



St. Mary's C of E School

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Friday 24th May 2019

Dear Parents,

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 coincide with our PSHE topics throughout the year and will complement the children's trip to Crucial Crew on Wednesday 19th June. The workshops will take place on Monday 10th, Thursday 13th and Friday 14th June.

Please do not hesitate to come and speak to Mrs Gibbs or myself should you have any questions about the programme.

If you would prefer for your child **not** to participate in the West Mercia Police STAR programme please let the school office know by Friday 7th June.

Yours sincerely,

Mr. Milne

What we nurture today, flourishes tomorrow