



The Life Bus is coming – again!

Through annual visits of Coram Life Education – or the Life Bus – children explore factors affecting physical and emotional well-being, including hygiene, healthy eating, positive relationships, self-worth, decision-making and drugs, such as medicines, nicotine, alcohol, caffeine and illegal substances. Coram Life Education is the only national programme that directly helps schools deliver drug awareness education across the primary age range.

The Life Bus will be visiting Meadgate Primary School on Tuesday 22nd January and Wednesday 23rd January. We encourage parents, grandparents and other carers to pop in while we are at the school, to find out more about our work, so that you can follow up and support your children's learning and thinking about their health decisions.

We will be holding a **PARENTS AND CARERS WORKSHOP** from 8:45am to 9:15am on Wednesday 23rd January. This is a structured session to give adults chance to experience and discuss some key elements of the programmes. **You must sign up for this session at the school office** and numbers are **limited to 18**. If you can have younger children or babies looked after for the time, that is best, but don't let childcare concerns stop you coming – little ones are welcome.

If you are not able to come to the workshop, there will be an open, drop-in session on Tuesday 22nd January from 3:05pm to 3:20pm. Pop in to say hello and have a quick chat, have a look around, take a leaflet with more information. You might even meet Harold the Giraffe if he's not too busy with his homework! You can come to the drop-in with children, but we ask that children not come on their own during this time.