



'ad omnia paratus'



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Dear parents/carers,

This summer term, our Year 5 children will be participating in the DAaRT (a Drug Alcohol resistance Education) programme. Our first session will take place on Monday 24th April (or the following week for half the class). This will be delivered by a trained DAaRT officer, Carol Spencer, provided by the Life Skills Education team. A letter will be coming home with your child today and we would appreciate you and your child signing the sheet and returning it to us on Monday. After the first lesson, your child will come home with their DAaRT workbook, please take a moment to talk to your child about the contents.

The course consists of ten 60 minute 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 in the future.

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. All DAaRT books need to be in school on Mondays, so if they can be returned each week by the Friday we would very much appreciate this.

The programme is delivered over a 10 week period and covers the following subjects:

- Bullying
- Peer Group Pressure
- Use of Social Media
- Cannabis and Theft
- Use of Illegal Drugs



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- Misuse of Legal Drugs
- Misuse of Alcohol
- Smoking
- Knife Crime and Solvent Abuse
- New Psychoactive Substances

We believe that the course will provide information for your child to grow up to be a well informed and confident young adult. If you have any questions or concerns, please contact your child's teacher in the first instance, who will be happy to talk through the content with you.

Yours sincerely,

The Year 5/6 team.