



Background

Aberdeenshire Life Education Centres (ALEC) is a Rotary-led charity which works with Aberdeenshire's schools to help children and young people develop the vital knowledge, skills and attitudes that they will need to make informed choices about their own health and wellbeing. ALEC is a unique partnership between Aberdeenshire Council, local Rotary Clubs and Coram Life Education and is the only Delivery Partner of Coram Life Education in Scotland.



Harold the Giraffe and his friends, Derek and Kiki, help younger children explore issues around friendships, bullying and conflict resolution.

Rotary



Glenbervie School tweeted:

"ALEC classroom today, Life Box learning rather than the van but still all the magic!"



Our Work in 2017/18

This session, ALEC moved to a new delivery method replacing the mobile classrooms with Life Box: an innovative and portable way of providing educators with the ability to deliver ALEC sessions in Primary schools without the need for a mobile classroom. The kit contains everything that the educator needs to deliver a session within a school. It includes all audio-visual equipment, pop-up screens for laminate displays and of course a house for Harold the Giraffe.

Working with pupils from Primary 1-7 & Academy S2, sessions are designed to **help children make healthy choices**. ALEC programmes cover experiences and outcomes from all aspects of Health and Wellbeing within Curriculum for Excellence. The S2 workshop, developed in August 2016, centres on issues surrounding risk-taking behaviour as a general theme. The discussion includes:

- risks associated with legal and illegal substances
- challenging normative beliefs about substance misuse
- short/long-term risks and consequences
- peer pressure

Our Reach

In the 2017-18 session, visits were made to 137 primary schools, 17 academies and 4 special schools in Aberdeenshire. Sessions were delivered to a total of **22,586 pupils**; 19,540 primary pupils 2,818 secondary pupils and 228 pupils who attend Aberdeenshire's special schools. Parent/carer sessions are offered in every primary school; **770** adults attended these sessions in 2017-18.

Social Media

Our Facebook page has over 515 likes and we currently have 178 followers on Twitter.

Partnership with Coram Life Education

SCARF consists of a flexible set of online resources that support the teaching of Health and Wellbeing. These include over 280 lesson plans as well as planning and assessment tools. ALEC Educators worked to align these resources to Curriculum for Excellence providing an excellent resource for Aberdeenshire teachers and pupils. ALEC educators have offered staff training sessions on SCARF at every primary school in Aberdeenshire. The ALEC team created a SCARF rolling programme for small schools which provides progression and challenge. In the 2017-18 session, 1,808 teachers in Aberdeenshire visited 33,537 lesson plan pages.

New resources

- A new internet safety programme, "Should I share?", complements our existing bCyberwise materials and looks at media bias and safe sharing of information.
- A pilot of new Relationships, Sexual Health and Parenthood (RSHP) lessons has been rolled out in 2 Aberdeenshire schools. This pilot will continue with a further 2 schools next session.



A new home for Harold

Educators have piloted Life Space and hope to introduce this to Aberdeenshire schools next session. Life Space will enhance the provision of Life Education programmes and provide an exciting alternative to the mobile classrooms.

Partnership working in Aberdeenshire and the Northern Alliance

- ALEC Educators delivered an In Service training day on SCARF resources and our new Relationships, Sexual Health and Parenthood Resources.
- ALEC Educators delivered training on Life Education Teaching strategies and SCARF for dLite students.
- ALEC and Coram Life Education (CLE) representatives presented at the Northern Alliance Festival.
- ALEC and CLE delivered SCARF training for staff in Shetland, highlighting excellence in Health and Wellbeing in Aberdeenshire schools.

2017 /18 Evaluations

"Tent created a special atmosphere which you don't get in an open classroom; lighting was a bonus!" - P1 teacher

"Tent was really good; felt the same as the caravan had previously. The children enjoyed it and found the lighting etc. stimulating." P3/4 teacher

"Actions for the different words were fantastic. All children were engaged at all times and looked as if they were having a fantastic time. The lighting was brilliant." - P2 teacher

"Perfect for holding children's attention, exciting and engaging delivery!" - A parent

"A great space for the children to learn!" - A parent

"I liked the bit where we had to be the nerve system" - P4 pupil

"My favourite part was when we got to see inside the human body." - P4 pupil

"I have learned how to be safe online." - P5 pupil

"I thought that this session was very helpful because it teaches us how drugs can affect us" - S2 pupil

"I thought it was a fun and interactive session which was productive and helpful" - S2 pupil