



26<sup>th</sup> September 2017

Dear Parents/Carers,

We are pleased to announce that St Anne Stanley C of E Primary School will be participating in the Barnardo's LifeSkills programme with their Year Four, Five and Six pupils. Last year the children in Year Four and Five completed level one of the programme with real success and they are now progressing to level two as they enter Year Five and Six. This is a first for a Liverpool school!

LifeSkills is a world renowned evidence based programme that provides children and young people with the skills to make positive healthy choices. It is successful in over 35 countries around the world and the results of studies testing the approach have consistently shown that it prevents and reduces tobacco, alcohol and drug use with long lasting results.

As well as preventing substance misuse, it also leads to important improvements in other core skills which are key for healthy development amongst young people. These include self-esteem, communication, social skills and the ability to cope with stress. Recent research by Barnardo's has proven LifeSkills to be successful in helping young people communicate clearly, develop healthy relationships, build resilience and deal with peer pressure, skills that will help children and young people have healthier and more enjoyable lives.

At the end of the programme children can bring home their completed LifeSkills workbooks to reinforce their learning.

It is important to Barnardo's to find out if the programme has benefitted the children taking part, therefore children will complete a pre and post questionnaire and results will be given to the school showing the impact of the programme.

There will be a celebration of the children's hard work and achievement on completion of the sessions with certificates and medals.

If you have any questions or would like further information about the programme, Barnardo's confidentiality and data protection procedures, please do not hesitate to get in touch. I am looking forward to working with your child and would encourage you to get in contact if you have any queries.

Best wishes,

**Julie Foley, Senior Practitioner, LifeSkills (Mobile 07584270344)**

