

# coram

## Life Education

Helping children make healthy choices

The largest charitable provider of health education in the UK

## Information for **Parents** and **Carers**

Coram Life Education works with schools, parents and the community to ensure that children develop the vital knowledge, skills and attitudes they need to make informed choices about health that will enhance and enrich their lives.

Ask your school when the special session for parents and carers will take place.



**Harold the Giraffe merchandise may be on sale  
in your school**

*Available during and after the Life Education visit*

**coram **  
**Life Education** | Delivery  
Partner





## What we do

In a specially designed, innovative teaching environment, our highly-trained educators provide stimulating and exciting sessions using a wide range of educational techniques and strategies that are designed to:

- increase a child's sense of personal self-worth
- encourage positive attitudes towards themselves and their health
- recognise the risks associated with all drugs, including medicines, tobacco and alcohol

Sessions are linked to the National Curriculum's programmes of study in Citizenship and the Personal, Social and Health Education framework. The children will meet Harold the Giraffe and his friends who help them to gain confidence by exploring their own friendships, having fun and sharing ideas and skills.



## Meeting the needs of 3–5 years

3–4 year-old children meet Harold the Giraffe and help him get ready for his day. They will start to think about:

- how the body gets energy from food, water and air
- how exercise and sleep can help our body to be healthy
- body hygiene

In addition, 4-5 year-old children will also think about:

- the safe use of medicines
- feelings, friends, family and others

## Meeting the needs of 5–7 years-olds

5–6 year-old children learn about keeping the body healthy and safe with emphasis on:

- learning about different food groups
- the safe use of medicines
- body hygiene
- caring and friendship

In addition 6-7 year-old children explore feelings and will:

- recognise, name and understand different feelings
- begin to understand and deal with how they and others feel
- find out how to cope with bullying and how to get help

## Meeting the needs of 7–9 years-olds

7–8 year-old children will think in more depth about:

- the brain and the nervous system
- medicines, cigarettes and alcohol and their risks
- making choices
- qualities of friendships

8-9 year-old children also explore:

- why we are all different
- having choices and consequences
- friends and their influences

## Meeting the needs of 9–11 years-olds

To maximise understanding and learning, teachers of this age group can choose from a range of different activities to meet individual needs. Based on these choices, children develop critical thinking skills in relation to issues such as:

- the body and what we need to stay happy and healthy
- risks of legal and illegal drugs
- how friends and others can influence their choices
- how choices and behaviours can affect dreams and aspirations



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## Life Education

We are a delivery partner of Coram Life Education, a national children's charity that works with children and young people in primary and secondary schools to equip them with the knowledge, life skills and attitudes they need to make informed health choices. In addition to the programmes detailed overleaf, Coram Life Education also offers the following programmes:

- **Keeping Communities Safe: Alcohol Lessons for Life.** Aimed at 10-11 year-old pupils and their parents, this programme looks in detail at alcohol-related issues, including impact on health and families. Through a Social Norms approach children learn that alcohol use amongst teenagers is much less widespread than is commonly believed and is actually decreasing.
- **Secondary school programmes.** Coram Life Education now offers programmes for 11 to 14-year olds. Using interactive technology we work with young people to develop further their knowledge, skills and attitudes about alcohol, tobacco and illegal drugs.
- **Assembly Programmes.** Fun and informal sessions where you can find out more about developing positive communication with your child and how this helps keep children safe from drug-related harm.

**Working together to help children make healthy choices**

### What teachers think of our visits:

*"The children had a fantastic experience. It really engaged them. They will remember all the things they have learned today because they had so much fun!"*

*"Feedback from the children and staff is completely positive. Standards of delivery are consistently high and the children are totally absorbed."*

*"The children are always engrossed by the content and remember a huge amount of facts from one year to the next. Difficult topics such as making choices for a healthy body and relationships with friends are tackled in an interactive but informative manner."*

**Coram Life Education is delivered across the UK by local Delivery Partners.**

**For more information or to discuss how we could support your school, contact:**

**Life Education Thames Valley:**

Call: **07825 595729**

email: [enquiries@lifeeducationcentres-thamesvalley.org.uk](mailto:enquiries@lifeeducationcentres-thamesvalley.org.uk)

Or visit:  
[www.coramlifeeducation.org.uk](http://www.coramlifeeducation.org.uk)

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