

Dear Parents,

The children's charity Coram Life Education provides Health and Wellbeing Education support to school and the team will be visiting our school this term with their Mental Wellbeing-focused workshops.

NHS research recently published showed that 1 in 6 children aged 7 to 16 have a probable mental disorder. These workshops provide children with the skills and positive mental attitudes they need in order to be resilient, bounce back from setbacks and develop strong, positive mental health habits.

### **Mental Wellbeing workshops**

Coram Life Education use tried-and-tested teaching and learning approaches, these workshops give children a voice, help them feel empowered and enable them to identify and articulate their needs and feelings. In turn, these key skills help them develop the behaviours that support positive mental wellbeing.

### **Key workshop themes by age**

Through these evidence-led workshops, children will learn about how the human brain works and how this affects mental wellbeing. Workshops are based on the following themes which build year by year:

- 4-5-year-olds: **resilience and bouncing back**
- 5-6-year-olds: **emotional self-regulation**
- 6-7-year-olds: **gratitude**
- 7-8-year-olds: **acceptance**
- 8-9-year-olds: **protective factors**
- 9-10-year-olds: **the brain and stress**
- 10-11-year-olds: **aspirations and confidence building**

### **Wider PSHE education and SCARF**

Over 50,000 teachers across the UK are now SCARF subscribers – here are some reasons why our school has chosen this resource:

- SCARF provides a whole-school approach to building the essential foundations for children to achieve their best, academically and socially
- Supports learning across all ages
- Covers all the DfE statutory requirements for Relationships and Health Education
- Supports our school in meeting Ofsted's expectations
- UK's leading charity provider – not for profit

### **SCARF at Home**

Find out how the SCARF values of Safety, Caring, Achievement, Resilience, Friendship can help your child to be their best, both at school and at home.

Choose from our [menu of family activities and support](#) and find out more about building positive relationships and helping your child be a confident learner.