



Saint Joseph's Catholic Primary School, A Voluntary Academy

Our Lady of Lourdes Catholic Multi-Academy Trust

Headteacher: Mrs D. Seaman

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Dear Parents/Carers,

I am writing to let you know about the Life Skills Primary Programme that will be taking place in school next term and to outline the content of the course. (You may know this course from when it was called the DARE Programme).

This course will be taught by myself in school.

The programme is a 10 week course with a graduation at the end, which teaches children how to make safe and healthy decisions which they will need as they develop into adulthood. The class will be involved in discussion and activities and will watch video clips during which they will meet the DAaRT crew. These young people often get into risky situations, and the class will help them to make informed decisions and keep safe and healthy.

During the programme, the children will use a workbook which they will bring home at the end and share with you. The children will learn about responsibility, pressure, peer pressure, confident communication, bullying, cyberbullying, risk and consequence, stress and recognising their support networks.

We will also be discussing helpful and harmful drugs, including alcohol and Nicotine and the effect that these have on the body. The programme includes a discussion on knife safety and will also explore the differences between various groups in society.

This programme has been running in the East Midlands and beyond for over 25 years, has more than 400,000 graduates and has been proven to make a difference in young people's lives. For more information, please visit www.lifeskills-education.co.uk where you will also find a link to the most recent research about the course. We have also attached a FAQ for parents and a link to a Youtube video about this programme: <https://www.youtube.com/watch?v=xxigurBXJxY>

Please contact me if you have any questions or queries or need further information.

Yours sincerely

Miss Queenan

'Pupils feel safe and happy. They enjoy very positive relationships with staff. Across the school community, the sense of togetherness is striking.'

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