

EXCITING NEWS!



coram Life Education

Your school has chosen to have a visit from Coram Life Education.

By doing this, your school is recognising the importance of Health and Wellbeing. There is evidence to show that if your child is happy, safe and resilient, they will get the most out of school and achieve the best results they can.

Your child will be able to enjoy Coram Life Education in school

throughout the year as we provide hundreds of activities and lesson ideas that support a whole school approach to behaviour, wellbeing, and achievement, helping all children to be their best.

This complete package is known as SCARF. The core principles of SCARF are Safety, Caring, Achievement, Resilience and Friendship.

Our highly skilled educators provide stimulating and exciting sessions using a wide range of educational techniques and strategies that are designed to:

- Increase a child's sense of personal self-worth
- Encourage positive attitudes towards themselves and their health
- Recognise the risks associated with all drugs, including medicines, tobacco and alcohol

The SCARF resources focus on three main themes devised by the PSHE Association and are linked to the National Curriculum; Health and Wellbeing, Relationships, and Living in the Wider World.



MEETING THE NEEDS OF 5-7 YEARS

Year 1, children learn about keeping the body healthy and safe, with emphasis on:

- Learning about different food groups and a balanced diet
- Caring and friendship and our behaviour towards others
- The safe use of medicines

In addition Year 2, children explore feelings and will:

- Recognise, name and understand different feelings
- Understand that there are different types of bullying and unkind behaviour
- Talk about where to go to get help if feeling bullied



MEETING THE NEEDS OF 7-9 YEARS

In Year 3, children will think in more depth about:

- The brain and the nervous system
- Medicines, cigarettes and alcohol and their risks
- Qualities of friendship

In Year 4, children also explore:

- Why we are all different and unique
- Manage differences through compromise and negotiation
- Understanding that more young people are choosing not to smoke or drink alcohol
- Having choices and consequences
- Friends and their influences



EVIDENCE:

THE LINK BETWEEN PUPIL HEALTH AND WELLBEING AND ATTAINMENT PUBLIC HEALTH ENGLAND, (NOVEMBER 2014)

This report underlines the importance for schools of promoting health and wellbeing as a key part of a school effectiveness strategy, and highlights the importance of a whole school approach.

“Pupils with better health and wellbeing are likely to achieve better academically.”

“The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn.”

bCyberwise:

INTERNET SAFETY

Aimed at 8-11 year olds and parents/carers, these workshops look at staying safe online. Just as we educate children about health and wellbeing, it is also necessary to educate them about health and safety in a digital world. As young people begin to engage with technology, they need knowledge and skills across 3 key areas:

CONTACT - How we keep ourselves and others safe when using the internet, including protecting personal information and not meeting personally with people we have met online.

CONTENT – How we protect our computer, for example keeping our passwords private.

CONDUCT – Being responsible on the internet and treating others online as you would like to be treated. This includes thinking about the impact of cyberbullying and the impact of nasty or embarrassing photos or videos.

TIME FOR CHANGE:

GROWING UP AND MOVING ON AT PUBERTY

It is essential that children are taught about puberty before they experience it to ensure their physical, emotional and learning needs are met, and that they have the correct information about how to take care of their bodies and keep themselves safe.

The NHS advice states that It's completely normal for puberty to begin at any point from the ages of 8 to 14. Therefore, ideally, Year 5 would be the latest time in a school that this should be taught. Coram Life Education support schools in managing this sensitive and important subject.

Sessions delivered to groups of boys and girls separately in line with best practice in PSHE teaching.

Activities are specifically designed to promote participation and active learning to ensure the children feel safe and secure.

CONTACT CALL 01995 600064

Life Education Centre for Lancashire, 65 Church Street, Garstang PR3 1YA

E-MAIL: lancs@lifeeducation.plus.com

Registered Charity No. 1058867

Coram Life Education, Coram Community Campus
41 Brunswick Square, London WC1N 1AZ

www.coramlifeeducation.org.uk

