



**Mrs Sue Boorman B'Ed (Hons)**

Headteacher

**Mrs Jo Padfield BA (Hons)**

Deputy Headteacher

**Hatch Warren Infant School**

Gershwin Road

Basingstoke

Hampshire

RG22 4PQ

☎ 01256 350313

Email: [parent.mail@hwis.hants.sch.uk](mailto:parent.mail@hwis.hants.sch.uk)

Website: [www.hwis.hants.sch.uk](http://www.hwis.hants.sch.uk)

Friday 2<sup>nd</sup> October 2026

Dear Parents/Carers,

The Coram Life Education & SCARF team will be visiting our school on Monday 5<sup>th</sup> and Tuesday 6<sup>th</sup> October.

The children's charity Coram Life Education provides Health and Wellbeing Education support to schools. Workshops are delivered by skilled educators and the **SCARF** resource is the framework of our PSHE (Personal, Social, Health & Economic) education curriculum. We are really looking forward to their visit.

Each class will attend a workshop. Details of the topics being covered with your children are listed below:

All About Me (Year R)

The children will join Harold the Giraffe as he prepares for a visit to his grandparents. They will explore personal hygiene, internal organs, and healthy habits through play and movement. When Harold feels sad, the children will help him feel better by sharing ideas and enjoying a calming sleep-time activity. The session will end with a joyful song about health and happiness.

The children will:

- Understand physical and mental health basics. Learn about hygiene, sleep, exercise, and nutrition. Identify key body parts (heart, lungs, stomach, brain, blood). Recognise the role of medicines and safety.
- Explore ways to manage sadness and seek support.

**Helen Arkell**  
Believe Achieve Succeed



## My Wonderful Body (Year 1)

The children will explore food groups and how the body uses food, water, and oxygen for energy. They will help Harold the Giraffe build a balanced lunch, get active in the school garden, and resolve a friendship issue with his friends. The session ends with a fun song about healthy eating.

Children will:

- Understand physical and mental health.
- Learn about balanced diets, energy sources, and body functions.
- Identify major organs and their roles.
- Recognise how behaviour affects others and how to resolve conflicts.

## Feelings (Year 2)

The children will explore what helps us stay physically and emotionally healthy, using the Healthy and Wellbeing Wheels. They will join Harold the Giraffe at a party, learn about safe medicine use, and become "Feelings Detectives" by interpreting emotions in photos. They will help resolve a misunderstanding between friends and finish with a fun exercise and a song about friendship.

Children will:

- Understand physical and mental health.
- Learn about healthy habits and safe medicine use.
- Recognise and manage emotions like anger and loneliness.
- Understand bullying and how to seek help.
- Explore strategies for resolving conflicts and supporting others.

I am sure the children will tell you all about their visit from Harold,

Kind regards,

Louise Weston  
PSHE Lead



