



# Life Education Centres



An introduction to  
our work with  
school communities



**BUPA** 

Supporting local communities

# Our Work with School Communities

Life Education offers a range of programmes and resources designed to enhance the work conducted by school communities in helping children achieve their full potential, particularly with reference to their health. Our child centred programmes support the key objectives of the 'Every Child Matters', outcomes framework, and the National PSHE and Citizenship Curriculum, follow best practice set out in 'Drugs: Guidance for schools' and contribute to National Healthy School Standards. By working with both parents and teachers and with the support of other community members we aim to help deliver consistent messages that will positively influence children's decisions around physical and emotional health and well-being.

*"I think Life Education will be an increasingly important component of personal, social and health education as we move forward."*

Stephen Twigg MP, Minister for Schools Standards

## Childrens' Programmes and Themes

We use a range of positive techniques and strategies to enable children to develop the confidence and thinking skills needed to make informed health choices. Annual visits by a trained educator and specially equipped mobile classroom help each class group build on the knowledge, attitudes and skills developed in their previous year.

### Foundation Stage

Children learn about the things their bodies need to stay healthy and happy, and about the role friends and family play in their lives. They explore how they can help stay healthy by eating and sleeping well, exercising, using medicines safely and managing different feelings they have.

### Key Stage 1

In addition to reinforcing messages about health choices, there is more in-depth work around feelings and relationships, through activities and role-play focusing on teasing and bullying. Children continue to develop their understanding of the health topics learned at the foundation stage.

### Key Stage 2

Examination of the different aspects of health and well-being including age-appropriate work around the use and effects of drugs- medical, legal and illegal. Strategies for recognising and managing influences are explored and through a variety of drama techniques, skills are developed in assertiveness and operating effectively within peer groups.

## Our Work with Teachers

Our key aim is to support and enhance schools' ability to deliver effective health and drug education. Our pre-visit work with staff and the attendance of teachers throughout their class's programmes are integral to our visit and add value to school work by ensuring that follow-up work carried out will be informed by the children's reaction and responses during the programme.

*"The quality of the Educators is incredibly high and they are able to establish a fantastic rapport with the children. The programmes are memorable because you've got a professional delivery with top quality resources, which in fact the school couldn't afford to buy."*

Jack O'Neill, Head Teacher, St Vincent De Paul School in Westminster

## Our Work with Parents

We help schools engage parents and carers in children's personal, social health and citizenship education. Parental support and involvement is crucial as indicated by the high priority given to it in the Every Child Matters strategy. We therefore offer a short orientation session to all parents during the week of the visit. Many schools now also make very successful use our Assembly Programme, which allows children to showcase their work on health and well-being prior to a much valued and well attended workshop for their parents which addresses family health issues. Some parents then have the option of going on to participate in our seven session course, which provides more intensive support in effective parenting.

*"Attendance from parents was high. The Life Education teacher worked closely with us to discuss ideas for the assembly theme and provided the resources and support we needed to make the event a success."*

Susan De Gaye, Head Teacher, Kibworth Church of England Primary School

*"Since attending the course, I feel that I have a better relationship and understanding with my children. I've learnt how to be more consistent, firmer with commands and more patient. I give more smiles and hugs and everything seems easier."*

A parent attending a seven session course

# Our Approach

To assist in the achievement of learning outcomes for personal social and health education and citizenship through the delivery of exemplary programmes that support recognised best practice, are an integral part of the work of schools and add value to health promotion throughout their communities.



## Delivery Methods & Techniques

- **holistic health education programmes to support healthy lifestyles** – we provide programmes that specifically support schools in fulfilling the aims of the Government's strategy for drug and health education.
- **positive teaching techniques & strategies** – using age-appropriate programmes, we demonstrate teaching techniques, proven in supporting the development of positive attitudes, communication and assertiveness skills, as well as knowledge and understanding of the human body, how it works and what affects it.
- **trained educational practitioners** – we employ skilled Educational practitioners who undergo an intensive twelve week training period designed to develop their ability and experience in the use of modern educational techniques and who demonstrate an empathy with the physical, social and emotional needs of children and young people.
- **a unique and stimulating learning environment** – our mobile classroom, is designed to give a positive and memorable experience by using a number of unique electronic devices including an anatomical body, electronic body systems and an interactive talking brain.
- **support for the National Healthy Schools Standard** – a visit from the mobile classroom will support quality standards and coherence within a school's curriculum content and policy development, therefore assisting in accreditation to the standard.
- **integrated support of school work** – an INSET session enables familiarisation of teachers with the programmes, an overview of key principles of effective drug education and provides an opportunity to assess children's prior learning experiences to tailor the visit to the school's needs.
- **support and guidance for teachers in drug education** – the teachers' involvement provides an opportunity to gain further insight into the positive teaching techniques demonstrated and allows the monitoring of the class responses to inform future school work.
- **parental involvement** – we actively involve parents/parent figures to attend a specially developed session in the mobile classroom in order to help both family and school give consistent health promoting messages to children.

# Our Work with Children

We use a wide range of positive techniques and strategies designed to enable children to develop the confidence and thinking skills needed to make informed health choices.

"I now know how to look after myself"

"I now think when I get older I want to stay healthy"

## Newton Primary School, Cambridgeshire

"Life Education is a really good part of their personal, social and healthy education and we are trying to make sure we have it in our school on a regular basis."

## Ingrow Primary School, Bradford

"We noticed some children had experienced the Life Education Centres programme in other schools on previous years. Those children were more informed and knowledgeable."



"I liked it when we talked about drugs because I can talk with my mum and dad about it"



"I now take more seriously the harm of drugs"



"it helps me know about my body"

"The role play helps you think how to stand up for yourself"



## Ashton-on-Trent Primary School, Derbyshire

"LEC should be part of every school's curriculum planning. It reinforces the way they can look after themselves and makes their Science and PSHE more relevant to their lives in and out of school."

## Our Research

Life Education Centres' programmes are regularly evaluated and measured by professional internal and external assessors against specific learning targets. In this way we are able to conduct an on-going review of our effectiveness.

## Our Reputation

*"My role has been to help Life Education establish a process by which it can determine the extent and quality of its work within the context of various community partnerships and evidenced best practice. The objective is to ensure that all components contribute to an effective community delivery which will stand the test of external evaluation."*

**Louise O'Conner**, Senior Research Fellow,  
University of Surrey, Roehampton

*"The very high quality of teaching that the Life Education Educator demonstrates contributes to the LEA's inset programme through the modelling of good practice. Feedback from schools indicates that the quality of learning reflects the quality of teaching. My own daughter who experienced the Life Education programmes can still recall the learning points eight years later."*

**June Sanderson**, PSHCE Inspector/Adviser,  
Education Bradford

*"LEC has become a well established partner for the National Healthy School Standard in Leicester."*

*"The interactive lessons for children are stimulating with scope for discussion and the development of positive messages around PSHE, Citizenship and Drug Education. Children feel more confident and assertive, having the necessary knowledge, skills and understanding to tackle the challenges that they face in their developing lives."*

**John Whitby**, National Healthy School Standard  
Co-ordinator for Leicester City

Local enquiries can be addressed to:

For more details contact:



**Life Education Centres**  
Registered Charity No. 800727

County House  
14 Hatton Garden  
London EC1N 8AT  
Tel: 0870 7702455  
[www.lifeeducation.org.uk](http://www.lifeeducation.org.uk)