

Woodfield Primary School

18th September 2026

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Headteacher: Miss A Prior

Dear Parents/Carers,

Re: Mental Well-being Workshops

We are delighted to let you know that, next week, our school will be welcoming Sophie, an educator from **Coram SCARF Lancashire & Cumbria** to deliver their popular Mental Wellbeing workshops to our children. Coram SCARF is the UK's leading provider of relationships, health, wellbeing, and drugs education, currently reaching almost half a million children across the country under their strapline 'Helping Children Make Healthy Choices'.

What will my child be learning?

During the workshops, your child will meet **Harold the Giraffe** and his friends Derek and Kiki. Through discussions, short films, and fun interactive activities, children will explore:

- How thoughts, feelings and behaviours are connected and how to understand their emotions
- Strategies to support positive mental wellbeing and emotional resilience
- How to recognise and manage stress, anxiety and low mood
- The importance of self-care and healthy habits for looking after their mental health
- Friendships, relationships and where to seek help and support

All sessions are delivered by a trained Educator using evidence-based, interactive, and creative methods to make learning memorable and age-appropriate. The workshops fully support our school's PSHE (Personal, Social and Health Education) curriculum and meet the DfE statutory requirements for Relationships, Health and Sex Education (RHSE), in line with the National Curriculum.

Come and Meet the Educator: we warmly invite you into school to meet the Coram SCARF Educator, find out more about what your child will be learning, and ask any questions you may have. The Educator will deliver a short presentation This will take place on: **Date: Tuesday 22nd September Time: 8.50-9.15am**

If you are unable to attend, please don't worry – simply contact us at school and we will be happy to pass your questions on to the Educator and respond via your child's teacher. We look forward to possibly seeing you there and know your child will thoroughly enjoy the workshops!

Kind regards,



Miss Prior
Headteacher