



Coram Life Education

Evaluation of Coram Life Education in Wessex and Thames Valley

September 2021 – August 2022



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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 nearly half a million children every year in over 2000 schools, teaching life skills through fun, interactive and age-specific activities. Over 46 000 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 **16/09/2021** to **19/07/2022**. **132 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 was one of the first to achieve the Department of Health's Information Standard, a quality mark awarded for the production of accurate, credible and evidence-based health and social care information for the public. Coram Life Education supports schools in delivering recommended best practice in health and drug 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 2021-2022 school year.

3 CLE in Wessex and Thames Valley schools

In Wessex and Thames Valley schools 132 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:

89% of staff agreed or strongly agreed with the statement, "I am more confident to deliver wellbeing and PSHE education."

89% of staff agreed or strongly agreed with the statement, "I have a deeper knowledge of my pupils' understanding of issues and skills relating to their health and wellbeing (including behaviour, safety and mental health)."

92% of staff agreed or strongly agreed with the statement, "SCARF has improved PSHE teaching in my school."

92% 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."

95% of staff agreed or strongly agreed with the statement, "SCARF is easy to access and implement in the school."

94% 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

98% of staff agreed or strongly agreed that the CLE workshops were well delivered.

98% of staff agreed or strongly agreed that the quality of the content in CLE workshops was appropriate to the class.

99% of staff agreed or strongly agreed that the workshops met children's needs.

100% of staff said that they would recommend our services to another school.

Comments from staff included:

Good pace, involved actions and movement to keep focus, different media to engage all learners.

It was visual, plenty of interaction for the pupils and practical activities too. The 'wow' factor involved with the blue t-shirt to see the human organs is something that will be remembered well by the class. SEN pupil, who was not keen to be involved with the lesson, was soon intrigued by the workshop and he accessed it well following this.

Session was excellent. Katie has an excellent, calm inclusive approach with the children & respects contributions of all. The whole class were really engaged.

Well-paced, engaging, sensitive, allowed interaction and modelled respect with carefully placed questions and activities.

The level of challenge led to many children learning new things, even where they thought they were already confident.

Every teacher who attended a session was extremely pleased with the delivery and the learning experienced by the children.

The workshop was delivered in a fun and engaging way, capturing the attention and enthusiasm of the children of this age (4 and 5 year olds). It was interactive and involved physical movements and calm times, it also included many chances for the children to share their own ideas/knowledge and to ask questions.

All children were engaged throughout the session, even a child who struggles to access learning. Tricia had a lovely manner with the children and helped to engage them further. The subject matter was spot on.

It gave children a clear understanding of their mental and physical health using a range of techniques.

A super session with appropriate resources! It worked well to include dancing and an active element to the session.

We have developed a good relationship with the SCARF team and they always deliver high quality workshops whenever they are in school.

The session worked well online, the children enjoyed Harold and were engaged throughout. The pre lesson booklet helped prepare them.

Lucy and Julia ensured that the workshops were well suited to the needs of the pupils in the class. We had great feedback from other teachers around the school. Children were keen to discuss the workshop further throughout the day.

So good for the children to hear a different voice & see variety of excellent materials & resources.

Knowing that the resources are being used across the school makes me confident as PSHE leader that topics are being covered and it gives confidence to my teachers who may otherwise feel unsure about covering certain topics.

Amazing PHSE package - transformed PHSE at our school. Raised its profile.

A great resource to embed a whole school ethos.

The units of work are easy to use, detailed and progressive. The workshops are always fantastic!

Good quality and great focus on wellbeing which has risen sharply to the top of our priority list since lockdowns.

The resources are frequently being updated and are relevant to children today. We love the addition of the visit to the classroom which definitely has more impact because it is taught by someone different with different resources.

Lucy's sessions were so varied and covered such a range of topics which were relevant to the children's current learning. Lucy was also respectful and knowledgeable and lovely to the children. She was very positive throughout which encouraged the children to confidently share their ideas and thoughts throughout the session.

It's a very well rounded learning experience for the children, combining lots of aspects of PSHE in a short session.

We created a wellness wheel the day after our session and discussed how we feel after we exercise and paint/ draw/ build with Lego. The children felt happy and proud. (Evaluation following SCARF Live Online workshop)

The children are learning and engaging about a variety of topics - this has allowed them to discuss feelings, emotions, behaviours and expectations with their peers. It is a really useful tool and the discussions have allowed all of the children to build up confidence in these areas.

The children have since been discussing the new concepts discussed during the sessions such as connecting and mindfulness. (Evaluation following SCARF Live Online workshop)

The whole staff love the SCARF lessons and use stand alone lessons to support need in their classes as well as following the half termly suggested themes.

Since attending the online session, children are showing signs of ways they can manage their feelings (deep breathing/tin man and rag doll). They are also becoming much more aware of things that help us stay healthy and have a balanced lifestyle.

The activities are encouraging the children to think for themselves and think of solutions to problems. Lots of groups' activities and discussion, accepting others ideas and opinions. Using puppets to engage younger learners.

Thank you. We thoroughly enjoyed our visit and are already looking forward to next 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.