

# Life Education in Cambridgeshire & Peterborough

Helping our children lead safer and healthier lives





CAMBRIDGESHIRE  
**PSHE**  
SERVICE

# Welcome to Life Education

This booklet through pictures and words, seeks to give a flavour of the unique Life Education experience.

Life Education Cambridgeshire visits over 90 schools in Cambridgeshire and Peterborough each year delivering programmes to 20,000 children.

Parents and teachers are enthused by the Life Education experience and message.

Helping to make the lives of our children safer and healthier.



*"Our children are our  
message to a future we  
shall not see"*



# What is Life Education?

Life Education Cambridgeshire is a Delivery Partner for a national charity: Coram Life Education. Coram is the oldest and largest charity serving the needs of children in the United Kingdom.

Life Education Cambridgeshire is delivered as one of the key services provided to schools by the Cambridgeshire Personal, Social and Health Education (PSHE) Service.

We deliver 'Life Skills' based primary drug prevention programmes to young people aged between 3-11 years old in Cambridgeshire and Peterborough schools..

Life Education was introduced into Great Britain in 1986 by HRH Prince of Wales.

After considerable fundraising, supported significantly by local Rotary groups, the first classroom was launched in Cambridgeshire and Peterborough in January 1999. A second classroom was purchased in 2001 and both centres continue to operate on a daily basis in primary schools across Cambridgeshire and Peterborough. We work in approximately 100 schools every year, engaging with over 20,000 young people, their teachers, school governors and parents/carers.

LEC visits are planned in partnership with schools and are designed to support and enhance their Personal Social Health Education curriculum (PSHE). The LEC classrooms provide an exciting environment with sophisticated audio and visual aids and use specially trained educators to deliver the programmes.

They aim to teach young people how amazing their bodies are and how the human body can be affected by drugs. They also aim to provide young people with the knowledge, skills and self confidence to enable them to make healthy choices. The programmes build progressively on previous knowledge and are evaluated through oral and written feedback at every school.





# Talking About Life Education

## What children said . . .

"It was really fun finding out all of those amazing facts about my body."

"Thank you – now I know some ways to stand up for myself and keep myself safe."

"We liked TAM – the light up body, Harold the giraffe and the adventure in the rocket. We learnt not to drink too much alcohol or smoke cigarettes when we are older because they can damage your heart and lungs."

"If the bus comes back I'll be first in the queue!"

## What teachers said . . .

"Excellent. Children engaged for the whole session. One of the best, if not the best events I have attended."

"The children were all very excited about the experience, chatting to each other afterwards. The visit of the Life Bus created a real buzz throughout the whole school – thank you!"

"Inside the bus was inspiring."

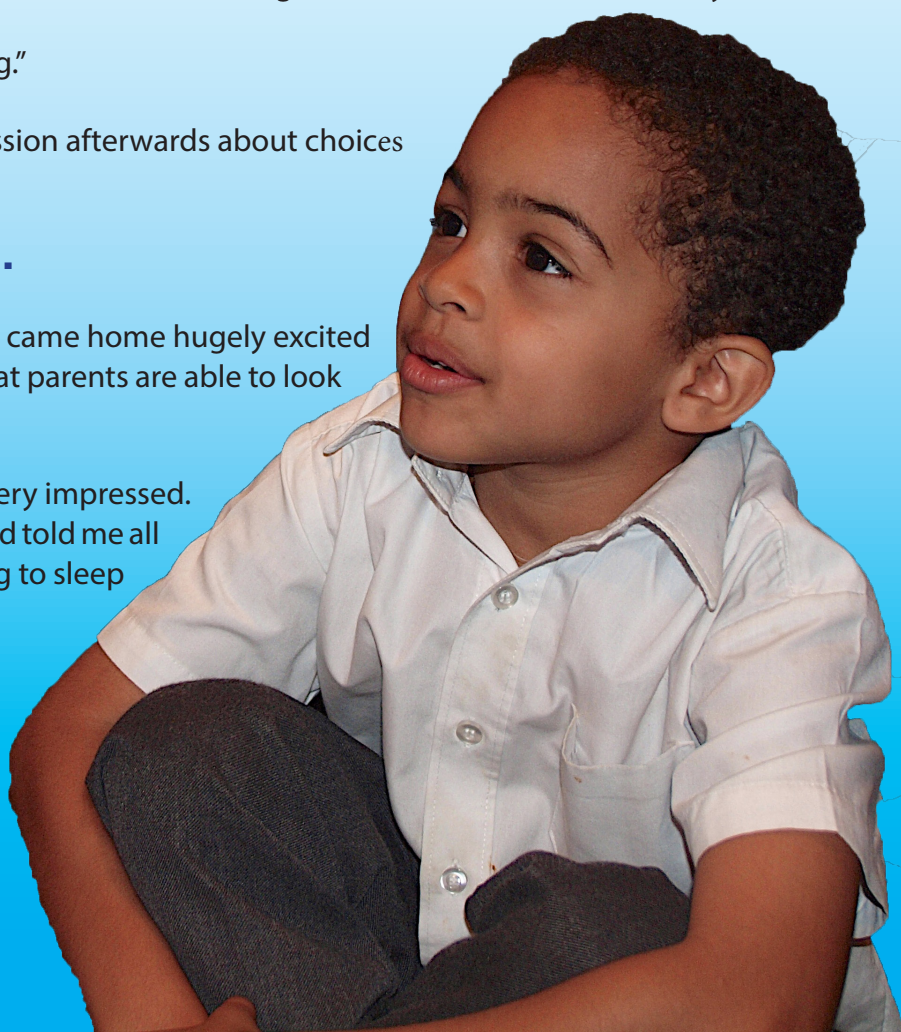
"It led to a wonderful discussion afterwards about choices and making discussions."

## What parents said . . .

"Excellent resource. My son came home hugely excited following the visit. Great that parents are able to look around too."

"A fantastic opportunity – very impressed. My daughter came home and told me all about her body and needing to sleep to grow."

"I felt reassured that my children would be learning about a difficult and worrying subject in a fun, safe, responsible and age appropriate way."

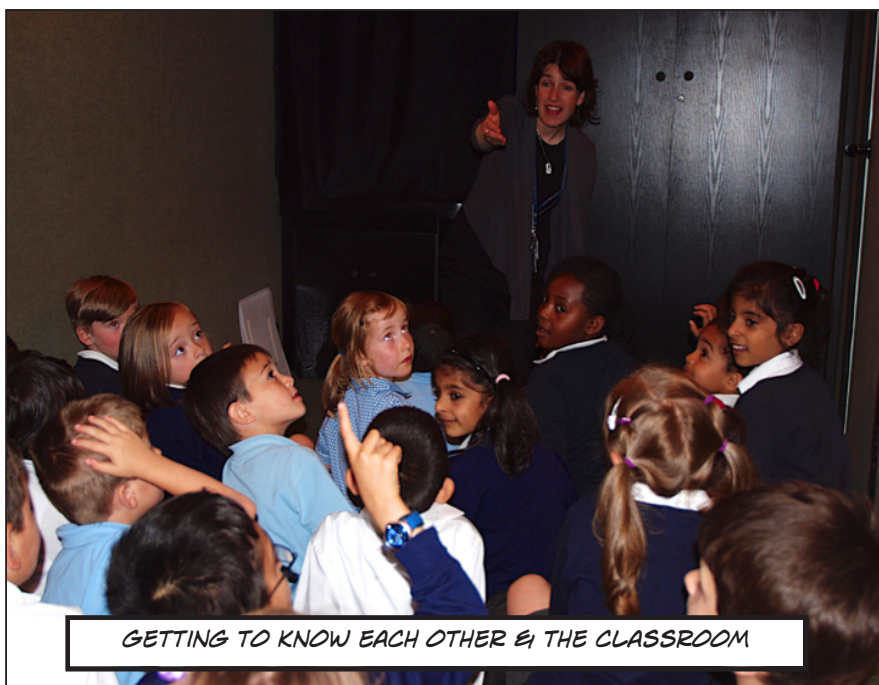




# LIFE EDUCATION



WELCOME TO THE CLASSROOM



GETTING TO KNOW EACH OTHER & THE CLASSROOM



LEARNING ABOUT HEALTHY FOOD AND A BALANCED DIET



FIVE A DAY!

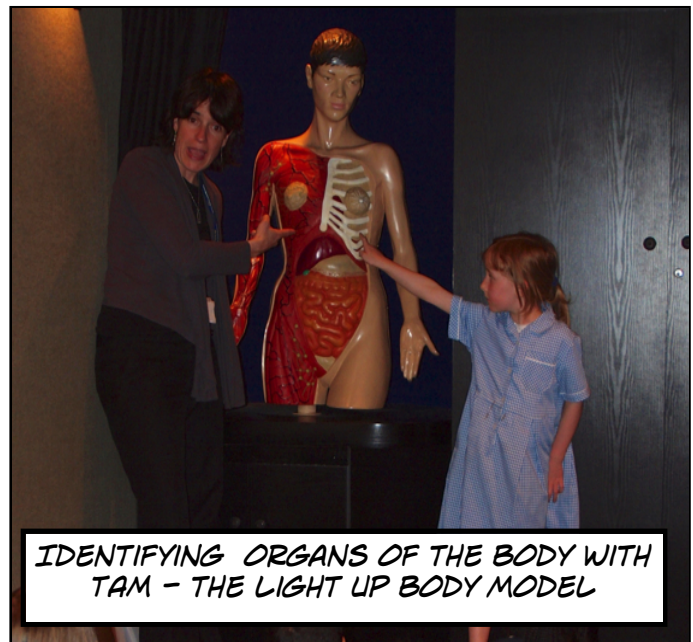


EVERY BODY HELPS!

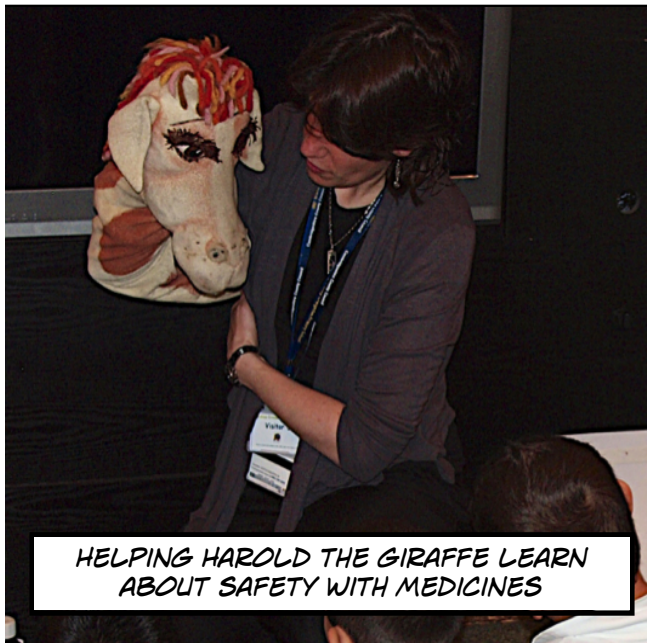




HOW AMAZING OUR BODIES ARE!



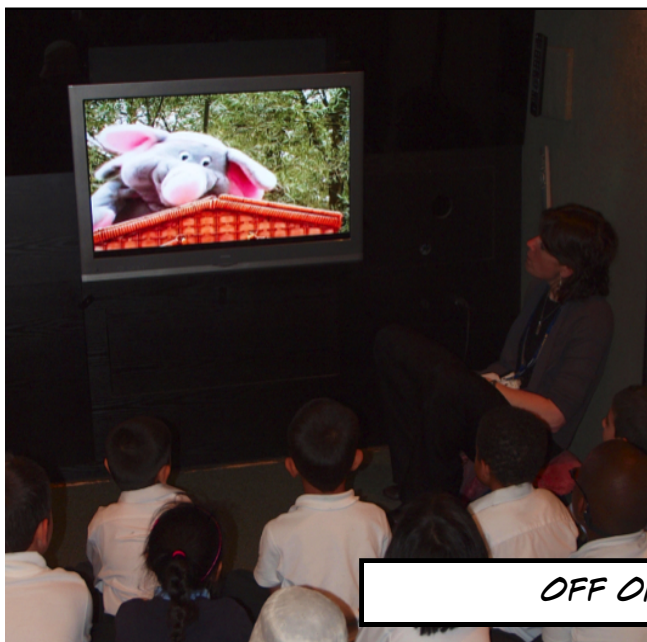




HELPING HAROLD THE GIRAFFE LEARN ABOUT SAFETY WITH MEDICINES



HAROLD, MEDICINES NEED TO BE KEPT IN A SAFE PLACE



OFF ON A PICNIC!



TIME FOR SOME EXERCISE!









**This Year One Programme from Life Education Cambridgeshire helps children to think about, learn and practice the following knowledge, attitudes and skills:**

- **What makes a healthy, balanced diet and how this gives us energy**
- **Why it is important to take care with medicines**
- **How we can resolve disputes and support each other**

**Thank you to the staff and children of Bishop Creighton Academy, Peterborough**





"We liked TAM - the light up body, Harold the giraffe and the adventure in the rocket. We learnt not to drink too much alcohol or smoke cigarettes when we are older because they can damage your heart and lungs."

