



Coram Life Education

**Evaluation of Coram Life Education in
Wessex and Thames Valley**

September 2024 – July 2025

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1 Summary

Life Education Wessex & Thames Valley helps children in Cornwall, Devon, Somerset, Dorset, Hampshire, Isle of Wight, Berkshire, Buckinghamshire, Oxfordshire and East Swindon make healthy choices. We are a recognised Delivery Partner of Coram Life Education, the UK's leading relationships, health, wellbeing and drugs education programme.

Coram Life Education and its Delivery Partners reach more than 600,000 children every year in over 2,300 schools, teaching life skills through fun, interactive and age-specific activities. Over 50,000 teachers subscribe to our online 'SCARF' resources, supporting their year-round PSHE provision.

Coram Life Education helps children make healthy choices by working with schools to support and contribute to their existing provision for PSHE, including children's health and well-being, behaviour and safety. This report presents the findings of an online questionnaire-based evaluation for the Coram Life Education programme based in the **Life Education Wessex & Thames Valley** area. It presents findings from data collected between September 2024 and July 2025 inclusive. **345 members of school staff** took part in the online evaluation during this period.

2 Background

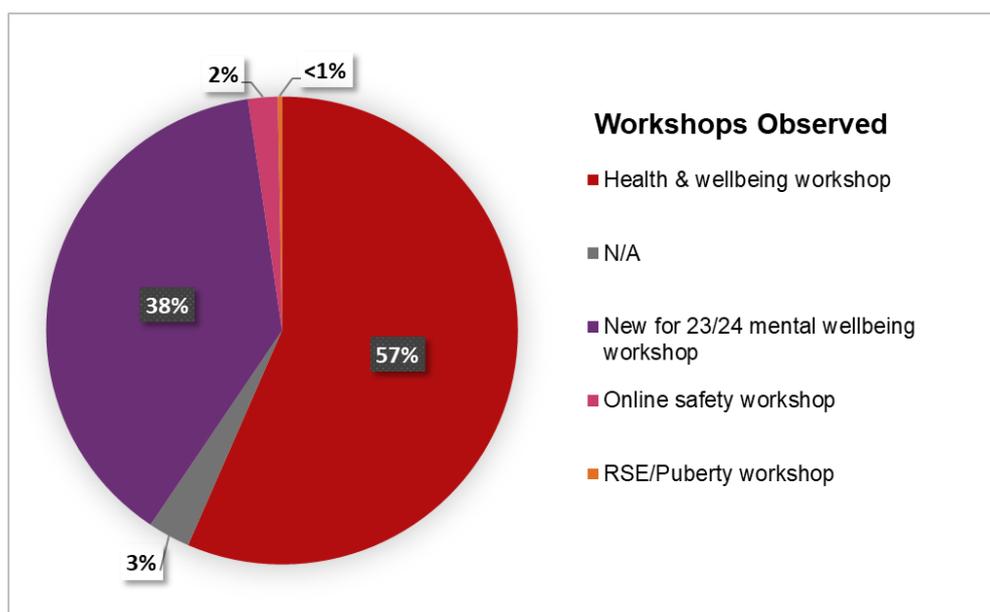
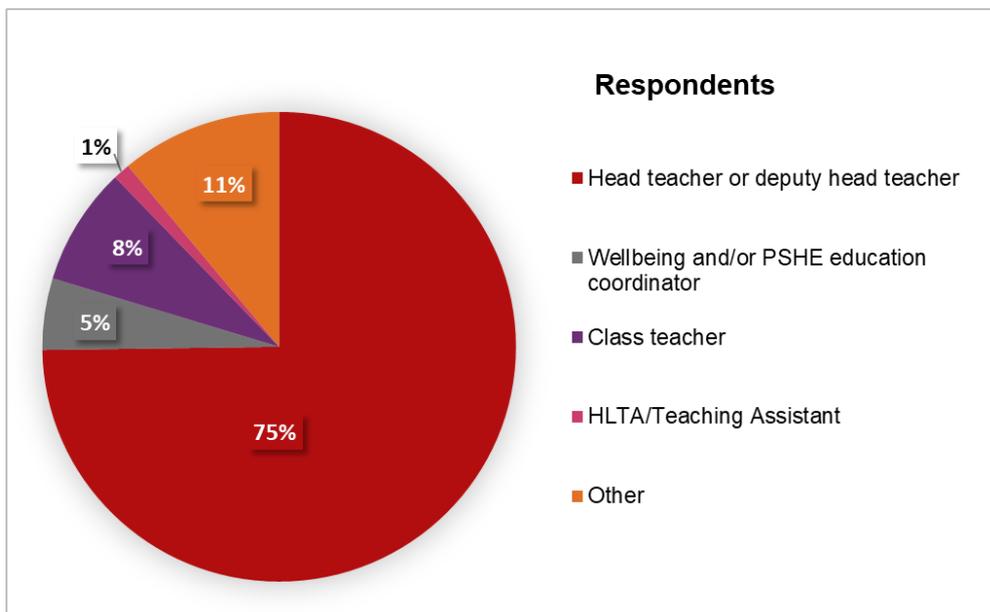
Coram Life Education contributes to the PSHE curriculum. Coram Life Education educators visit children using our inflatable Life Space classrooms, in their own classrooms (LifeBase) or via online workshops (SCARF Live Online), and facilitate sessions working towards key learning outcomes, which are individual to each age group. Educators use a life-skills approach, designed to increase children's knowledge, develop skills and confidence, explore attitudes and clarify values. These three inter-related strands work together to support children in making informed health choices. Coram Life Education provides a number of different workshops to suit the needs of different schools and children, in discussion with the school (*see references for Coram Life Education's Programme Overviews and Learning Outcomes*). In addition to educator-led workshops, 'SCARF' online resources provide teachers with a year-round framework of lesson plans, planning and assessment tools to embed and enhance wellbeing across the school.

Coram Life Education workshops are strongly evidence-based, and the organisation supports schools in meeting the DfE statutory requirements for Relationships Education, Relationships and Sex Education (RSE) and Health Education, as well as helping schools to meet key criteria of the Ofsted Inspection Framework. Coram Life Education has been delivered within Wessex and Thames Valley for over 30 years.

Coram Life Education, with the help of Coram’s Policy and Research team, have designed outcomes-based questionnaires, to provide evidence of the impact of facilitators’ work and SCARF resources within schools. The questionnaires were completed using online survey software after each workshop. This report provides the findings of data collected using these tools in the 2024-2025 school year.

3 CLE in Wessex and Thames Valley schools

In Wessex and Thames Valley schools 345 members of school staff, including class teachers, teaching assistants, PSHE coordinators and head teachers, completed a questionnaire about how the workshops were delivered and the value of the programme to their schools.



4 Benefits of Coram Life Education to schools in the Wessex and Thames Valley area

School staff (teachers, teaching assistants, PSHE coordinators and head teachers) were asked a series of questions in relation to the impact of CLE’s PSHE education and SCARF online resources:

93% of staff agreed or strongly agreed with the statement, **“I am more confident to deliver wellbeing and PSHE education.”**

92% of staff agreed or strongly agreed with the statement, **“I have a deeper understanding of my pupils’ health & wellbeing needs and skills.”**

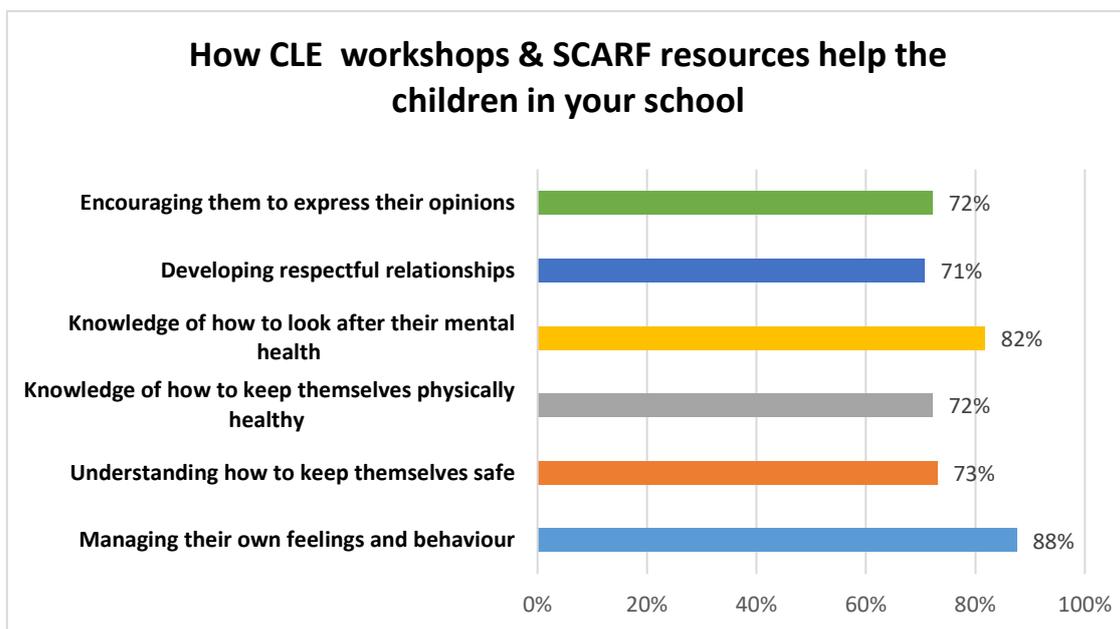
94% of staff agreed or strongly agreed with the statement, **“SCARF has improved PSHE teaching in my school.”**

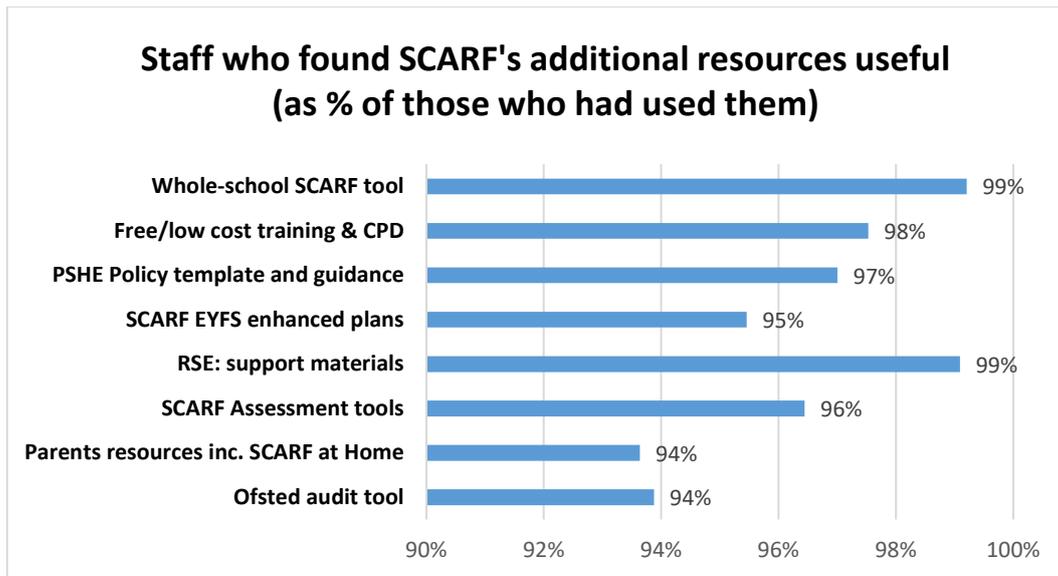
93% of staff agreed or strongly agreed with the statement, **“SCARF is, or will become, an essential part of our school’s PSHE, mental health and wellbeing programme.”**

96% of staff agreed or strongly agreed with the statement, **“SCARF is easy to access and implement in the school.”**

98% of staff agreed or strongly agreed with the statement, **“We employ a whole-school approach to PSHE.”**

94% of staff agreed or strongly agreed with the statement, **“SCARF helps to reduce teacher workload.”**





Satisfaction with the Coram Life Education programme

Staff's satisfaction with Coram Life Education

99.4% of staff agreed or strongly agreed that **the CLE workshops were well delivered.**

99.1% of staff agreed or strongly agreed that **the workshops met children's needs.**

76.8% of staff agreed or strongly agreed that **the children could remember things they learnt from a previous visit.**

99.1% of staff said that **they would recommend Coram Life Education and SCARF to another school.**

When asked how Coram Life Education workshops & SCARF resources helped the children in their school, staff said:

- *The resources that evoked deeper discussions and have engaged children in learning more about themselves as individuals and as a group.*
- *The workshop was amazing, all children were engaged and involved. The session prompted some deep discussion from pupils which really enabled children to think about ways to support their own mental health. Jane was really enthusiastic and the children really did learn a lot. Other members of the school also commented on how much their classes gained from the workshops and how much they enjoyed them!*
- *Each week we use the SCARF scheme and one strand to explore the wide range of topics in PSHE. We encourage pupils to express their opinions in respectful ways and provide lessons on how to develop relationships in a positive way. We look at*

what makes a healthy relationship and how these can be through professionals, friends, relatives or romantic relationships as they get older. We also put emphasis on physical and mental health, each half term we take part in a mindful moment lesson and this is centred around doing a physical activity or something calming to support good mental health. We also discuss the importance of keeping ourselves safe both in person and online with the schemes lesson resources.

- *SCARF resources are great for tailoring sessions to cover all the above concepts. The activities give the children time to put into practice what we've discussed at the start of the lessons. The sessions are easy to follow and impactful.*
- *The SCARF curriculum hits all of the points above in a cross curricular way. The cyclical units that are used in each year group successfully recap and expand on each of the above helping to develop the children's identities and personalities.*
- *It was a very clear and structured workshop which appealed to different types of learners. It also welcomed contributions from all children. Lots of ideas provided to support mental health.*
- *SCARF Thematic model covers wide range of supportive topics with some great activities to develop understanding.*
- *Workshops and resources cover a wide range of learning objectives that are important for children to understand. Mental health has been highlighted this year and many children are currently worried and anxious about secondary school so delivery in SCARF sessions can support this.*
- *Children are taught how their brain works and how it affects their feelings and well-being. Then they are taught strategies to manage their feelings and given the opportunity to decide what they would do in different situations.*
- *I feel that the lessons are structured well and are progressive with all topics that we cover. The lessons are fun and engaging and the use of consistent language helps children to understand how to use rods to discuss their feelings and thoughts in different contexts and situations.*
- *We are a SCARF school and follow the schemes across all three year groups. We have noticed a big difference in the children's awareness of their own health and well-being. They build on their prior knowledge and learning each year and have become much better at expressing themselves. The workshops are an excellent addition and complement the programme we follow really well.*
- *Scarf gives children ideas for keeping them safe and how their actions and those of their friends affect their daily lives and how they can change because of their actions.*
- *It enables children to realise how they fit into the world. That the things they experience are normal and it shows them how their choices may have consequences.*
- *The children are fully engaged in these interactive sessions. They will refer back to their learning after the sessions.*
- *The programme encourages children to think of themselves as a whole. In all aspects of their wellbeing.*

- SCARF provides a safe space for the children to express their feelings and strategies as to how they can look after themselves. Children's answers are met with encouragement. SCARF workshop leaders are knowledgeable in their subject and confidently deliver the workshops, providing children the best possible experience.
- Over the course of their schooling the children cover many different topics building on their existing knowledge.
- Lots of scenarios explored which give the children opportunities to discuss issues without it being about them. Gives them chance to reflect on their own behaviours and experiences in a non-threatening way.
- Children were encouraged to think about their aspirations and goals for the future. Children were helped to link this to their mental wellbeing.
- The SCARF programme has excellent resources and lesson plans for enabling children to think about themselves, about others and how they fit within the World.
- Children considered things they can and can't control and given helpful strategies to support them when the can control situations.
- Through discussions, presentations & quizzes, the children developed a greater understanding of what their body needs to be happy and healthy and the different systems in the body.
- This session gave the children examples of how they can look after their bodies and stay healthy. The discussions on emotions and how to deal with them were especially helpful for the children.
- The session covered lots of different ideas which were very relevant to the pupils. The part of the session on drugs gave clear links with medicines and why we should take certain ones that are medical. The children were engaged in the tasks where they created a diamond nine with their own rights and opinions.
- The SCARF curriculum is thorough and detailed and provides complete coverage of the NC, British Values and SMSC.
- It covers everything!
- Lots of good scenarios about when to say no and have their own opinions. Lots of useful information about smoking and vaping and what that does to the body. Good ways of dealing with tricky friendship situations through videos and role play.
- There is an amazing amount of coverage provided by SCARF and resources to support this.
- Understanding why they feel some emotions and how this is okay and how to give sensible advice or how to make them feel better/happier. Having a deeper understanding of the wheels and how hormones have an effect on their wellbeing.
- The scheme of learning allows me to teach my class the necessary knowledge, skills and confidence they need as they grow older and are faced with the challenges of their changing bodies, dealing with friendships and being aware of outside influences and dangers.
- Scarf PSHE lessons help my class to think about those big feelings and different ways to express those feelings while keeping themselves safe and others safe. It

has really supported my class to think about their relationships with peers and staff and how to manage a situation safely. Friendship has been supported in my class.

- *Clear learning objectives allow children to be supported in making decisions, understanding the impact of behaviour choices and decisions. Sessions allow children to question, be guided in their learning and builds upon prior learning experiences.*
- *For the younger children I believe this helps them to recognise, articulate and communicate their emotions with others and to develop empathy for others.*

When asked how useful they had found SCARF's additional resources, staff said:

- *There were good resources used in the session and all children were engaged the whole time. The workshop has felt more mature than the other workshops which I think the children have enjoyed and appreciated. Good use of vocabulary eg bystander and cyber bullying to ensure the children knew what these words meant and the importance of understanding them. The discussion about risks and risk taking was good for them as it is some pre teaching for our upcoming units and appropriately timed for secondary school. Thank you.*
- *The SCARF units are easy to follow, very user-friendly. Lots of resources such as the assemblies are great too!*
- *These are engaging and allow pupils to further delve into topics we explore in the classroom. Pupils look forward to these visits and take a lot away from them. Having an external visitor and an immersive experience helps them to remember and recall what they did at later dates.*
- *Thank you for delivering this workshop at our school! The children absolutely love them and even though they are now in Upper KS2 they still talk about and get excited about Harold. It has allowed them to gain an understanding of their brain and why they may react to certain situations in specific ways.*
- *Friendly and supportive staff delivering the workshops and great resources with well thought out provision for all learners.*
- *Schools need to cover the topics in pshe and to do this consistently sends the same information given in a consistent manner.*
- *The SCARF team always deliver engaging sessions that are age appropriate the the children really enjoy.*
- *The resources are very well planned and detailed.*
- *It is an effective approach to PSHE which helps reduce teacher workload due to resources being readily available.*
- *Very good interaction with children and dealing with more challenging/overexcited children. Very interactive session. Children always busy!*
- *Because the leader of the session builds positive relationships with the children and the school. They take time to become a part of the team in the short time they are with us. I think it is great that we have had Caroline come back each year. The children really enjoy coming into the pop up classroom and always have an amazing session.*

- *PSHE is the most important school subject! Always beneficial to children to discuss these important things.*
- *It's nice to have the special focus in the tent and a trainer to deliver a more special lesson with Harold.*
- *It's age appropriate and supports our teacher knowledge of how to teach important and necessary areas for child emotional development and well being.*
- *We have really seen the benefit of being a SCARF school. The benefit to staff and children has been great.*
- *The scheme is well designed and progressive. It reduces teacher work load and helped towards us getting 'outstanding' in personal development in our most recent Ofsted inspection.*
- *Because they are relevant, useful and engaging. Brilliant teaching tools and link to all the skills needed to be successful in school.*
- *The delivery of the sessions is always very clear, engaging and the children love them as well as learning a lot.*
- *It is so beneficial to be able to observe my children and to be able to listen without being the activity leader. So valuable as this is the start of the school year.*
- *My daughter who is 39 still remembers Harold!*
- *Scheme is easy to use and follow. Lessons can be picked up quickly and delivered with online resources to support the lesson plans.*
- *A great session that supports the needs of all children. It was wonderful to have new content that is so important for children today. It was also good to see scientific language being used such as, prefrontal cortex, amygdala, hippocampus etc. With clear explanations given for all words.*
- *It's a really entertaining and creative way to deliver a PSHE session that covers a range of objectives in a fun and engaging way.*
- *They are very useful at meeting a range of PHRE objectives in one session. The resources are highly engaging for the children and they enjoy the experience.*
- *The sessions are tailored to the classes and more focus on the part of the session that was most relevant to the class.*
- *Brilliant for both students and staff to see, the children really enjoyed it and great CPD for staff to see excellent delivery.*
- *Effective workshops, relevant resources based on the latest policy that can be easily implemented in our PSHE curriculum.*
- *Thank you for the delivery of these sessions which are always highly valued by staff and children. The Scarf scheme has definitely improved in recent years and we hope to make more use of this in the future.*
- *The session I observed was delivered to my class with a wide range of SEND. Michelle was fully inclusive which enabled those children to be involved and engaged. Thank you!*
- *Scarf is definitely the better PSHE resource I have used as a teacher. It is comprehensive, varied and age appropriate.*

- *Lucy is engaging and fun. The children interact well with her and she has super skills and resources to support each year groups needs. I am always impressed with each workshop and the children remember her from year to year through the school.*
- *The children were fully engaged and could easily talk about their experiences in the previous year, showing how much they take from each session.*
- *As a PSHE lead, it makes my job so much easier. It's easy for teachers to deliver and is well resourced. There is always someone available to help with any queries that I may have.*
- *We always love it when SCARF come to visit and the children always remember when they met Harold.*
- *The Life Bus visits allow children to gain a deeper understanding of challenges they could face as they grow older. It also provides them with the opportunity to share ideas and concerns in a safe environment.*
- *I have recommended Scarf online several times. It's a reliable, relevant and thorough programme covering all of the Dfe requirements.*
- *The resources cover a wide range of topics which are updated to reflect current events happening in our society. The sessions allow the children to discuss a range of topics that they wouldn't normally get time to talk about. The workshops are very well delivered and always engaging. The children look forward to the visit and PSHE lessons.*
- *I think the children thoroughly enjoyed this workshop and fully engaged in it because it was pitched at the correct level for them to understand.*
- *It's a lovely workshop to participate in each year, it has changed slightly this year and it's become a bit more overall with what it covers and this is lovely. The children engaged very well with Sarah and she was very lovely and was able to interact with the children in a lovely manner.*
- *SCARF helps us as teachers and as a school to engage with our students and help them think about the world around them and their place in it. They help us open a door in helping children to put themselves in another's shoes.*
- *I have used the resources for may year and due to this in my last school we achieved outstanding in our OFSTED linked to pupil behaviour and wellbeing. We also achieved Gold in Rights Respecting. I used many resources and they were easy to access and adapt were needed.*
- *I had the Life Education van visit my school as a child and I remember them so vividly, I think they have an important impact on children's education. Most of my friends remember Harald and the van too and we are all in our 40s now! These are literally life lessons delivered in an age appropriate, calm and safe way.*
- *I think it makes workload more manageable, and I really like the guidance that is given for some of the grittier topics in Year 6 because it gives me confidence that I'm going to say the right thing and that I know what might come up as part of the discussion.*

- *The lessons are engaging and well resourced. There is progression in skills each year and lots of ideas and concepts that link back to previous learning. There is a good balance between teacher and pupil led discussion and a range of activities to facilitate the learning in each unit. The RSE unit is really focussed and easy to deliver by teachers.*
- *They are creative, interactive and so engaging for the children. Each workshop covers so many aspects of PSHE and really delve into the knowledge to support their learning.*
- *They are so interactive for the children and the staff are very engaging and considerate of different needs. The kids love Harold and it was lovely that the feeling linked to our Zones of Regulation that we do in school.*
- *Easy to access resources relating directly to curriculum and whole school assemblies linking half termly units. Clear coverage throughout the spiral curriculum.*

6 Conclusions

Overall CLE workshops have been highly successful, whether delivered in school classrooms, halls or our inflatable Life Spaces. Staff greatly appreciate the opportunity for their pupils to participate in educator-led workshops and report high levels of engagement, enjoyment and learning addressing a variety of issues around physical health, mental wellbeing and relationships. Teachers also highly value the contribution that SCARF resources make to the PSHE curriculum delivered throughout the year in their schools.

7 References

CLE's Programme Overviews provide an overview of individual year groups' programme learning outcomes.

- [Health and Wellbeing](#) workshops
- [SCARF Live Online](#) workshops
- [Mental Wellbeing](#) workshops
- [Relationships and Sex Education](#) workshops