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15th October 2021

Dear Parents / Carers,

STAR Programme – West Mercia Police

We have been given the opportunity to take part in a series of workshops specifically designed for Year 6 children about living a healthy lifestyle. The programme will be delivered by staff from West Mercia Police and will cover the following areas:

- Making the right choices
- Drug awareness
- Positive and negative thoughts and feelings
- Being proud of yourself and achievements
- Alcohol awareness
- The dangers of smoking and substance abuse
- Personality traits
- Keeping safe
- Hopes and dreams for the future

These workshops support our PSHE topics this term ('Resilience' and 'Healthy Bodies') and will complement the children's trip to Crucial Crew in the summer term. Each class will complete three sessions, during the first few weeks after half term.

Should you have any questions about the programme, please do not hesitate to come and chat with one of the Year 6 teachers.

Yours sincerely,
Miss S Cartwright (Assistant Head)
Mrs C Fletcher (PSHE Coordinator)
Miss V Pearson (Year 6 teacher)

