



CANFORD HEATH INFANT and JUNIOR SCHOOLS

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TEACH Trust Poole

Trust Excellence Aspiration Collaboration Honesty

Article 29: Education should develop each child's personality and talents to the full.

Friday 26th May 2023

Dear Parents/Carers,

Canford Heath Infant School Life Education Visit – 13th-15th of June

We will be welcoming the Coram Life Education and SCARF team into our school from Tuesday 13th-Thursday 15th of June. The children will participate in a LifeBase workshop with their class on one of these dates.

The children's charity Coram Life Education provides Health and Wellbeing Education support to schools. Their fun, interactive and age-appropriate LifeBase workshops contribute to our Personal Social, Health Education (PSHE) and help the children to understand the importance of physical and emotional health; they learn vital life-skills that are also known to help their overall achievement.

In Foundation Stage and Key Stage 1 (Early Years to Year 2), the children learn about keeping their bodies healthy, feelings, being a good friend and the safe use of medicines.

Early Years - 'All About Me'

Children will learn:

- about mental as well as physical health
- that our bodies need healthy food, water, air, sleep and exercise
- about some of the important parts inside our bodies and how they work
- how to keep ourselves clean and healthy
- who can help us to use medicines safely
- what to do and who to talk to if we feel sad

Year 1 - 'My Wonderful Body'

Children will learn:

- that a healthy diet is made up of a mixture of foods from 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



Canford Heath Infant School Canford Heath Junior School



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- what we can do to make up with our friends when we fall out

Year 2- 'Feelings'

Children will learn:

- what our bodies need to give us energy and stay healthy
- how some of the parts inside our bodies work
- how to use medicines safely and who can help us
- about different feelings and how to deal with feelings such as anger and loneliness
- the difference between bullying and other unkind behaviour
- that most children do not take part in bullying behaviour
- where to get help if we are upset by someone else's behaviour

During their sessions, children will also do some exercise, and will meet Harold the giraffe and his friends, who are superb teaching tools to engage children.

In order for the visit to go ahead, we are requesting a small voluntary contribution of £2.30 per child. Unfortunately, if we do not receive enough contributions, this event will be unable to go ahead.

Please could we ask that voluntary contributions of £2.30 are made via the School Gateway **by Friday 9th June 2023**. If you are unable to pay via the School Gateway, please send in a cash/cheque payment in a **named** envelope, ensuring that it is labelled as **Life Education Visit**. Cheques should be made payable to **TEACH Poole**.

Yours faithfully

Jexall

PHSE Leader



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