



## Heathlands Primary School and Foundation Unit

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11<sup>th</sup> September 2025

Dear Parents/ Carers,

### **Information about DAaRT (Drug, Alcohol and Resilience Training)**

Your child will be participating in the DAaRT Programme over the next 10 weeks, which will culminate in a special Graduation Assembly in December. Date to follow.

The programme is made up 10 lessons, which will be delivered alternate weeks, on a Thursday, by Mrs Beale (DAaRT Officer) and Mrs Satterlee.

The class will participate in discussions and activities and watch video clips during which they will meet the DAaRT Crew. These young people often get themselves into risky situations, and the class will help them make informed decisions to keep them safe and healthy.

During the programme, the children will use a workbook, which they can bring home and share with you. The children will learn about responsibility, pressure, peer pressure, confident communication, bullying and cyberbullying, risks and consequences, stress, and recognising their support networks.

We will also be discussing helpful and harmful drugs, including alcohol and nicotine, and the effects that these have on the body. The programme includes a discussion on knife safety and will also explore the differences between various groups in society.

This programme has been running in the East Midlands and beyond for over 25 years, has more than 500,000 graduates and has been proven to make a difference in young people's lives.

For more information, please visit <https://lifeskills-education.co.uk> where you will also find a link to the most recent research about the course.

If you require any further information, please feel free to come in and ask.

Kind regards,  
Jane Satterlee  
Year 5 Class Teacher



Respect



Kindness



Pride



Courage



Responsibility



Aspiration