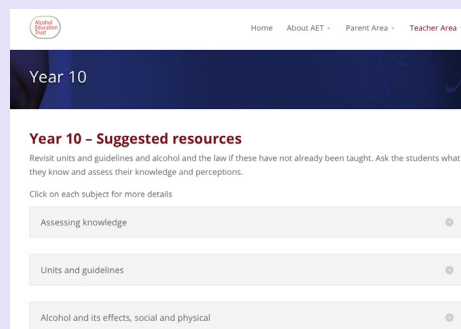
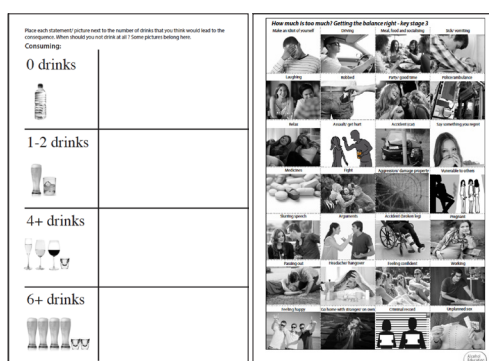


Where did the summer go? Hopefully the new intakes have settled in and you're back into the school routine and coming to grips with the new curriculum requirements. With an emphasis on pupil health and wellbeing, The AET can help you evidence this stream of work and with our clearly laid out lesson plans and activities can save you hours of work in preparation! Remember everything is laid out by topic and by year group on www.alcoholeducationtrust.org



New activity



Following extensive project work with Years 7 and 8, we've developed an activity which very simply demonstrates the concept of the effect of different amounts of alcohol on the body and behaviour. Adults, let alone children become confused around 'units', so here we talk about drinks and use pictures and group work to explore perceptions and consequences. You can download the activity from www.alcoholeducationtrust.org/teacher-area/staying-safe-avoiding-risk-taking/staying-safe-lesson-planning/.

Welcome to Helen Dougan!

We're thrilled to welcome Helen Dougan to our team who has taken on the role of part time project manager, with a particular responsibility for our work in The Isle of Wight, Burnley, St Helens and East Tyneside. Helen is from Lancashire and brings a wealth of experience as she continues her role as Senior Health Promotion Specialist for Southampton Healthy Schools, where 100% of Southampton schools achieved National Healthy Schools Status and she developed the local Healthy Schools Pioneer Award. Helen has an MA (Ed) in Health Education/ Promotion.



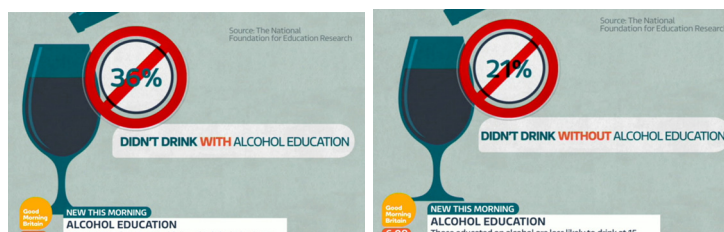
Helen commented on accepting the role 'Having worked for almost 10 years within the Healthy Schools field I have gained experience and an in-depth understanding of the importance of the health and wellbeing agenda and its impact on young people. I am very excited to be joining the team and looking forward to supporting schools with this project'. You can contact her on Hdougan@alcoholeducationtrust.org.

Can 6 lessons on alcohol really delay the onset of drinking?



are age 15 - 16, we were so pleased to receive national coverage on both BBC Breakfast and ITV Good Morning Britain! Raising the profile of PSHE and health and wellbeing in schools is so important.

Following the results found by The National Foundation for Education Research that delivering just four AET Talk About Alcohol lessons in Year 8 with two top up lessons in Year 9 significantly delays the age that teenagers take up drinking, with the effect becoming stronger over time, once the pupils



Claire, of Brine Lees School in Nantwich, joined Helena Conibear on the sofa at BBC Breakfast...

'As Head of PSHE and Citizenship my role is to implement statutory requirements in a way that is personalised and relevant to the students of the school. At Brine Leas School, it is important to educate the child in a rounded manner.

We deliver one full hour per fortnight and a 15 minute form time session once a week through the tutor pastoral system. Each year group follows the same theme, and within this the specific content is tailored to the age group as appropriate, addressing relevant issues for young people.

For example, alcohol education is embedded in our 'Health' sessions for year 9, while 'health' in year 7 is a focus on healthy eating and in year 11 'health' is related to managing exam pressures and healthy revision. As such, over their time at the school our students cover a broad range of areas to enable healthy lifestyle choices and develop objective social understanding.

The year 9 students take part specifically in the AET programme at this point. The AET train the year 9 tutors who then deliver content to their groups. In addition we hold a Health Promotion event where year 10 students take part a market place style morning providing information, activities and support. The AET attend this and talk about alcohol with the students directly.

PSHCE is a whole school ethos, therefore the AET attend parents evenings for year 9, 10, 11 to provide information to parents on an informal basis in order to advocate an holistic approach to the welfare of our students.

You can read a summary of the NFER findings, or the whole report at www.alcoholeducationtrust.org/teacher-area/evaluation-case-studies/



Development of SEND resources

As you know, over the last months we've been working in partnership with the SEND charity Image in Action to develop a set of resources on alcohol that will be suitable for children with complex needs, who are particularly vulnerable to exploitation around alcohol. If you are located in Greater London and would like to trial these resources as part of our pilot (we will just ask for general feedback, nothing onerous), then please email helena@alcoholeducationtrust.org. We plan to have them available after the October half term for schools.

4th Edition of Teacher workbook published

The 4th edition of our teacher workbook is now available. You can download the new edition via www.alcoholeducationtrust.org/teacher-area/download-teacher-workbook/. Statistics have been updated and the new activity included. Don't worry, there aren't big changes from the 3rd edition – just the activity above!

Talkaboutalcohol website



One of our dreams is coming true! The www.talkaboutalcohol.com website was pioneering in its time of development in 2006, but how the world has moved on since then! Following two years of planning and fund raising, we will begin the build of the site this Autumn! The site will just be for pupils, with a focus on Years 8 and 9 (age 12- 14) as this is the 'tipping point' when talking about alcohol is most crucial – before unsupervised drinking begins.

Fundraiser

We have a final fund raising event in Dorchester on the 1st October hosted by Paul Atterbury of The Antiques road show. Local businesses, authors and politicians have been so generous in their support with signed books from Kate Adie, Lord Fellowes and Minette Walters, tea offered at The House of Lords and the House of Commons and hampers from Olives et al, Clipper and Dorset Tea, Fudges and many more! If you'd like to attend, contribute or buy raffle tickets please contact kate@alcoholeducationtrust.org



AET resources comprise of www.alcoholeducationtrust.org and www.talkaboutalcohol.com, a Teacher Workbook, booklets 'Alcohol and You' for 15yrs+ and 'Talking to Your Kids About Alcohol' parent and carer guide. We offer teacher CPD workshops and parent information talks.

For further information on any of the above please contact

Helena Conibear, Founder, Director

Sandra Saint, Parent Outreach Coordinator

Kathryn Arnott-Gent, Parent and Schools Coordinator NW

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