi kids www.harold.co.nz Thanks to Ellerslie and their staff for working alongside us over the last 5 years to build a better world for our children.

Contact Chairman Lance Hutchison JP at: lance.kim@xtra.co.nz 2/22 Proford Street, Ponsonby, Auckland 1011. Phone: 021 222 7549. Charities Commission Registered Charity No. CC10964

Mobile classroom brings a lesson on the 'wonder of life'

There were high-fives and handshakes as Harold the giraffe met Waiheke Primary School students last Thursday.

Harold is the mascot who travels with the Life Education Trust's mobile classroom which is visiting the island's three schools over three weeks, beginning with Waiheke Primary.

Tomorrow (Friday) the unit relocates to Donald Bruce Road for a week with Te Huruhi students before the third and final week with Waiheke High School intermediate classes.

Life Education is a charitable trust which visits some 210,000 primary and

intermediate students annually. Its philosophy is to teach children "the wonder of life", capturing young imaginations using sophisticated sight and sound techniques.

"We teach children about the wonder of life, themselves and other people with the aim of showing them how to reach their full potential. It is a totally positive approach," says publicity material.

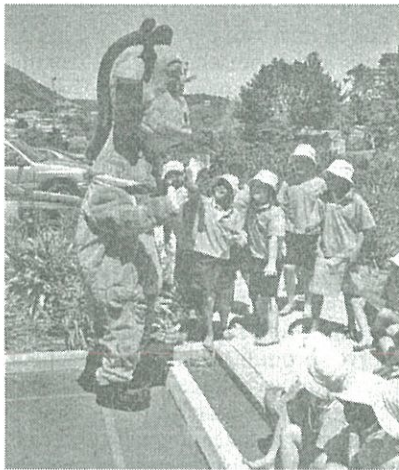
There is a focus on "creating a sensitivity to values which lead to an understanding and appreciation of human life".

The mobile classroom now on the island belongs to the Auckland Central Trust which was formed in 1992 and is one of more than 30 trusts nationwide under the Life Education umbrella.

It is a new unit – the result of several years' of fundraising, including through the Grocery Charity Ball and the trust's numerous other corporate, business and



Harold the giraffe and educator Pip Simonian.



Harold meets Waiheke Primary students after the arrival of the Life Education Trust's mobile classroom at the school last week.

individual sponsors.

Each mobile classroom has its own Harold and an educator – a registered teacher selected for their "x-factor" in engaging with children. •

French Club cruise

The Waiheke Island French Club is kicking off the year off with a cruise to Motuihe and Motutapu on Sunday 2 March.

President Danielle Fillion says the cruise will be open to both members and non-members but places are filling up fast.

The boat leaves Matiatia at 10am for Motutapu where there will be a walk and picnic. At 2pm it departs for Motuihe and swims before returning to Matiatia by 5pm. There will be a bar on board but people need to bring their own picnics.

The cost is \$25 for members, \$30 for non-members (\$15 for children). All bookings must be in advance, phone Danielle 372-6109.

The club's regular programme gets underway the next day with a 7pm film at the Waiheke Cinema, followed by a meeting on

Monday 10 March in the MORRA Hall at 10am. Movies and regular meetings continue on the first and second Mondays of each month respectively.

French language classes, a play reading group and a small library are organised by the club. The programme includes talks, social events and the annual Coq Kivi petanque competition.

For further information phone Ron, 372-8551, or Julie, 372-6466. •

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Help our children LIVE THEIR BEST LIFE



New Zealand schools do a great job teaching children academic and sporting skills, but what about arming them with life skills and positive self-esteem? Often that's left to chance – and that's where the national charity Life Education Trust comes in.

Life Education Trust's mission is to help give young people – through positive health-based education – the knowledge and skills to live a fulfilling and healthy life. With their mascot, lovable Harold the giraffe, Life Education Trust's charismatic educators and volunteers tour schools around the country to teach kids about how to honour themselves as unique, respect their bodies, their environment and each other.

Through an imaginative and compelling learning environment, the Trust shows children how to deal with life's challenges. Without these tools, the result is often social problems associated with poor health,

low self-esteem and abuse of drugs and alcohol. These fun-filled, positive sessions reached 250,000 children in 2009!

HAVE A GREAT DAY O – and help Harold!



Life Education Trust Auckland Central is holding a charity race day:

CORPORATE CHARITY LUNCHEON
on
Saturday, September 25, 2010.

It's been a sell-out before and this year it will be even better! The covered Cuvée lawn at **Ellerslie Racecourse, Auckland** will be extended to accommodate Life Education Trust supporters, who will enjoy trackside thrills, top-class food, full beverage service, live entertainment, prizes and a goodie bag.

All this for \$1200 + GST for a table of 8 (or \$150+GST per person)

Enjoy a fantastic day and support Life Education Trust!

For Bookings, please contact Lance Hutchison, Chairperson
lance.hutchison@asb.co.nz
or phone: 021 2227549

LIFE EDUCATION | TRUST

Auckland Central



TERRIFIC TERENZO!

Triathlon and Ironman champion Terenzo Bozzone is ambassador for the Trust. He says, "While I have been training and racing to achieve my goals, Life Education Trust has been providing the children of



New Zealand with the knowledge that will help them be the best they can be. It's an honour to be an ambassador for this terrific organisation that will mould the future of New Zealand into great people and leaders."

To donate or for more info go to www.harold.co.nz

Health matters most to room 7



By AMY MCGILLIVRAY

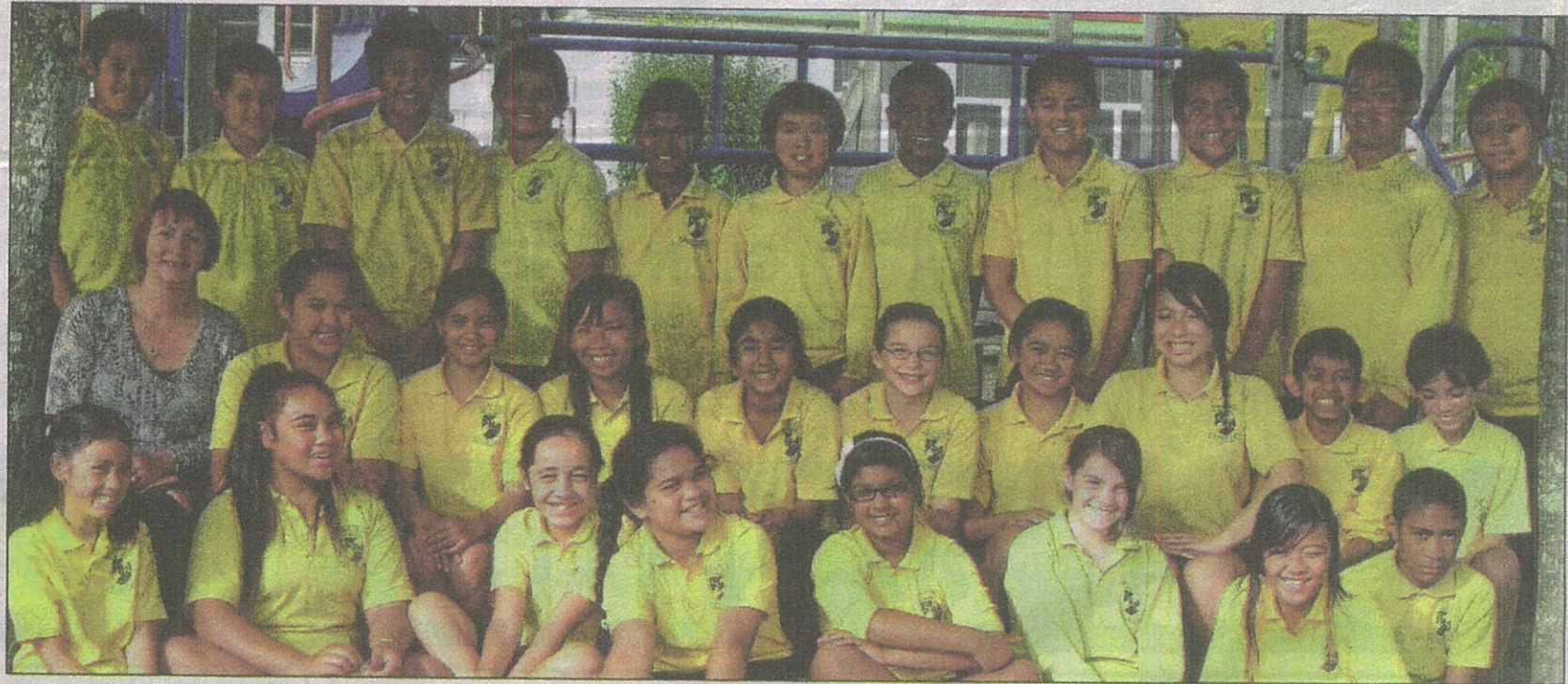
You only get one body and our Class of the Week knows just how important it is to look after it.

In three sessions with the Life Education Bus Stanhope Road School room 7 has learnt about drugs and alcohol, balance and stress.

And the year 7 class is full of fun facts about the body.

The brain feels like an avocado, has as much fluid as a lemon, is interwoven like spaghetti, layered like a cabbage, shaped like a walnut and when spread out would be the size of a pillowcase, they say.

Ishwanka Sharma, 11, was surprised to find out there are 12 major systems in the body – the immune, digestive, nervous, circulatory, respirat-



ory, muscular, urinary, integumentary, skeletal, reproductive, endocrine and excretory systems.

"We've been learning about how amazing our body is and how it deals with what we put in," Andy Singh-Bhangu, 11, says.

Monish Lal, 11, has discovered the liver can only process one standard drink in an hour.

But the students know

there are some things the body is best without.

Cigarettes are one of those things, 11-year-old Yasitha Hewagamage says.

"We learnt that cigarettes have 4000 chemicals and 200 of them can cause cancer."

Yasitha has no desire to take up smoking after seeing photos of the damage it causes.

There are plenty of role models for young people to

look to, Denise Dazo, 11, says.

"We learnt about what all the cool people in New Zealand say about smoking," she says.

Ishwanka says the class knows all about how to look after themselves.

"We have been learning how to keep ourselves safe and how to deal with it in a positive way," she says.

The students are well

informed about the impact of stress but now have ideas about how to cope with it.

"Tell people that you know that you have stress so they can help you," Pelenaise Fonua, 11, says.

■ **Back row:** Junior Ili, Bronson Togiaheulu, Manaia Holani, Monish Lal, Thakshila Pannilage Perera, Patrick Kornvirat, Kelvin Kalua, Andy Singh-Bhangu, James Boaza, Jerico Lara, Joshua

Patlingrao.

Middle row: teacher Claire Russell, Shivahn Moa, Christine Briones, Denise Dazo, Rupali Sharma, Jessica Rayner, Jasmin Rawiri, Kiara Cooper, Yasitha Hewagamage, Aidan Whiteside.

Front row: Kyla Javier, Rose Fale, Sharmian McKenzie, Pelenaise Fonua, Ishwanka Sharma, Ashlee Jameson, Shim Gicole, Max Jackman.

Lecture on



Helping youth succeed in life

Life Education is aimed at building a better life for children but it is the efforts of people like 96-year-old Nancy Thomson that helps the trust do its work.

Nancy is a foundation sponsor of Life Education Auckland Central and is set to become a life member of the "Harold Club" in New Zealand. She was drawn to the trust because she wanted to see young people stay on the right track in life and to show them how to avoid pitfalls.



Miss Nancy Thomson with national chairman Angus Fletcher.

"I may be a very senior citizen but I still take a keen interest in the wellbeing of youth," she says. "When I learnt about Life Education I went along to watch an Auckland Central mobile classroom in action and was very impressed by the sophisticated technology and with the educator's wonderful way with students. Of course, the trust's mascot Harold the giraffe, was a delight."

Miss Thomson says she likes the way Life Education gives children the chance to lead decent lives and teaches them to respect themselves and the values of everyday life,

"Call me old fashioned but I have a strong desire to see children develop in the right way and making them aware of how drugs and alcohol can affect their health and judgments is a start along with all the other aspects of the programme. Supporting a cause like Life Education means I can still do my bit to help."

Although Miss Thompson is in the process of relocating from Auckland to Palmerston North she fully expects to carry on her support of the organisation and is happy it will be used to do some good for the upcoming generation.

She encourages other people to support the Auckland Central Trust's new Help Harold Help Kids campaign, which began on Monday with the launching of a fun, new website www.harold.co.nz.

See the trust's approach first hand at Harold's Big Day Out on October 28 at Ellerslie Racecourse. The annual family event features free rides and entertainment (including the Sizzler ride featured at the Easter Show), races, prizes, and a sausage sizzle. Supporters such as Just Juice and Milo will be there with samples too. Parking is free.

Why not make a family day of it and take a picnic basket and enjoy the festivities with Harold.

Make an automatic \$3 donation to Help Harold Help Kids by texting HELP to 4449. In return you will receive an invitation to Harold's Big Day Out and a free Harold screen-saver.

Contact Lance Hutchison, chairman, Life Education Trust, Ph 448-4066. www.lifeeducation.org.nz or visit www.harold.co.nz

Can be downloaded from
www.midwest.co.nz



■ Lance Hutchison

Remuera manager moves on

WESTPAC Remuera branch manager Lance Hutchison is moving on to a new job.

He will soon take up a new role as area service manager Auckland North West — responsible for service delivery in branches from Kaitaia to Devonport.

However he will remain a Remuera resident and continue in his position as chair of Life Education Trust Auckland Central.

"I have had a fantastic team of bankers at Remuera over the past six years — some of whom are now lead-

ers in various divisions of Westpac," he says.

"With the support of our clients our teams have been very successful in working with the community.

"In the last two years alone \$33,000 has been raised for organisations in our area.

"We've worked with service clubs and schools and the CAB and Remuera Business Association."

Mr Hutchison is also a Justice of the Peace and Marriage Celebrant — areas in which he will continue to work.



■ Students from Dilworth Junior School's Class 7C outside the Life Education Trust mobile classroom. Also in the picture are Chris Blincoe (left rear) Lance Hutchison (chair Life Education Trust Auckland Central, right rear), Nancy Thomson, chair of the Thompson Charitable Trust (centre) and school principal Rex Hooton (right).

Life's lessons in mobile classroom

DILWORTH Junior School in Remuera received a visit from the Life Education Trust classroom under the direction of teacher-facilitator Vicki Shepherd.

Life Education is an ongoing health-based programme that aims to give children the knowledge and skills they need to keep them from harmful situations and substances.

The programme is international non-political and non-religious and applicable to all creeds and cultures and it provides a valuable resource for the Health and Physical Education Curriculum.

During the week each class paid three visits to the mobile classroom where they were exposed to state-of-the-art audio-visual presentations and other information.

The themes covered were: Year 5, "Friends"; Year 6, "Making Choices"; Year 7, "Internal Affairs"; Year 8, "Keeping a Balance."

Harold wraps it up

Matt Monk

The Life Education Trust finishes up its stint on Waiheke this week, with the learning capsule and the Trust's mascot, Harold the giraffe, heading back to the mainland tomorrow.

Along with Harold and the learning capsule also departing will be the trust's educators, who Life Education Trust's Kevin White says have been a wonderful temporary addition to all of the schools.

"The work that the educators have put in has been absolutely brilliant. The children loved it, the educators loved it and the sponsors loved it," he says.

Another thing the sponsors loved was a thank you event held last Sunday, February 24 at The Estate in Church Bay.

Raising money, however, wasn't the main objective of the fundraiser, according to Mr White – it was a way of saying thank you.

"Inviting our guests and sponsors over to the Island was just a way to say thank



Harold entertains children at Sunday's event

you for all of your support," he says.

"When they give you so much and ask for so little in return, inviting them to something special [like the fundraiser] is just us

showing how much we appreciate their help."

The exact amount raised was "somewhere between \$2000 and \$3000," Mr White says.

Mr White says local companies have been wonderful in their help of the trust while it has been on the Island.

With so much help and input from small and big businesses all over Waiheke, Mr White says the aim is to get that learning capsule back over to the rock within 18 months, where it can be used to its full extent again.

"Everyone has enjoyed it," he says. "Even when the kids might see our car with Harold

painted on the sides, they all wave at it. It shows how much fun that the children are having while they're learning, and that's the most important thing."

The royal touch

THE NEW AUCKLAND CUP TROPHY IS ITSELF A PIECE OF NEW ZEALAND RACING HISTORY

After 80 years in storage, the newly named Auckland Cup has been polished to perfection and is now enjoying its current role as New Zealand's ultimate racing trophy.

Gifted in perpetuity to the Auckland Racing Club by Moss Davis in 1928, the Cup was made in 1889 by Queen Victoria's Jeweller of the time, Robert Garrard.

On arrival, the Cup featured in *The New Zealand Herald* where the writer noted it as a "beautiful specimen of the silversmith's art being chased with the Royal Arms, foliage and scroll work. The handles are supported by rams' heads."

The trainer, jockey and owner of the winning horse in the Stella Artois Auckland Cup will each receive a replica of this impressive trophy to keep as a souvenir of their thrilling win.



FREQUENTLY ASKED QUESTIONS AT ELLERSLIE

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We'll reach our Winning Post when we reach EVERY NZ child from their very first schoolsons. Help us get there by being part of Life Education Trust Charity Raceday at Ellerslie in October 2008. LIFE EDITION, delivering health based programmes to a quarter of a million kiwi kids every year www.harold.co.nz. Thanks Ellerslie and their staff for working alongside us over the last 5 years to build a better world for our children.

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Harold makes repeat visit to Waiheke

Matt Monk

Waiheke students are in for a treat this month with the Life Education Trusts newest "learning capsule" mobile classroom hitting the shores tomorrow in its first use.

The trust is known for its learning capsules, where the trust says they take children on an adventure in a mobile classroom that is equipped with sophisticated sight and sound techniques to capture children's imaginations.

Lance Hutchison, Life Education Trust chairperson, says "As a part of our mission to ensure no child is left behind, we're absolutely delighted to advise that Harold and Life Education will be on Waiheke Island for the month of February."

The educators for the trust, who are all registered teachers, work with the trust's mascot – Harold the giraffe. "Harold is known by children all over New Zealand for teaching them that they are unique and special. The tallest of all living creatures, he encourages children to look up and stand tall...not [look] at their boot laces." Mr Hutchison says.

The trust's programmes are in such demand that there are school waiting lists of up to two years in some areas, particularly in Auckland. The trust visited the Island three years ago with the older learning capsule mobile classroom.

"We visit a quarter of a million children annually, have 40 mobile classrooms operating in over 1200 schools from the far north to Invercargill, 50 teachers... all manned by an army of volunteers"



says Mr Hutchison.

With 19 different programmes, over 400 segments and the technology utilised in the mobile classrooms, Mr Hutchison says: "Our main thrust is to build a better world for our children, making them feel comfortable with their identity from their very first lessons."

Mr Hutchison explains that the success of the trust is that they are always invited back to schools. "We are owned by the communities we work in. all our funding comes from local support and sponsorship from individuals, small and big business, local community and church groups, and corporates such as Just Juice and Mainfreight."

The capsule arrives at Kennedy Point on Thursday before heading to Te Huruhi Primary School and then Waiheke Primary in Seaview Road.

The handpicked teachers running the mobile classrooms will be teaching Waiheke Primary, Waiheke High and Te Huruhi all about the Life Education Trust's motto – "There never was, is now, or ever will be another you... You are unique, you are special!"