



# Arnold Mill Primary School

Head Teacher Mrs J Oldfield B.Ed (Hons)  
Cross Street Arnold Nottingham NG5 7AX  
Telephone (0115) 966 7930  
Email: [office@arnoldmill.notts.sch.uk](mailto:office@arnoldmill.notts.sch.uk)

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Dear Parent/Carer,

We are writing to let you know about the Life Skills Primary Programme that will be taking place in school during the next term and to outline the content of the course (you may know this course from when it was called the DARE Programme).

The year 5's will be involved in discussion, activities and will watch video clips during which they will meet the DAaRT Crew. These young people often get into risky situations, and the class will help them make informed decisions and keep safe and healthy.

During the programme, the children will have a workbook in school. 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 400,000 graduates and has been proven to make a difference in young people's lives. For more information, please visit [www.lifeskills-education.co.uk](http://www.lifeskills-education.co.uk) where you will also find a link to the most recent research about the course.

The Year 5 DAaRT graduation assembly is planned for Tuesday 21<sup>st</sup> April at 3:00pm. The children will be able to invite a maximum two guests each to come and watch the graduation, details of how to book will be sent out closer to the time.

Thanks for all your continued support.

Year 5 & 6 Team.

