



Life Education Centres:  
*helping children make  
healthy choices*

Dear Parents/Carers,

Your child's school is receiving a visit from the Bromley Life Education Centre Mobile Classroom this term.

Life Education Centres Bromley is a charity providing unique health awareness education for primary aged children. The age specific programmes aim to provide children with an understanding of themselves, how their bodies function and how to keep them safe and healthy. They aim especially to aid children in the acquisition of decision-making skills regarding their health and in building their self-esteem. All programmes link with and support the National Curriculum and each year, as the mobile classroom returns to schools, children build on this knowledge to establish, in the long term, a positive approach to drug prevention. Over leaf is a brief summary of the themes for each year group.

We feel it is important for you to have the opportunity to visit the mobile classroom if you are able to do so, and would therefore like to invite you to a parent/carer session (lasting approx. 20 minutes) on

Thursday 8<sup>th</sup> March 3.10 – 3.45pm

At this session there will be a brief talk by the Educator and you will be able to see the environment that your children will have been experiencing and have an opportunity to ask any questions you may have. As there is a limited amount of space in the classroom, we ask you to sign up with the office if you are going to attend. Please be there promptly at the start time.

At the session there will also be a chance for you to purchase family activity books (£2.00 each) if you choose to. These activity books support the work that your child will have done in the classroom and are designed for parents/carers and children to do together. They are available from Reception – Year Six.

A C.D. of Harold's songs (£5.00) will also be available to buy, Harold being the giraffe puppet that the children meet.

We look forward to seeing you soon.

THE LIFE EDUCATION TEAM  
BROMLEY





**Nursery – Taking Care of Myself** Children explore some basic body parts such as heart, bones, muscles, tummy and lungs. They begin to find out how it works, what it needs and how to look after it through songs and Harold the puppet giraffe!

**Reception - All About Me** As above but also includes discussion of medicine, why we use them and safety issues as well as personal hygiene in relation to teeth and hands. This programme also allows children to recognise feelings and deal with them in a positive way.

**Year 1 – My Wonderful Body** Children explore the body with a focus on a balanced diet, medicine safety and personal hygiene but also explore feelings within relationships and the effects of teasing and name calling.

**Year 2 – Feelings** As above but with a focus on relationships with friends and how to understand and deal with difficult feelings like sadness and anger.

**Year 3 – Meet The Brain** Children continue to explore the body parts including the liver but with a focus on the amazing brain. They begin to understand that nicotine and alcohol are drugs and can affect parts of the body. They explore the value of friendship and the skills needed to be effective in relationships with peers.

**Year 4 – It's Great To Be Me** Children continue to explore the body and the digestive, circulatory, respiratory and nervous systems. They explore how medicines are drugs but not all drugs are medicines with a further discussion of the effects and risks of cigarettes and alcohol. They recognize that every human being is unique – no two people are exactly the same and it is these differences that make us special.

**Year 5 – Friends** Children continue to explore the body and its system and the effects of cigarettes and alcohol on them. They practice identifying and understanding risks and peer pressure and how to be assertive in difficult situations.

**Year 6 – Decisions** This is the last visit to the Lifebus and children deepen their knowledge in relation to legal and illegal drugs. They explore attitudes towards drug use, why people use them and the risks of doing so. They discuss skills needed to function more effectively in peer group situations and the need to take responsibility for their own safety and behaviour.

