

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

Over 98% of teachers 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 either the ‘Lifebus’ (mobile classroom) or ‘Lifebox’ (school classroom) setting.

Health, Drug and Emotional Wellbeing 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).

Relationships Education for Years 4, 5 & 6

This programme incorporates 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.

Key Stage 3 for Years 7 & 8 (age 11– 13)

Three workshops exploring the mixed messages surrounding Alcohol, Smoking and Illegal Drugs in our society.

bCyberwise: staying safe online for Years 3, 4, 5 & 6

Promotes positive online citizenship and teaches children how to be respectful and safe online with innovative and needs-led resources. bCyberwise covers National Curriculum Key Stage 2 requirements on internet safety.

Behaviour Management Training for support staff

Four tailored workshops focusing on anti-bullying, positive behaviour management, increasing playground games and rainy day play for lunchtime supervisors & teaching assistants.



*Berkshire, Buckinghamshire, Devon, Dorset, Hampshire, Oxfordshire, Somerset and East Swindon

Synopsis of Health, Drug and Emotional Wellbeing workshops for Nursery to Year 6

Taking Care of Myself

Age: 3-4 years – Nursery
30 minutes

Children find out how their bodies work and how to keep clean and healthy. They explore the need for a healthy diet, sleep and exercise. Harold the giraffe is introduced and the children help him to feel happy about his first day at nursery.

All About Me

Age: 4-5 years – Reception
45 minutes

Children find out how their bodies work and explore the importance of personal hygiene, healthy food, sleep and exercise in looking after their bodies. The safe use of medicines is introduced. Through Harold's visit to his Grandparents they explore feelings, how to deal with them positively and the role friends and family play in their lives.

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 diet and discuss the safe use of medicines. Harold's friends Kiki and Derek are introduced providing opportunities to explore the importance of friendship, consider how feelings can be hurt and think of strategies for making up when friends fall out.

Feelings

Age: 6-7 years – Year 2
60 minutes

Children further explore the way their bodies work, keeping themselves healthy, and safe storage and use of medicines. Alternatives to medicine such as a good night's sleep, water and exercise are discussed. 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 find out how the brain sends and receives messages through the nerves. They consider medicines as drugs and discuss their safe use and storage. The effects on the body of smoking and drinking alcohol are introduced. 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

Children start to consider how organs in the body work together as systems to provide the body with energy from food, water and oxygen. They 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 50% of the actual cost of the Life Education visit. The balance is subsidised through fundraising and community donations.



Photo: Pam Gurney

For more information...

Visit www.lifeeducationwessex.org.uk Email enquiries@lifeeducationwessex.org.uk Call 01258 837417

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