



'ad omnia paratus'



Head Teacher Mrs J Cook

Burton Joyce Primary School
Padleys Lane
Burton Joyce
Nottingham
NG14 5EB

Tel: 0115 9312373

head@burtonjoyce.notts.sch.uk
office@burtonjoyce.notts.sch.uk

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Dear Parents/Carers,

Next term, our Year 5 children will be participating in the DARE (Drug Abuse Resistance Education) programme. Our first session will take place on **Tuesday 30th April** and will be an introduction to the course. After the first session, they will bring their DARE book home with them to complete homework. Please take a moment to talk to your child about the course. There will be a short homework task for them to complete and a section in the book for you to complete. Children should bring their books back to school **every Friday as we will be having lessons each week on a Tuesday.**

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. Please could children keep their DARE books in their reading folders. Lessons will take place on Tuesday 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



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- Work through the Define stage of the DDMM in an alcohol and tobacco related scenario

Lesson 4

- 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

There will be a DARE graduation on **Tuesday 16th July at 9.30am** which you are invited to attend if you would like. During the assembly, children will share what they have learnt and will have the opportunity to purchase some DARE merchandise.

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.

Yours sincerely,

The Year 5 team.