

Academic Year 2025/26

Dear Parent/Carer,

I am writing to let you know that your child will be taking part in the DAaRT Life Skills Primary Programme (formerly called DARE) this term.

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 course will be taught by the year 6 team.

The class will be involved in discussion and activities and will watch video clips during which they will meet the DAaRT Crew. These young people often get into risky situations, and the class will help them make informed decisions about keeping safe and healthy.

During the course, the children will use a workbook, which they can bring home and share with you. They will be learning about responsibility, pressure and peer pressure, confident communication, bullying and cyberbullying, risks and consequences, stress and recognising their support networks.

We will also be discussing helpful and harmful drugs, including medicines, alcohol and Nicotine and the effects that these have on the body. The programme includes a 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.lifeskillseducation.co.uk, where you will also find a link to the most recent research about the course. Please also find an attached parent/carers FAQ document which will provide you with more information.

Please contact me if you have any questions or queries or need further information.

Kind regards,

Mr Nicholson.