



Life Education

Wessex & Thames Valley

Helping children make healthy choices

2 Barnes Croft
Coles Lane
Milborne St Andrew
Blandford Forum
DT11 0LG

01258 837417
enquiries@lifeeducationwessex.org.uk
www.lifeeducationwessex.org.uk

Patrons:
Susan Hampshire OBE
Tracy Edwards MBE
Martin Baker QPM
Erin Kennedy OBE

President:
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Vice Presidents:
David Foot
Diana Sale

Chairman:
Gary Hepburn

Vice Chairman:
Andrew Lovell

Company Secretary:
Paul Petrides

July 2025

Re: Educator/s for Oxfordshire & Hampshire

Thank you for showing an interest in becoming an Educator for Life Education Wessex & Thames Valley. We have pleasure in attaching an information pack including:

- Advert
- Job description
- Data Protection Privacy Notice and Letter
- Application form (a word doc version is also available to download)
- Details of workshops

The closing date for applications is **Wednesday 24th September**. Applications by email are preferred. If you are short listed, you will be notified in the first instance by telephone. Please ensure you give us a contact number on which you can be reached around the time of the closing date.

Life Education Wessex & Thames Valley (LEW&TV) is an independent and self-supporting Delivery Partner of an international and national organisation. Across the UK Coram Life Education Delivery Partners delivered health and well-being workshops to over 500,000 children last year and over 50,000 teachers subscribe to the online SCARF resources. For more information about our workshops and SCARF visit <https://www.coramlifeeducation.org.uk>

A registered charity, LEW&TV started its journey in Dorset in 1990 with one Educator. During the last 35 years, through voluntary contributions and the generous support of the community, it has grown considerably. We now have a team of Educators, a fundraising and office support team, nine Trustees and a growing network of volunteers and supporters. Public, private and voluntary sector partners include representatives from Local Authorities and the Health Sector. For more information visit <https://www.lifeeducationwessex.org.uk/>

Last year we delivered Life Education workshops to over 74,000 children in 400+ schools across, Devon, Dorset, Cornwall, Hampshire, Somerset and the Thames Valley and a further 43,000 children in 230 schools have access to the SCARF resources.

We require an Educator or Educators to cover the schools we visit in the Oxfordshire and Hampshire area. Workshops are delivered in school classrooms or LifeSpace, our unique inflatable classrooms. We plan timetables well ahead and ensure that travel is kept to a minimum. However, there may sometimes be a need to travel to any area, and occasionally this could be at a moment's notice in the case of sudden sickness. It is important therefore that post holders have a flexible approach and can adapt quickly to changes in circumstances.

Successful candidates will be required, where necessary, to set-up and pack away the LifeSpace (inflatable classroom), which will involve transporting 2 large bags with wheels weighing up to 21kg each.

Training for a Life Education Educator is an intensive 10-week, full-time course during term time. The training will take place as close to home as possible, but there may be times when training away from home will be unavoidable. It is a demanding course, and applicants must be confident they can commit to this course.

LEW&TV will pay a training grant of an average of £1,750 per month (pro-rata) during training and all out-of-pocket expenses in line with the current expense policy.

Due to the initial costs incurred in training, all new Educator employees will be required to sign a Training Agreement which outlines the level of fees to be repaid should the Educator not remain employed with LEW&TV for one year following the successful completion of training.

We would like to take this opportunity to thank you for your interest in our work helping young children to make healthy choices and stay safe; we do hope that you will want to apply for the post.

If you have any further queries and/or would like an informal chat about the post, please contact Educator Manager, Julia Ship on 07909 938609 (julia@lifeeducationwessex.org.uk) or me on 07917 445227 (jeanette@lifeeducationwessex.org.uk).

Yours sincerely

A handwritten signature in black ink, appearing to read 'JAMcPhail', with a stylized flourish at the end.

Jeanette McPhail
Chief Executive
jeanette@lifeeducationwessex.org.uk
Mobile: 07917 445227

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Life Education
Wessex & Thames Valley

Educator/s

Geographical area/region: Oxfordshire & Hampshire

Salary range: £25,300 - £32,500 (pro-rata)

Hours: 2, 3 or 4 days per week, permanent, part-time term time only

Life Education Wessex & Thames Valley (LEW&TV) is a Delivery Partner of the national charity Coram Life Education that supports schools' Wellbeing and PSHE education, including Relationships and Sex Education.

A rare opportunity to join our team of Educators in the delivery of a range of specialised Health & Wellbeing workshops in primary schools throughout the Oxfordshire and Hampshire area.

The workshops, which utilise dynamic teaching strategies (including drama) and resources, are part of a framework of a fully developed whole-school approach to behaviour, safety and achievement. This includes a comprehensive online PSHE scheme of work (SCARF), to support schools' PSHE and wellbeing education for children aged 3 – 11.

We require active, outgoing and enthusiastic individuals to deliver workshops and manage this work, travelling to schools throughout the region. You will have:

- primary-age teaching qualifications/experience (or equivalent), knowledge, and proven skills in Wellbeing and PSHE
- confidence and ability to work closely with teachers to ensure they fully embed our work within their wider provision.
- ability and willingness to undertake induction training (10 weeks, full-time) and ongoing periodic training outside the region.
- awareness of/commitment to, equal opportunities principles and practice.
- flexible approach as days worked each week may vary.
- ability and willingness to travel to schools throughout Oxfordshire, Hampshire and surrounding counties at the times necessary, including early starts.

Successful candidates will be required to set-up and pack away LifeSpace (inflatable classroom), which will involve transporting 2 large bags with wheels (up to 21kg each).

Successful candidates will be subject to an enhanced DBS check. Applicants must have eligibility to work in the UK and a full UK driving licence.

Visit <https://www.lifeeducationwessex.org.uk/join-us> for full application/information pack.

Closing date **Wednesday 24th September**. Interviews **Thursday 2nd October 2025**.

More information www.lifeeducationwessex.org.uk & www.coramlifeeducation.org.uk

Charity Number: 1071094



Life Education
Wessex & Thames Valley

Educator Job Description

Job Title:	Educator
Reporting to:	Educator Manager
Salary Range:	Scale 1/2 - £25,300 - £32,500 (pro-rata)
Work Pattern:	Term time only, average of 2, 3 or 4 days per week
Contact Type:	Permanent

Life Education Wessex & Thames Valley is a Delivery Partner of Coram Life Education

Purpose of the role:

To support schools' provision of wellbeing education, through an effective, planned programme encompassing PSHE (including drugs and RSE) education through a structured series of age-appropriate education programmes and resources (SCARF).

The programmes and SCARF are designed to develop children's knowledge, skills and attitudes in relation to their physical and emotional health and wellbeing and will support schools in achieving health and wellbeing outcomes for primary aged children, including National Curriculum, PSHE and Ofsted requirements in relation to these (in particular SMSC).

Workshops are delivered face-to-face, at the children's school, nursery (or other educational establishment), at times using LifeSpace (inflatable classroom).

Job Context:

The role of the Educator is as the main delivery resource of the Coram Life Education (CLE) programmes (including SCARF). The programmes seek to develop children and young people's awareness of the physiological and psychological challenges facing them as they mature. They provide a range of interactive teaching strategies, including drama and puppetry (for which full training will be given), and activities to develop pupils' knowledge, skills and personal attitudes about health, including the misuse of drugs (including medicines, alcohol and tobacco) and relationship and sex education, and the choices they have in relation to these.

Where a school contracts the service, it is the responsibility of the Educator to ensure:

- Full integration of the visit by ensuring that contracting schools are fully prepared to receive and maximise the benefit from the service through effective planning, scheduling and timetabling.
- Briefing of managers and thorough preparation work with teachers prior to the visit.
- Working to ensure that the programme is integrated into schools' existing provision for PSHE.

Face-to-face workshops use specially designed visual aids, models and interactive, positive teaching strategies that will encourage interest and build decision making and critical thinking skills amongst the class of children in relation to a range of issues.

Workshops last between 30 and 90 minutes, according to age, and are delivered to class groups, usually of no more than 30 children. There are separate workshops for each of the age groups between 3 and 11 years old.

Workshops are delivered on school premises either in class or using LifeSpace (inflatable classroom) and interactive equipment. The Educator is responsible for setting-up and packing away the LifeSpace (which will involve transporting 2 large bags with wheels weighing up to 21kg each) and for its maintenance and security whilst on the site.

The Educator is required to actively promote the Life Education service to potential new schools and/or other relevant organisations.

Educators receive a ten-week, full-time training programme on all aspects of the role including technical and presentational issues. NOTE: Part or all of this training may have to take place out of the successful candidate's area, depending on availability of a suitable trainer. Training may also take place online.

Main Duties & Responsibilities:

1. Deliver Coram Life Education (CLE) programmes and training to a high level of competence (as defined by recognised best practice) to children and staff.
2. Ensure that schools contracting the service are fully prepared to receive and maximise the benefit from the service, through effective planning, scheduling, timetabling and thorough preparation work with teachers.
3. Ensure that school staff are fully equipped to integrate SCARF (including the CLE programmes) into their existing provision for children's mental health, wellbeing, safeguarding and PSHE education by delivering whole-staff training.
4. Ensure that parents/carers are given an opportunity to become aware of the content and purpose of the CLE programmes to enable them to support children in the implementation of their learning from the CLE programmes.
5. Ensure CLEbase and any other relevant Life Education Wessex & Thames Valley (LEW&TV) databases/records are kept up-to-date. Regularly check and respond to email and telephone communications.
6. Promote SCARF (and wider offer as available) with confidence and creativity. Set up SCARF licences for new schools/subscribers, monitor activity and initiate proactive follow-up termly.
7. Secure opportunities to promote our work at professional events, cluster meetings, twilights etc. Undertake activities as required by LEW&TV/CLE to support the awareness and uptake of the service by schools and other responsible bodies, and fundraising.
8. Ensure and promote the consistent use of recommended systems for evaluating and monitoring programmes, SCARF activity and customer relationship management. Respond to requests by LEW&TV and/or CLE for evidence and trends.
9. Undertake ongoing professional development (including CLE CPD events) to ensure fully conversant with developments/changes in children's mental health, wellbeing, safeguarding & PSHE education and their impact on the strategies and policies of CLE & LEW&TV.
10. Where trained and requested to do so by CLE & LEW&TV, contribute to delivery of Educator induction/CPD, and curriculum resource development.

11. Organise and manage, as required, the booking of school visits in the local area and work as an integral part of the LEW&TV business development team.
12. Undertake additional responsibilities and tasks as appropriate/required in addition to teaching in schools. This will vary according to the time of year; individual skill sets and projects LEW&TV may have in hand. Adaptability and flexibility are essential.
13. Ensure at all times, and have as a priority, the health and safety of children and adults in relation to the safe operating practices of all LEW&TV equipment, including LifeSpace (including siting, equipment, appropriate online methods and safeguarding).
14. Recognise and challenge all forms of discrimination and prejudice in the workplace.
15. Treat everyone with respect, dignity and fairness and acknowledge and celebrate diversity.
16. Maintain an awareness of your own and others' health and safety and comply with the LEW&TV & CLE Health & Safety policy and procedures.
17. Maintain confidentiality of information and comply with all requirements related to the Data Protection Act/General Data Protection Regulations (GDPR).
18. This job description is not exhaustive and may be reviewed from time to time and amended by mutual arrangement.

Overview of terms and conditions

1. All Educators must undergo and pass the intensive 10-week, full-time training course before being qualified to deliver the CLE programmes.
2. Any appointment will be provisional until successful and satisfactory completion of the training as an Educator for Life Education.
3. A Training Fee and expenses to be agreed will be paid in equal monthly sums from commencement of training to commencement of a full contract.
4. Salary is according to the LEW&TV Salary Scale One/Two for Educators and is negotiable within the scales according to skills and experience. Salaries are reviewed annually on April 1st. It is the policy of LEW&TV to take into account the salary guidelines published annually by the CLE national office.
5. A probationary period of at least 6 – 9 months will follow the successful completion of training.
6. The normal area of work will be at schools as close to home as possible. From time to time travelling distances to schools, meetings or training may be necessary.
7. Hours of work will average out over the course of the year to between 15 and 30 hours per week Monday to Friday, during term time; exact days will depend on school bookings. This is a professional post, and a degree of flexibility and adaptability will be required.
8. Occasional overtime at the end of the normal working day or during holidays would attract no special payment. Should circumstance arise where there is a need to work significant additional hours, payment for working these hours would be agreed in advance. Such payments would be made at basic rate irrespective of when the hours were undertaken. Alternatively, time off in lieu may be awarded at the discretion of the Line Manager.
9. This is a term time post, and all holidays should be taken outside of the 195 working days. Full payment for holidays is included in the annual salary.
10. Pension: Eligible employees will join the auto enrolment pension scheme.
11. Travel will be in your own car for which LEW&TV will pay mileage according to current policy. Reasonable travelling time is additional to normal hours of work.

Person Specification - Educator Scale One/Two

Qualifications	Essential	Desirable
PGCE/ B.Ed or equivalent higher education qualification (1)		Y
PSHE or Health Education qualification or certificate		Y
Possession of full driving licence and access to own transport (or alternative means of travelling throughout the area covered)	Y	
Knowledge & Experience		
Demonstrable or significant experience of working with children within an educational setting	Y	
Knowledge of PSHE education and related issues	Y	
Understanding of schools, the operating environment & decision-making structures	Y	
Experience of theatre-in-education or drama with children and young people		Y
Support or training for mental health or wellbeing with young people		Y
Experience of presenting information to adults in formal/informal settings		Y
Experience of classroom management/positive behaviour management techniques		Y
Experience of wellbeing techniques eg yoga, mindfulness, mental health first aid		Y
Skills		
Presentation skills	Y	
Effective Communicator with both adults and children	Y	
Proven ability in administrative/workload/time management	Y	
Evidence of ability to work on own initiative and as part of a team	Y	
IT literate: Use of data management systems, email communications, confidence to deliver programmes using platforms (Zoom/Teams) and support schools in the process.	Y	
Confidence to promote the Coram Life Education offer and make effective use of contacts and network opportunities	Y	
Behaviours & Values		
Ability to relate well/with positive attitude to children	Y	
Confident and proactive	Y	
Self-starter – able to work effectively with minimum supervision	Y	
Interest in and awareness of physical and mental wellbeing issues		Y
Awareness of and commitment to equal opportunities principles and practice	Y	

(1) Consideration is given to those without a teaching qualification only in exceptional circumstances, where the applicant has demonstrated equivalent experience, knowledge, and skills. The skills and confidence to relate to teachers and have empathy with the challenges they face cannot be over-emphasised as we strive to provide a service that is relevant to their needs.



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President:
Sir John Evans QPM DL

Vice Presidents:
David Foot
Diana Sale

Chairman:
Gary Hepburn

Vice Chairman:
Andrew Lovell

Company Secretary:
Paul Petrides

July 2025

PRIVATE & CONFIDENTIAL

Data Protection Privacy Notice

I enclose a data protection privacy notice. Please read the notice carefully and keep it in a safe place as it contains important information about:

- who collects personal information about you;
- which information we collect and how and why we do so;
- how we use the information and who we may share it with;
- where we may hold your personal information;
- how long we keep your information.

We are sending you this notice to make sure we comply with legislation governing data protection, known as the General Data Protection Regulation or 'GDPR' and the legislation proposed in the Data Protection Bill.

Please do not hesitate to contact our Data Protection Officer who will be pleased to help with any queries you might have.

Yours faithfully

Jeanette McPhail
Chief Executive
Life Education Wessex & Thames Valley

Data Protection Privacy Notice (Recruitment)

This notice explains what personal data (information) we will hold about you, how we collect it, and how we will use and may share information about you during the application process. We are required to notify you of this information, under data protection legislation. Please ensure that you read this notice (sometimes referred to as a 'privacy notice') and any other similar notice we may provide to you from time to time when we collect or process personal information about you.

Who collects the information

Life Education Wessex trading as Life Education Wessex & Thames Valley ('Company') is a 'data controller' and gathers and uses certain information about you. This information is also shared with Coram Life Education and so, in this notice, references to 'we' or 'us' mean the Company and our group companies.

Data protection principles

We will comply with the data protection principles when gathering and using personal information, as set out in our Data Protection Policy.

About the information we collect and hold

What information

We may collect the following information up to and including the shortlisting stage of the recruitment process:

- Your name and contact details (ie address, home and mobile phone numbers, email address);
- Date of birth (optional), National Insurance Number, Driving Licence (including endorsements);
- Details of your academic and/or qualifications, experience, employment history (including job titles, salary and working hours) and interests;
- Your racial or ethnic origin, sex and sexual orientation, religious or similar beliefs;
- Information regarding your criminal record;
- Details of your referees.

We may collect the following information after the shortlisting stage, and before making a final decision to recruit:

- Information about your previous academic and/or employment history, including details of any conduct, grievance or performance issues, appraisals, time and attendance, from references obtained about you from previous employers and/or education providers ☐.
- Information regarding your academic and/or professional qualifications ☐.
- Information regarding your criminal record, in criminal records certificates (CRCs) and enhanced criminal records certificates (ECRCs) ☐.
- Your nationality and immigration status and information from related documents, such as your passport or other identification and immigration information ☐.
- A copy of your driving licence ☐.
- Health Questionnaire ☐.

You may be required (by law or in order to enter into your contract of employment) to provide the categories of information marked '☐' above to us to enable us to verify your right to work and suitability for the position.

How we collect the information

We may collect this information from you, your referees (details of whom you will have provided), your education provider, the relevant professional body, the Disclosure and Barring Service (DBS), the Home Office.

Why we collect the information and how we use it

We will typically collect and use this information for the following purposes (other purposes that may also apply are explained in our Data Protection Policy):

- to take steps to enter into a contract;
- for compliance with a legal obligation (e.g. our obligation to check that you are eligible to work in the United Kingdom);
- for the performance of a task carried out in the public interest; and
- for the purposes of our legitimate interests, but only if these are not overridden by your interests, rights or freedoms.

We seek to ensure that our information collection and processing is always proportionate. We will notify you of any changes to information we collect or to the purposes for which we collect and process it.

How we may share the information

We may also need to share some of the above categories of personal information with other parties, such as HR consultants and professional advisers. Usually, information will be anonymised but this may not always be possible. The recipient of the information will be bound by confidentiality obligations. We may also be required to share some personal information to comply with the law.

Further details on how we handle sensitive personal information and information relating to criminal convictions and offences are set out in our Data Protection Policy available on request.

Where information may be held

Information may be held at our offices and those of our group companies, and third party agencies, service providers, representatives and agents as described above.

How long we keep your information

We keep the personal information that we obtain about you during the recruitment process for no longer than is necessary for the purposes for which it is processed. How long we keep your information will depend on whether your application is successful and you become employed by us, the nature of the information concerned and the purposes for which it is processed.

We will keep recruitment information (including interview notes) for no longer than is reasonable, taking into account the limitation periods for potential claims such as race or sex discrimination (as extended to take account of early conciliation), after which they will be destroyed. If there is a clear business reason for keeping recruitment records for longer than the recruitment period, we may do so but will first consider whether the records can be pseudonymised, and the longer period for which they will be kept.

If your application is successful, we will keep only the recruitment information that is necessary in relation to your employment.

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Life Education

Wessex & Thames Valley

Application form: Educator

PRIVATE AND CONFIDENTIAL

Ref. No: _____

Please return this form to: Jeanette McPhail

Applications by email preferred. Send to jeanette@lifeeducationwessex.org.uk & julia@lifeeducationwessex.org.uk. Hard copies should be marked private and confidential and sent to Life Education Wessex & Thames Valley, 2 Barnes Croft, Coles Lane, Milborne St Andrew, Blandford, Dorset, DT11 0LG. You may, if you wish, attach a CV. If you wish to supply any additional information to support your application not covered by the form, please do so in a covering letter.

Surname	Forename(s)	Title
Address		
Postcode		
Email		
Date of Birth (optional)	Telephone Number (daytime)	
NI No.	Telephone Number (evening)	
Current driving licence? Yes/No Expiry Date:	Details of Endorsements	
Are there any restrictions on you taking up employment in the UK? Yes ☐ (please provide details) No ☐		
When would you be able to start training?		

EDUCATION HISTORY

Schools	Qualifications gained
Colleges/Universities	Qualifications gained

Other training
Details of membership of professional or technical institutions or societies

OTHER EMPLOYMENT

Please note any other employment you would continue with if you were successful in obtaining this position
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EMPLOYMENT HISTORY (Complete in full, most recent first and use a separate sheet if necessary)

DATES FROM - TO	NAME AND ADDRESS OF EMPLOYER	JOB TITLE AND BRIEF DESCRIPTION OF DUTIES	RATE OF PAY	REASON FOR LEAVING

EXPERIENCE

Please give details of experience and any other relevant factors eg voluntary work or leisure time activities that would help us in considering your application

LEISURE

Please note here your leisure interests, sports and hobbies, other pastimes etc

REFERENCES

Please provide details of two professional referees who know you well enough to provide information relating to your suitability to the post. One of them must be your present or most recent employer. If you are a student, please give an academic referee.

1. Name: Position: Organisation: Address: Postcode: Tel No: Email: May we approach prior to interview? Yes/No	2. Name: Position: Organisation: Address: Postcode: Tel No: Email: May we approach prior to interview? Yes/No
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Please use this section or insert a typed sheet of your own to answer the following question and tell us about the skills, experience and qualities you would bring to the post.

“Having read the job description and information on Life Education, I am confident I would be a good Educator because...”

CAUTIONS, REHABILITATION AND CRIMINAL RECORDS

Because of the nature of the work for which you are applying, this post is exempt from the provisions of Section 4(2) of the Rehabilitation of Offenders Act 1974 and subsequent up-dates, by virtue of the Exceptions Order 1975, which means that convictions that are spent under the terms of the Rehabilitation of Offenders Act 1974 **must be disclosed**, and will be taken into account in deciding whether to make an appointment. Any information will be completely confidential and will be considered only in relation to this application.

In addition **you are required** to submit to a Disclosure & Barring Service check. Any standard or enhanced disclosure made by the DBS will remain strictly confidential.

Have you ever been convicted in a Court of Law and/or cautioned in respect of any offence? YES/NO (delete as required)

If YES, please give details

SPECIAL REQUIREMENTS

Because this position involves the care of children and/or vulnerable adults employment is dependent on the following:

- 1) Your written consent to obtaining an enhanced disclosure certificate from the Disclosure & Barring Service or an approved umbrella body.
- 2) Such disclosure being acceptable to the company.
- 3) Proof of identity - birth or marriage certificate (where appropriate) and passport (if available).
- 4) Two satisfactory written references.
- 5) That you will supply a photograph of yourself for retention in your records.
- 6) Evidence of physical or mental suitability for your work.

DECLARATION (Please read this carefully before signing this application)

1. I confirm that the above information is complete and correct and that any untrue or misleading information will give my employer the right to terminate any employment contract offered.
2. I agree that the organisation reserves the right to require me to undergo a medical examination. (Should we require further information and wish to contact your doctor with a view to obtaining a medical report, the law requires us to inform you of our intention and obtain your permission prior to contacting your doctor). I agree that this information will be retained in my personnel file during employment and for up to six years thereafter and understand that information will be processed in accordance with the Data Protection Act.
3. I agree that should I be successful in this application, I will, if required, apply to the Disclosure & Barring Service for an enhanced disclosure. I understand that should I fail to do so, or should the disclosure not be to the satisfaction of the organisation any offer of employment may be withdrawn or my employment terminated.

Name of applicant (please print)

Signed:

Date:

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Helping children make healthy choices



Life Education
Wessex & Thames Valley

"All sorts of medical research now shows that what you start with in life is very important and that influence and environment is crucial. Education for children at an early age is vital, to help them adopt the right healthy habits, so that their health later on is going to be as good as possible. That's why I think the work of Life Education is so important"

Professor Lord Robert Winston

100% of staff agreed that the workshops were well delivered and would recommend us to other schools

The children's charity, Life Education Wessex & Thames Valley* (LEW&TV), is a Delivery Partner of the UK's leading health, drug and emotional wellbeing education programme, Coram Life Education. Working with schools, parents/carers and the local community, we help to effectively communicate healthy lifestyle messages and empower children with the knowledge, skills and self-confidence to make positive healthy decisions and stay safe.



We offer a whole-school approach to improving children's wellbeing and progress based on the core values of **Safety Caring Achievement Resilience Friendship** and developed with the knowledge that improving children's health and wellbeing improves their academic attainment.

SCARF is a one-stop, comprehensive Personal, Social, Health Education (PSHE) programme for ages 3 – 11 including Relationships Education and online safety programmes. The interactive and flexible online resources, which are fully aligned with the National Curriculum and designed to support Ofsted and safeguarding requirements, include lesson plans, activities and teaching and learning films, and are offered at no extra cost to schools when booking a Life Education visit.

The following workshops complement the SCARF curriculum and are delivered by our highly skilled Educators in the school classroom, in LifeSpace (inflatable classroom) or virtually (SCARF Live online).

Health & Wellbeing including Drug Prevention Education workshops for Nursery to Year 6

With the use of drama and role play, group discussions and a little magic, we deliver a series of 8 fun and memorable, age appropriate workshops for Nursery to Year 6. Sessions feature the much loved Harold the Giraffe and friends who help the children explore emotions and wellbeing. We discover the wonders of the human body and help children to make life long healthy choices. These workshops also include a staff briefing and parents session (see overleaf for details of each year group workshop).

Mental Wellbeing workshops for Reception to Year 6

Building on the foundations of our online SCARF resources and led by expert educators, these 7 workshops provide children with the skills and positive mental attitudes they need in order to be resilient and bounce back from setbacks.

Using our tried and tested teaching and learning approaches, these new workshops give pupils a voice, help them feel empowered and enable them to identify and articulate their needs and feelings. In turn, these key skills help them develop the behaviours that support positive health behaviours.

Online Behaviour Workshops for Years 5 & 6

There is mounting evidence of the risks to children's mental and physical wellbeing caused by their growing online activity - in particular, their use of smartphones. Needs-analysis we conducted with teachers demonstrates a huge demand for support in helping children to develop more responsible and respectful online behaviours, and to manage the amount of time they spend online, in turn, helping them to maintain a healthy, balanced lifestyle.

Relationships Education for Years 3, 4, 5 & 6

These workshops incorporate puberty lessons and helps schools meet their SMSC development, safeguarding, and emotional wellbeing requirements. Workshops can be tailored to the specific needs of the school, and include parent and staff briefings.



SCARF Live Online - see separate flyer for more details

Children love these fun, memorable, innovative and exciting online workshops - delivered via Zoom - focusing on emotional health and wellbeing.

Health & Wellbeing including Drug Prevention Education

Taking Care of Myself

Age: 3-4 years – Nursery

30 minutes

Outcomes include, health eating, diet, sleep & exercise and exploring their first day at Nursery.

All About Me

Age: 4-5 years – Reception

45 minutes

Children find out how their bodies work, the importance of hygiene, food, sleep & exercise and the safe use of medicines is introduced. Harold visits his Grandparents house and the children help him with his feeling lonely.

My Wonderful Body

Age: 5-6 years – Year 1

60 minutes

Children find out about keeping their bodies healthy and safe. They explore the need for a healthy balanced lifestyle & discuss the safe use of medicines. Harold's friends Kiki and Derek are introduced providing opportunities to explore the importance of kind friendships.

Feelings

Age: 6-7 years – Year 2 60 minutes

Children further explore the way their bodies work and medicine safety. They consider causes of different emotions and explore the management of feelings. Through helping Harold and his friends they identify ways of dealing with situations involving teasing and bullying.



Meet the Brain

Age: 7-8 years – Year 3

60 minutes

Children learn about brain power. They look at help & harm for the body and consider the effects of some drugs like nicotine & alcohol. Qualities of friendship and skills needed to be effective in relationships with peers are explored.



It's Great to Be Me

Age: 8-9 years – Year 4

75 minutes

Body systems are explored to look at how energy is delivered to the body. Children discuss issues concerning the safe use of medicines and develop an understanding of some of the key risks and effects of smoking and drinking alcohol. They explore friendships and peer influence; recognising the importance for individuals to make their own decisions and take responsibility for their own safety and behaviour.



Friends

Age: 9-10 years – Year 5

75 minutes

Children explore physical and emotional needs, recognising that these change according to circumstance. They discuss ways of categorising drugs and develop critical thinking skills in relation to smoking, alcohol and medicines. They consider risks associated with smoking and alcohol and emphasis is placed on the fact that most young people do not take these risks. They explore the influence of friends on decision making and identify and rehearse assertiveness skills.

Decisions

Age: 10-11 years – Year 6

75 minutes

Children review their knowledge about the body and explore emotional needs. Basic laws on drugs are discussed and they develop critical thinking skills in relation to legal/illegal drug use including tobacco, alcohol, cannabis and solvents. They explore behaviour patterns within peer groups, risks in relation to alcohol and identify strategies for managing these risks. They identify activities which are popular among young people that are less risky than recreational drug use.

Schools contribute roughly 70% of the actual cost of the Life Education visit. The balance is subsidised through fundraising and community donations.

For more information...

Visit www.lifeeducationwessex.org.uk

Email enquiries@lifeeducationwessex.org.uk

Call 01258 837417

Mental Wellbeing

Bouncing Back

Age: 4-5 years – Reception

45 minutes

Children learn the 'superpower' of resilience and help Harold who is feeling fed up! They learn ways to tackle problems and different feelings to bounce back.

Taking care of our Feelings

Age: 5-6 years – Year 1

60 minutes

In this workshop, Harold has a heavy bag of uncomfortable feelings and he's struggling to cope with them. With help from the children, Harold looks at each of the different feelings and explores a variety of ways to cope or self-regulate.

Gratitude

Age: 6-7 years – Year 2

60 minutes

Children explore gratitude towards one another and themselves helping Harold with his 'Grateful Box' which is linked to nature and strategies for self-regulation.

Acceptance

Age: 7-8 years – Year 3

60 minutes

Children explore the concept of accepting what we can and can't control and managing our feelings at such times. They also think about how they can accept themselves as they are and how they might be able to change things so that they can be their best.

Protecting myself body & mind

Age: 8-9 years – Year 4

60 minutes

During this workshop, we explore how actions and thoughts can trigger the release of hormones and chemical in our bodies that can affect how we feel both physically and mentally.

The Brain - Calming a busy mind

Age: 9-10 years – Year 5

75 minutes

This workshop focuses on the human brain, how stress can affect what we do and how to manage that stress. We discuss how the same situation can cause different reactions for different people.

Going for Goals

Age: 10 - 11 years - Year 6

75 minutes

Children consider how different factors may influence the steps needed to reach their goals. We think about how well known people overcame hurdles and how knowing this may help us when facing difficulties in our own lives.