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Priory Junior School  
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NG4 3LE

2<sup>nd</sup> December 2021

Dear Parent/Carer,

Year 5 are planning to hold a briefing session to give you information about the Life Skills Primary that we are planning (you may know this programme from when it was DARE). The session will be held on Tuesday 14<sup>th</sup> December 2021 at 15:30

We look forward to seeing you then. If you are unable to attend then the following will give you more details about the course.

The course will be taught by a trained DARE Officer who is employed by Life Skills Education Charity; please be assured that as a visitor into school the DARE Officer will be following school guidelines regarding the current Covid 19 pandemic and will wear Personal Protective equipment and socially distance where required.

The programme is a 10-week course with a graduation at the end which teaches children how to make the safe and healthy decisions which they will need as they develop into adulthood and beyond. The class will be involved in discussion and activities and will watch video clips during which they will meet the DARE Crew. These young people often get themselves into risky situations and the class will help them to make informed decisions and to keep safe and healthy.

During the course the children will use a workbook, which they can bring home and share with you. This will include them discussing responsibility, pressure and peer pressure, confident communication, bullying and cyberbullying, risks and consequences, stress and support networks. We will also be discussing helpful and harmful drugs, and alcohol and the effects that these have on the body. The programme includes discussion on knife safety and will also explore the differences between various groups in society.

This programme has been running in the East Midlands and beyond for over 25 years, has more than 400,000 graduates and has been proven to make a difference in young people's lives. For more information please visit [www.lifeskills-education.co.uk](http://www.lifeskills-education.co.uk) where you will also find a link to the most recent research about the course.

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Please let us know if you are able to attend or not by returning this slip to school. Thank you.

PUPIL NAME \_\_\_\_\_

PARENT/CARER NAME \_\_\_\_\_

I **WILL BE** ATTENDING THE DARE BRIEFING

I **WILL NOT** BE ATTENDING THE DARE BRIEFING