



11 October 2021

Dear families

Life Education Lancashire is coming to our school on Wednesday 20th and Thursday 21st October 2021.

Coram Life Education is the leading provider of relationships, health, wellbeing, and drugs education to almost half a million children across the UK, delivered under the strapline 'Helping Children Make Healthy Choices'.

Life Education Lancashire is a delivery partner of Coram Life Education and provides unique health and drug education programmes teaching children about the wonder of their bodies, how to take care of them, and how drugs (including medicines, alcohol and tobacco) can affect them. Looking after our mental health is also explored and children discuss strategies for self-care.

Children meet Healthy Harold, our giraffe puppet mascot, and his friends, have discussions and watch short films about healthy eating, legal and illegal drugs and their effects, the body and friendships and their influence, and how choices and behaviours can affect dreams and aspirations.

Trained Educators use evidence-based, interactive, creative methods to deliver memorable, informative and age appropriate sessions which assists our school in our work around PSHE (Personal Social and Health Education) and Relationships and Health Education. All programmes support the new DfE statutory requirements for PSHE and are aligned with the National Curriculum.

Please take a look at the [Programme Overview](#) to find out about what children experience in each year group. This overview is also attached, and available on our website for you to look at.

Sessions will begin on 20th October, and the outline timetable is shared at the end of this letter. Adults your children know well will be present within the meetings. There will be an opportunity to come into school to meet the Life Education Educator to find out more about the content of your child's programme and to ask any questions you may have, between **8.50 am and 9.00 am on Thursday 21 October (in the Red Room).**

If you do have any questions, please contact your child's class teacher and if there are any that we are unable to answer then we will be happy to ask the Educator and respond to you.

Yours sincerely

Mrs Linda Clayton
Headteacher



@LifeEdLancashire



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Approximate timings	Programme	Year group	Educator
Wednesday 20 October			
9.15 – 10.15	My Wonderful Body	Year 1	Steven Boardman
10.40 – 11.55	Friends	Year 5	Steven Boardman
13.05 – 13.50	All About Me	Reception	Steven Boardman
14.00 – 15.15	Decisions	Year 6	Steven Boardman
Thursday 21 October			
8.50 – 9.00	Parent/Carer Session	(Red Room)	Emma Sanderson
9.30 – 10.30	It's Great to be Me	Year 4	Emma Sanderson
10.50 – 11.50	Meet the Brain	Year 3	Emma Sanderson
13.05 – 14.05	Feelings	Year 2	Emma Sanderson



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