



# Coram Life Education

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

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September 2022 – July 2023

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### **1 Summary**

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

Coram Life Education and its Delivery Partners reach more than half a million children every year in over 2000 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 and Thames Valley** area. It presents findings from data collected from **21/09/2022** to **18/07/2023**. **128 members of school staff** took part in the online evaluation during this period.

### **2 Background**

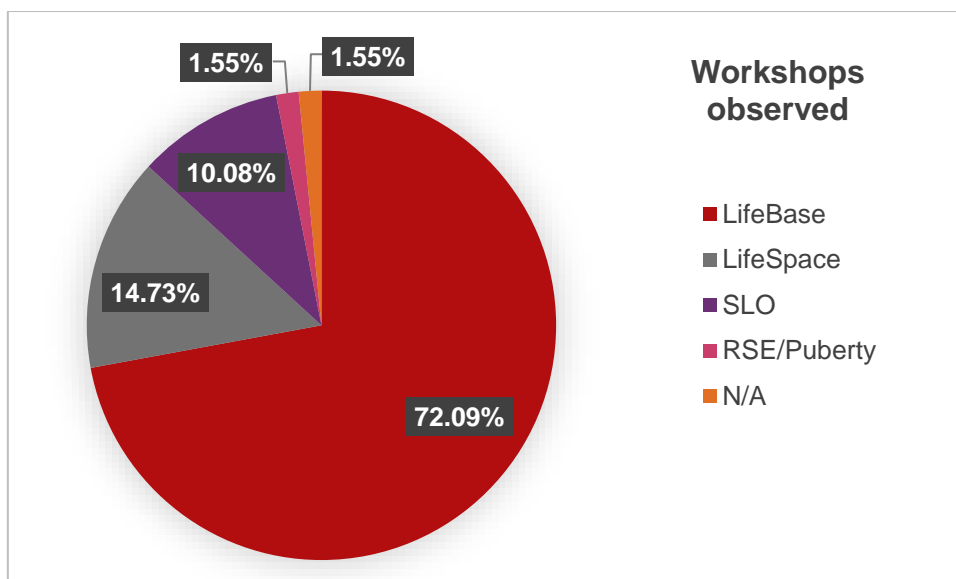
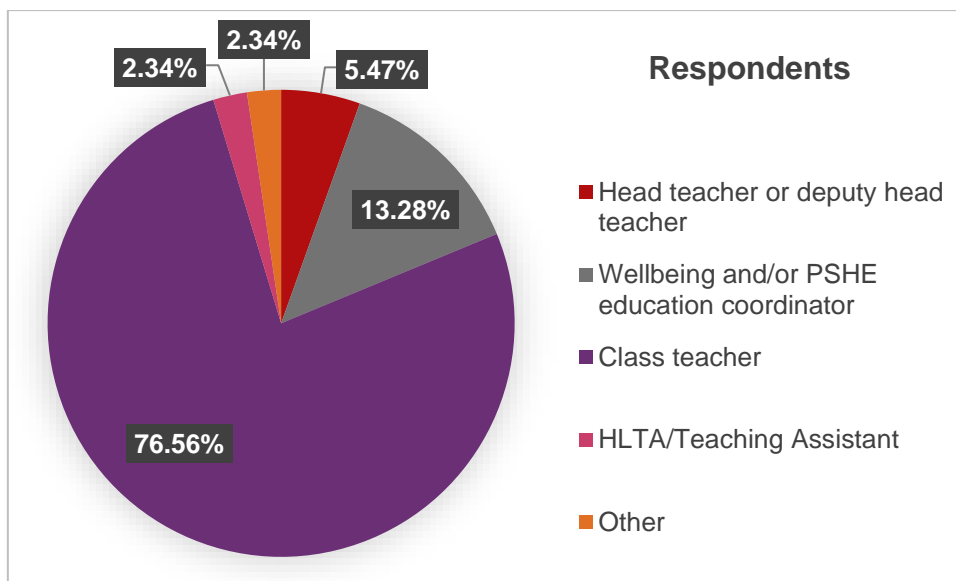
Coram Life Education contributes to the PSHE curriculum. Coram Life Education educators visit children, either in their own classrooms or via online workshops, and facilitate sessions working towards key learning outcomes, that are individual to each age group. Educators use a life-skills approach, designed 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 Overview and Learning Outcomes). In addition to education 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 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 2022-2023 school year.

### 3 CLE in Wessex and Thames Valley schools

In Wessex and Thames Valley schools 128 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:

**92%** of staff agreed or strongly agreed with the statement, "I am more confident to deliver wellbeing and PSHE education."

**88%** of staff agreed or strongly agreed with the statement, "I have a deeper understanding of my pupils' health & wellbeing needs and skills."

**90%** 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."

**97%** of staff agreed or strongly agreed with the statement, "SCARF is easy to access and implement in the school."

**95%** of staff agreed or strongly agreed with the statement, "We employ a whole-school approach to PSHE."

#### **5 Satisfaction with the Coram Life Education programme**

##### **Staff's satisfaction with Coram Life Education**

**99%** of staff agreed or strongly agreed that the CLE workshops were well delivered.

**98%** of staff agreed or strongly agreed that the workshops met children's needs.

**99%** of staff said that they would recommend Coram Life Education and SCARF to another school.

Comments from staff included:

*Great workshop linking to personal safety and acknowledgement of our feelings - the workshop created a memorable experience for the children through great interactive activities.*

*The pupils are learning through different activities how to name their emotions and how to manage their emotions in different circumstances. The sessions also allow them to talk through their ideas in a safe and respectful manner.*

*The children were able to relate well to the workshop - very age appropriate.*

*Lots of interesting discussions around decision making and making the right choices, regardless of any pressures from friends.*

*SCARF allows the children time to discuss important topics that might not come up in daily conversation. It gives them a safe space to ask questions and learn about themselves, other people and the world around them. As a class, we have had some fantastic discussions about friendships and problem solving. It really gets the children thinking and seeing the world from other perspectives.*

*The online lesson supported ongoing work on feelings and mental health. Having a live lesson and fun activities really helps to make the teaching memorable for the children.*

*It is such a great way to explore the vast areas of wellbeing. The health wheel is particularly good and visual. The children always remember it when we return to it.*

*As many opportunities as possible given for everyone to participate and strategies for scenarios they may encounter that aren't reliant on adult intervention.*

*Children were able to talk freely about the session and relayed important information back even after the session.*

*We use SCARF as our PSHE curriculum and have seen engagement and improvements in all areas.*

*The workshop made them think carefully about their current and future decisions. They were able to relate to the content and were engaged by the videos that aided discussion.*

*The session empowered the children to understand they have control in their lives and can make decisions that are right for them.*

*We find that Coram covers the PSHE curriculum in a holistic and engaging way. The plans always have a range of learning opportunities catering to children who learn in different ways and a good bank of resources to use. It has also helped cohesively bring together our PSHE curriculum across the two key stages and made it simple to track progress and observe learning being built each year.*

*The children loved learning about the different organs in the body and their jobs. We also discussed different ways to look after our mental wellbeing, such as having cuddles, talking to others, having time by ourselves.*

*We have been using SCARF for two years now and we love how it brings our school together and can see how much the children's well-being and understanding is developing.*

*The workshop delivered by Sarah today was engaging and met the needs of the children well. The vocabulary that came from the children was lovely to hear, and the key learning areas were memorable due to actions and songs being used alongside the explanations. A lovely session. Thank you, Sarah.*

*My view is that your 'offer' is of a high standard and very comprehensive. Teachers report that it is supportive of learning, easy to use and useful in terms of 'high impact-low workload' balance. Maria is always really helpful - the online workshops she has delivered here have been well received and we feel that we are developing a strong working relationship with your organisation. I would always recommend your offer to others.*

*The delivery of the Early Years session was fantastic!*

*The facilitators are really engaging and fully on the child's level with regard to topic and method of delivery.*

*Katie delivered a high quality session. She remembered children's names. She was so inclusive and this really shone through in my class who had some SEND needs.*

*It is easy to use and facilitates deep discussions around important issues, e.g. puberty.*

*Caroline makes the sessions so engaging and the puppet used brings Harold to life. The children talk about Harold's visit and learning weeks later. They are brilliant!*

*Great resources and age-appropriate workshops that really enhance the curriculum offering.*

*We love SCARF and how it has transformed our school's approach to PSHE. The planning is so easy to use and is really engaging for all the children. As staff we have also found it has boosted our confidence, particularly in difficult to teach areas.*

*Brilliant sessions, very easy and clear to follow. Shows you exactly how to teach some areas that can sometimes be trickier.*

*The annual visits alone are worth the cost, they provide the children with such high quality teaching and allow teachers to support, observe and assess children more effectively too.*

*It's absolutely excellent and all the staff who teach at our school (including headteacher) agree!*

*It is a complete package. Well researched and progressive. The children have really enjoyed having Harold as part of their PSHE learning, and we see the benefits in real life. They can do what we are teaching them when the need arises, not just say the right words in a PSHE session.*

*We love our annual visits and are extremely grateful for all of the hard work you do - thank you so much!!*

*The educator who visited our school was brilliant yesterday. All the teaching staff commented on how engaged the children were, how great the pace was of the lessons and how in tune with the children she was. An excellent day - thank you.*

*Many thanks for the many ways that you support our delivery of PSHE.*

*The resources are very effective in helping pupils learn skills and develop knowledge in the areas listed. The lesson activities and discussions planned for the pupils have these areas as overarching objectives and are well developed in the lessons themselves. The SCARF workshops our pupils enjoyed built very well on the work done in individual year groups in these areas over the whole year.*

## **6 Conclusions**

Overall CLE workshops have been highly successful, both when delivered face-to-face in school classrooms and when delivered online. Staff greatly appreciate the opportunity for their pupils to participate in educator-led workshops addressing a variety of issues around health and wellbeing. Teachers also highly value the contribution that SCARF resources make to the PSHE curriculum.

## **7 References**

CLE's [\*\*Programme Overview\*\*](#) gives an overview of individual year groups' programme learning outcomes.