

16th May 2019

Dear Parents and Carers,

We would like to inform you that on Wednesday 22nd May, the Year 5 and 6 classes will each be having a workshop led by the Solve It team as part of the work we do in our PSHE lessons.

Solve It is a charity that works across Northamptonshire. They work within schools, primarily in year 5 and 6, secondary schools, universities / colleges/NCS, attend community events, deliver parent/carer sessions and professional workshops, offering a prevention through education service. The sessions/workshops that they deliver at schools are part of a 3-2-1 Decision Making Project in which they look at decision making and what influences our decisions. They use scenarios to encourage the children to think about what they would do in those situations. The children will discuss risks and risk taking. We then briefly discuss products that are legal but not necessarily safe ie- over the counter medication, prescription drugs, high energy drinks, alcohol, cigarettes and e-cigarettes. Then the students are given information about solvent abuse including aerosols, gases and glues, again helping them to understand that they are legal and readily available, but safe only when used as intended. Another activity helps children to recognise the signs of feeling scared and how to understand their bodies reactions to difficult situations. Finally, we finish with encouraging the children to Stop, Think, Make good decisions.

Each session will last 1 hour with a combination of PowerPoint and interactive discussion, age appropriate to the class.

These workshops have been very successful in the past and I am sure the children will all enjoy the session and find it a valuable learning experience.

Kind regards,

Mrs H Moody, Mrs L Oliver, Mrs Radd and Mrs Mann