



'ad omnia paratus'



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Dear Parents/Carers,

This term, our Year 5 children will be participating in the DARE (Drug Abuse Resistance Education) programme. Our first session took place on April 18<sup>th</sup> and was an introduction to the course. They will be coming home with their DARE book on Friday. Please take a moment to talk to your child about the course. There is a short homework for them to complete and section in the book for you to fill in too. Children should bring their books back to school on **Monday 23<sup>rd</sup> April**.

The course consists of ten 1-hour lessons and is designed to give the children the skills and knowledge that will be needed to make informed and wise life choices. Whilst we would hope that the issues being discussed are not of immediate concern to the children, our aim is to be pro-active and provide them with information and strategies which will hopefully enable them to avoid adopting unhealthy lifestyles.

Below is a list of the objectives being covered during each session. We have included this so you are aware of what your child will be learning. Sessions started on April 18<sup>th</sup>. Please could children keep their DARE books in their reading folders. Lessons will take place on Wednesday afternoons but sometimes things happen and we have to make changes to accommodate this.

#### Lesson 1 : An introduction to the course

- State what D.A.R.E. stands for
- Define what it means to be responsible
- Identify personal responsibilities in your daily lives
- Name the steps in the D.A.R.E. Decision Making Model (DDMM)

#### Lesson 2

- Define and recognise the characteristics of bullying
- Consider ways to respond to bullying and report bullying incidents

#### Lesson 3

- Consider the facts and health effects of alcohol and tobacco
- Work through the Define stage of the DDMM in an alcohol and tobacco related scenario

#### Lesson 4



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- Define the meaning of risks and consequences and apply to scenarios
- Assess how choices can have positive and negative consequences

#### Lesson 5

- Define pressure and peer pressure
- Consider the facts and health effects of volatile substances (e.g., gases, glues and solvents)
- Recognise the sources of pressure
- Identify ways to respond to peer pressure

#### Lesson 6

- Identify what makes us stressed
- Recognise the signs of stress
- Discuss how to deal effectively with stress
- Evaluate the response to a stressful situation

#### Lesson 7

- Discuss the importance of effective communication in our daily lives
- Demonstrate confident communication
- Use explanations to communicate effectively
- Consider the facts and health effects of cannabis

#### Lesson 8

- Recognise and demonstrate non-verbal communication
- Recognise and demonstrate effective listening techniques

#### Lesson 9

- Practice effective communication skills whilst interviewing another and being interviewed
- Recognise the benefit of giving and receiving help
- Define a 'good citizen'
- Commence preparation of the D.A.R.E. Report

#### Lesson 10

- Identify people in your lives you can go to if you need help
- Effectively ask for help
- Review and reflect on what you have learned in the programme

Also, as part of our learning about Health Education, Year 5 will be covering the topic of sex education in the second half term.

We will be showing age suitable aspects of the Channel 4 'Primary Sex and Relationship Education' DVD. These DVD's cover:

Programme 4: Changes - introduces pupils to the subject of puberty and the physical and emotional changes that occur during this development.

Programme 5: Girl Talk - addresses the emotional and physical changes that a female goes through during puberty.

Programme 6: Boy Talk - addresses the emotional and physical changes that a male goes through during puberty

The children will watch programme 4 together before being split into two groups. The girls will watch programme 5 with Mrs Sanchez, whilst the boys will watch programme 6 with Mrs Langdown. Either preceding or following programme 5 and 6, the children will be given the chance to ask gender specific questions relating to puberty and the changes they will be going through (both physically and emotionally).

To conclude, we will have a general discussion, as a class, to ensure all children are clear on what is deemed appropriate and inappropriate talk in, around and out of school, relating to the matters that will have been covered.

This will form an important part of your child's education and will support their understanding of the physical and emotional changes they will be/are experiencing.

I hope your child enjoys the programmes and it provides them with knowledge and guidance that helps them to lead healthy and fulfilling lives. There will be a graduation at the end of the DARE course, we will let you know when this will be taking place nearer the time.

Yours sincerely,

The year 5 team.