

Dear Parents and Carers,

The Coram Life Education & SCARF team will be visiting our school this term with their pop-up, inflatable classroom – **LifeSpace!**



Part of the Coram children's charity group, Coram Life Education provides support for health and wellbeing education in schools. Workshops are delivered by skilled educators and the **SCARF** resource is the framework of our PSHE (Personal, Social, Health & Economic) education curriculum.

### **Workshops**

The upcoming visit will be focused on [Health and Wellbeing](#). These fun, interactive and age-appropriate workshops help children to understand the importance of physical and emotional health; they learn vital life-skills that are also known to help their overall achievement.

- Early Years and Key Stage 1: children learn about keeping their bodies healthy, managing feelings, being a good friend and the safe use of medicines.

- Key Stage 2: children explore emotional needs, choices that can affect health and wellbeing, qualities of friendship and how to cope with bullying the influence of friends. They also consider the effects and risks with the use of drugs, including medicines, alcohol and tobacco as well as an understanding of how few people in their age group actually use non-medical drugs – this is social norms education.

We will be holding a **WORKSHOP FOR COMMUNITY ADULTS** (parents, carers, etc) from 2:45pm- 3:15pm on Monday 9<sup>th</sup> September. This is a chance for you to experience and discuss some key elements of the programmes that the children will take part in during the visit. You must **sign up for this session** at the school office. If you can have younger children or babies looked after for the time, that is best, but don't let childcare concerns stop you coming – little ones are welcome.

If you are not able to come to the workshop, there will be a **Meet the Educator drop-in** session at the end of the day from 3:15pm on Monday 9<sup>th</sup> September. Pop in to say hello and speak to the Educator, have a look around LifeSpace and you might even meet Harold the Giraffe if he's not too busy with his homework! You can come to the drop-in with children, but we ask that children not come on their own during this time.

### **Wider PSHE education and SCARF**

Over 45,000 teachers across the UK are now subscribers – here are some reasons why we have chosen this resource:

- SCARF provides a whole-school approach to building the essential foundations for children to achieve their best, academically and socially
- Supports learning across all ages
- Timetabled lessons to support mental health & wellbeing
- Covers all the DfE statutory requirements for Relationships and Health Education
- Regularly updated online curriculum
- Supports our school in meeting Ofsted's expectations
- UK's leading charity provider – not for profit

## **SCARF at Home**

Find out how the SCARF values of Safety, Caring, Achievement, Resilience, Friendship can help your child to be their best, both at school and at home. Choose from our [menu of family activities and support](#) to find out more about building positive relationships and helping your child be a confident learner.

Kind Regards

Mrs Cain  
Assistant Headteacher  
PSHE Lead