

Dear Parents and Carers,

The Coram Life Education & SCARF team will be visiting our school virtually this term with their SCARF Live Online workshops.

The children's charity Coram Life Education provides Health and Wellbeing Education support to schools. Workshops are delivered by skilled educators and the SCARF resource is the framework of our RHSE (Relationships, Health and Sex Education) curriculum.

### **Workshops – Live Online**

The fun, interactive and age-appropriate workshops help children to understand the importance of physical and emotional health; they learn vital life-skills that are also known to help their overall achievement.

- Early Years and Key Stage 1: children learn about keeping their bodies healthy, managing feelings, and being a good friend.
- Key Stage 2: children explore emotional needs, choices that can affect health and wellbeing, qualities of friendship and also learn strategies for looking after their emotional needs.
- This provides a whole-school approach to building the essential foundations for children to achieve their best, academically and socially.

As part of this week's visit we have arranged an online session for Parents, Carers and Governors with our Coram Educator, Nancy Hughes.

It will take place on Wednesday 17<sup>th</sup> November 2021 at 12:15 – 12:45 (12:10 sign in)

This will take place via a separate Zoom Link.

Please email [lynn.hennessy@dcvst.org](mailto:lynn.hennessy@dcvst.org) to register.

To find out more about Coram Life Education and SCARF visit their website: [www.coramlifeeducation.org.uk](http://www.coramlifeeducation.org.uk)