



## 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 Wednesday 29<sup>th</sup> to Thursday 30<sup>th</sup> January 2020.** 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 Thursday 30<sup>th</sup> January 2020. 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 at the end of the day from 3:30pm on Thursday 30<sup>th</sup> January 2020. Pop in to say hello and have a quick chat, have a look around and take a leaflet with more information about the sessions and about the full range of resources teachers have access to support a comprehensive approach to wellbeing throughout the year – SCARF. 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.

If you are unable to come, you can find out more on our website:  
[www.coramlifeeducation.org.uk](http://www.coramlifeeducation.org.uk).

*Patron* Professor Sir Al Aynsley-Green Kt *Vice President* Ken Medlock OBE JP DL

*Chairman* Lord Russell of Liverpool *National Director* Dr Carol Homden CBE

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