

Your child visited the Life Education mobile classroom



Life Education Wessex & Thames Valley is an independent and self-supporting branch of a national charity which provides **health, well-being and drug education** to children aged 3 – 13 years.

Our aim is to help equip young people with the **knowledge, skills and self-confidence** to form positive healthy attitudes and make healthy choices. We support schools, parents and community groups and our programmes help to meet National Curriculum and government guidelines for health and drug education.

Young people are facing ever-increasing risks to their health through poor diet, drinking alcohol, smoking and misusing drugs. Our fun and interactive series of **age appropriate** programmes help children to understand the **wonders of the human body** and how to look after it.

In **Foundation Stage** and **Key Stage 1** (*Nursery to Year 2*) they learn about **keeping their bodies healthy, feelings, being a good friend** and the **safe use of medicines**. Our experienced and specially trained Educators help **Key Stage 2** children (*Years 3 to 6*) to consider the effects and risks associated with the use of drugs, including **medicines, alcohol and tobacco**. In addition, children learn about **choices** that can affect health and well-being, skills of **friendship** and how to cope with **bullying** and **peer pressure**.

Through the use of **group work, puppets, circle time discussion, drama techniques such as role play and hot-seating, music, exercise, electronic models and a variety of audio/visual materials**, all children are encouraged to participate.

Parents' sessions and workshops are often organised so that you can find out what happens inside the Mobile Classroom. **Workbooks** (one for each age group), which can be used at home to support your children, are also available from the Educator or our Office (at the address below).

As a charity, we are funded primarily through charitable donations and contributions from schools. The charge to schools is around half the **actual** cost of the visit.

You can help us continue our important work by:

- *Supporting the school's request for a contribution towards the cost of the visit*
- *Supporting (organising or just attending) Life Education fund raising events*
- *Making a donation (from yourself, your business or organisation) to Life Education*

To find out more about **Life Education Wessex & Thames Valley** and how you can support us, visit our website **www.lifeeducationwessex.org.uk** or email **enquiries@lifeeducationwessex.org.uk**

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Charity no. 1071094

Patrons Lady Digby DBE DL and Susan Hampshire OBE

We visited the Life Education Centre and took part in the Year 1 programme called 'My Wonderful Body'

We learned

- that foods can be split into different groups that do different jobs in our bodies
- that a healthy diet is made up of a mixture of foods from these different groups
- what our bodies need to give us energy and stay healthy
- about some of the important parts inside our bodies and how they work
- how to use medicines safely and who can help us
- that things people do sometimes hurt other people's feelings
- what we can do to make up with our friends when we fall out

We also

- did some exercise
- met Harold the giraffe and helped some of his friends

Colour in Harold with some of his favourite foods

