



For parents and carers of children in Pre-School, Reception and years 1-4

The Coram Life Education & SCARF team will be visiting our school on Tuesday 21st and Wednesday 22nd April to deliver health and wellbeing workshops to all classes from pre-school to year 4.

The children's charity Coram Life Education provides Health and Wellbeing Education support to schools. Workshops are delivered by skilled educators and the SCARF resource is the framework of our PSHE (Personal, Social, Health & Economic) education curriculum.

Workshops - LifeBase

The 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, how to cope with bullying and the influence of friends. They also consider the effects and risks of drug use, including medicines, alcohol and tobacco as well as learning about how few people in their age group actually use non-medical drugs - this is social norms education.

If you would like to find out more about Coram Life Education & SCARF you can use the following link:

<https://www.coramscarf.org.uk/family-scarf>

Thank you

Mrs Walpole(PSHE lead)