



The Life Education & SCARF team will be visiting our school this term.

The children's charity Coram Life Education provides Health and Wellbeing Education support to schools. Workshops are delivered by skilled educators and the SCARF resource is the framework of our PSHE (Personal, Social, Health & Economic) education curriculum.

Workshops – SCARF Mental Wellbeing

Building on the foundations of our online SCARF resources, these fun, interactive and age-appropriate educator-led workshops focus on providing children with the skills and positive mental attitudes they need in order to be resilient and bounce back from setbacks. They are evidence-based and include practical strategies and activities known to enhance positive mental health. They include in-depth learning about how the human brain works and how to translate this knowledge into positive action.

The Mental Wellbeing workshops help children to understand the importance of physical and emotional health; they learn vital life-skills that are also known to help their overall achievement.

Wider PSHE education and SCARF

Over 50,000 teachers across the UK are now subscribers – here are some reasons why we have chosen this resource:

- SCARF provides a whole-school approach to building essential foundations – crucial for children to achieve their best, academically and socially
- Supports learning across all ages
- Timetabled lessons to support mental health & wellbeing
- Covers all the DfE statutory requirements for Relationships and Health Education
- Regularly updated online curriculum
- Supports our school in meeting Ofsted's expectations
- UK's leading charity provider – not for profit

Click [here](#) to find out more about Coram Life Education & SCARF