



Dear parents and carers,  
The Coram Life Education & SCARF team will be visiting our school on Tuesday 20<sup>th</sup> and Wednesday 21<sup>st</sup> May.

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.

### **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 essential foundations – crucial for children to achieve their best, academically and socially
- Supports learning across all ages
- Timetabled lessons to support mental health & wellbeing
- Covers all the new 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

Click [here](#) to find out more about Coram Life Education & SCARF