



**coram**   
**Life Education**

---

**Coram Life  
Education & SCARF  
Impact Report  
2023/24**



---

# Coram Life Education & SCARF

**Coram Life Education is the UK's leading charity provider of Personal, Social, Health and Economic (PSHE) education and we have nearly 40 years' experience of delivering memorable, engaging wellbeing education programmes in schools.**

Evidence shows that being educated in core skills early on in life gives children the best chance of developing the resilience, confidence and practical skills to navigate life on and off line, empowering them to make changes to last a lifetime.

Our values for children of Safety, Caring, Achievement, Resilience, Friendship is the basis of a whole-school approach to children's health, their emotional wellbeing and their achievement. This is also a priority for schools, where academic achievement is a central purpose but can't be developed effectively if children don't feel safe, cared for, resilient and have a sense of belonging that comes from friendships and relationships.

Our service includes SCARF, a comprehensive, fully resourced, progressive PSHE scheme of work for 3-11 year olds, high-quality, educator-led workshops for pupils and staff training, supporting schools with a whole-school approach to Wellbeing and Mental Health. A core component of our curriculum includes Relationships, Sex and Health Education, meeting statutory requirements and taking a preventative approach to prepare children for adolescence and adulthood.

SCARF promotes pupils' spiritual, moral, social, and cultural development through engaging and inclusive content, enabling them to make appropriate choices as they navigate a rich, varied, often complex and ever-evolving life in modern Britain - and the world. Our flexible approach ensures inclusivity and addresses the unique needs of every school community, nurturing an environment where all pupils can thrive.

Looking ahead, CLE are developing new educator-led workshops and SCARF resources aimed at tackling the issues and risks associated with time spent online, based on the best available evidence, supporting children in developing critical-thinking skills from an early age.

---

# In numbers

Every year we work with hundreds of thousands of children, teachers and schools.

**622,143**

**PUPILS RECEIVED SCARF LESSONS**

---

**55,000**

**TEACHERS  
SUBSCRIBE TO OUR  
ONLINE SCARF  
RESOURCES**



**401,024 CHILDREN  
IN 1,989 SCHOOLS  
PARTICIPATED IN WORKSHOPS**

---

**7,810 CHILDREN  
COMPLETED OUR  
WELLBEING SURVEY**



Schools face evident challenges in balancing the curriculum and resources to meet increasingly complex needs in their school community. Despite this, our Impact Report shows that they continue to prioritise their pupils' emotional and physical health, in the knowledge that wellbeing pupils' sense of connection and belonging with school is the gateway to effective learning and achievement. CLE and SCARF are proud to work with 15% of schools to achieve this, and to have their trust and confidence as we continue to call for a curriculum that empowers and prepares children for their futures.

**Harriet Gill, Managing Director,  
Education & Wellbeing Coram**



---

# Impact on pupils

**NHS Digital have published 2023 data showing 1 in 5 children and young people aged 8 to 25 years had a probable mental disorder. These rates rose from 1 in 9 in 2017. They were also less likely to report enjoyment of learning or having a friend they could turn to for support. Coram Life Education & SCARF, the UK's leading primary PSHE education charity, exists to tackle this issue.**

We have gathered data from schools to evaluate the impact of our work on pupils. The data reveals significant improvements in pupils' social and emotional well-being, engagement, and understanding of key concepts. The findings reinforce the positive difference our work is making.

---

**83%** MANAGING THEIR OWN FEELINGS AND BEHAVIOUR

---

**79%** UNDERSTANDING HOW TO KEEP THEMSELVES SAFE

---

**89%** KNOWLEDGE OF HOW TO KEEP THEMSELVES PHYSICALLY HEALTHY

---

**75%** KNOWLEDGE OF HOW TO LOOK AFTER THEIR MENTAL HEALTH

---

**75%** DEVELOPING RESPECTFUL RELATIONSHIPS

---

**68%** GIVING PUPILS A VOICE



# Case study

Lees Primary, Bradford

Teachers at Lees Primary School have been using SCARF since 2023. We spoke to their Leader of Learning, Lucie Harker, to find out how SCARF became so quickly embedded into their school values and positive behaviour policy.

The teachers at Lees Primary School wanted a PSHE scheme that was comprehensive, up-to-date and met their pupils' needs. Lucie Harker tells us "We felt that the SCARF content was really high quality and had been really well put together. We have a lot of confidence in Coram and can trust that the content is thorough and regularly reviewed and updated. The issues we cover in PSHE lessons evolve so quickly and we want to make sure that what we teach is as relevant and up-to-date as possible for our children."

Less than a year since implementing SCARF, Lees Primary School has already fully integrated it into their school values and positive behaviour policy. Lucie says "SCARF is at the heart of everything we do and children are making cross-curricular links all the time. We reward SCARF behaviours every week in our celebration assemblies and children earn 'SCARF points' throughout the week to contribute to our house teams' competition. As per our school rules – 'every member of our school community must wear their SCARF every day'. Children understand what it means to wear their SCARF and live by their SCARF values.

"SCARF is at the heart of everything we do"

Lucie Harker, Leader of Learning



# Case study

Lees Primary, Bradford

We use restorative practice to support negative behaviours and this is really effective. Since embedding SCARF into our values and positive behaviour policy we have seen a massive improvement in behaviour. "

The bank of high-quality SCARF resources also allows teachers to use SCARF outside of the classroom, to support children and their families. "Our pastoral team use SCARF in their one-to-one and group activities. We are able to sign-post parents and families to the SCARF resources when they reach out for support and it helps that they all tie in consistently with our values and approaches within school."

**"Children at our school talk passionately about SCARF and are really proud to live by our SCARF values"**



They know how to keep themselves and others safe and are learning the skills they need to keep doing so as they get older



They are learning to care about themselves, other people and their environment and know that they can make a difference



They know what it feels like to achieve and know that their achievements might be different to other peoples but that we will celebrate them all equally



They show resilience in the face of challenges, they can identify what resilience looks like and celebrate it in themselves and in others



They can talk about the values of friendship and can put into practise the social skills they learning

**"They love wearing their SCARF each day"**

PSHE lead, Lees Primary School

Lucie shares that SCARF has helped to create a strong and positive ethos across their school "Using SCARF has really promoted PSHE and has helped to fine-tune how we make sure the safety and wellbeing of each child is at the forefront of everything."

"The content of the lessons in empowering children with the knowledge they need to keep themselves safe and well, is helping them to feel confident to speak out when something is wrong."

To read more case studies, visit [coramlifeeducation.org.uk/casestudies](http://coramlifeeducation.org.uk/casestudies)

---

# Impact on teacher confidence

**We have gathered feedback from over 2,600 teachers who are subscribers of SCARF.**

The results indicate a notable increase in their confidence to effectively deliver lessons, understand pupil needs, and engage pupils. This feedback highlights the role of SCARF in empowering teachers to embed meaningful classroom discussions.

**92%** ARE MORE  
CONFIDENT TO  
TEACH PSHE 

---

**89%** HAVE A DEEPER  
UNDERSTANDING OF  
THEIR PUPILS'  
WELLBEING NEEDS

---

**90%**   
SAY IT HAS IMPROVED PSHE  
TEACHING IN THEIR SCHOOL

---

**90%**  
SCARF IS, OR WILL BECOME,  
AN ESSENTIAL PART OF OUR  
SCHOOL'S PSHE, MENTAL  
HEALTH AND WELLBEING  
PROGRAMME

---

“The curriculum offer, resources and approachability are all excellent. We felt really secure during our Ofsted inspection this year and our judgements for Behaviour and attitudes and Personal development were both upgraded to Outstanding.”

Headteacher, Oxfordshire

---

# Impact Teacher wellbeing

**Our resources are designed to reduce teacher workload by providing ready-to-use lesson plans, activities, and assessments that align with curriculum standards.**

By offering comprehensive, well-structured materials, we save teachers valuable time in planning and preparation. This allows them to focus more on delivering engaging lessons and supporting their pupils. Of the 2,600 teachers surveyed, over 96% tell us SCARF has reduced their workload.

---

**96%** SCARF HELPS TO REDUCE  
TEACHER WORKLOAD

---

**92%** SCARF IS EASY TO  
ACCESS

Teachers display their scarves on 'Wear your scarf to school' day



---

# Pupil workshops



Our network of educators deliver Personal, Social, Health and Economic (PSHE) education workshops, where we go beyond the curriculum to help children understand, explain and regulate emotions, navigate risk, stay safe on and off line, and develop healthy relationships, in preparation for adolescence and adulthood.

Our approach develops children's knowledge, skills, attitudes and values. It is designed to give pupils a voice and for them to feel empowered, able to identify and articulate their needs and feelings and to make healthy choices. Harold, our healthy-living giraffe mascot, helps to convey these messages to children, within a magical learning environment.

---

**100%** THE WORKSHOP  
WAS WELL  
DELIVERED

---

**99%** THE WORKSHOP  
MET CHILDREN'S  
NEEDS

---

**87%** THE CHILDREN  
COULD REMEMBER  
THINGS THEY  
LEARNT FROM A  
PREVIOUS VISIT



---

# Pupil workshops

**Our workshops, led by specialist educators, use a best-practice, three-strand approach, addressing children's knowledge, skills, attitudes and their values.**

In 2023/24 we launched new Mental Wellbeing workshops for 4-11 year olds, reaching 43,686 pupils. Building on the foundations of our online SCARF resources and led by expert educators, these workshops provide children with the skills and positive mental attitudes they need in order to be resilient and bounce back from setbacks.

Evidence-based and with practical strategies known to enhance mental health and wellbeing, the workshops include in-depth learning about how the human brain works and how to translate this knowledge into positive action that supports mental wellbeing.

**"It should be in all schools for all children!"**  
Teacher, Kent

Coram Life Education Educators



# SCARF International

Alongside 2,600+ schools in the UK, Coram Life Education & SCARF is the chosen partner for PSHE and wellbeing education for 175+ schools in 14 other countries.

SCARF is meticulously crafted to align with international standards and addresses the lived experiences of children and young people globally. Our resources cover a wide range of topics, including mental health, relationships, cultural identity, diversity and inclusion.

"SCARF allows us to follow the statutory requirements with ease"

Headteacher  
Caxton College, Spain



---

# Case study

## Rainbow International School, Uganda

Teachers at Rainbow International School in Uganda have been using SCARF since May 2020. We spoke to head teacher Hannah Loudoun and PSHE lead Sandra Katende about how SCARF has become a part of their school's everyday culture.

"The children know the values of SCARF and are really linking them well with the IPC learning goals"

Headteacher

As a British International school, head teacher Hannah wanted a PSHE programme that was well established in the UK. When speaking about why they chose SCARF, Hannah said, "We want to have links with the UK as much as possible, because SCARF is so well established in the UK, which was one of the driving forces to choose it."

Additionally, as an IPC (International Primary Curriculum) school, the teachers have found that the SCARF values also link well with IPC learning goals and other subjects.

After teaching online for two years during the pandemic, staff at Rainbow International School were conscious of the negative impact this had on their children. It's why SCARF's values-based approach really appealed to them. "We really spent a lot of time reconnecting, where we allowed children to do exactly that, reconnect with friends and re-establish or establish friendships and relationships.

The need for a platform that serves both teachers and parents was important, as well as a programme that has a community feel. Hannah continues, "What we really wanted to achieve, SCARF ticked a lot of our boxes. The specific different areas but also the link to characters, which for our younger learners is really beneficial. As well as that community feel, we are an international school made up of over 30 nationalities, so we really are driven by community."

# Case study

## Rainbow International School, Uganda

SCARF allowed us to do that and it's really raised the profile of talking as well. I think over time because we've been consistent, it's getting better but it's had a positive impact not only on the children but on the staff as well."



Hannah tells us that SCARF's clear framework and information has made her teachers feel prepared when delivering lessons. "The majority of our staff are Ugandan or East African, with less expats. They're used to and like to work to a framework, to have that guidance they can refer back to and add their own twist to." The teachers here use SCARF for the half-termly units, resources and activities and they take part in the 'Wear Your Scarf to School Day' campaign and the mental health activities.

SCARF has now become an entrenched part of the school's day-to-day culture, Hannah says "In the last 2 years, it's really developed and really has become our culture in school, it's very impressive to hear the children speak about it" The flexibility of SCARF has made it easy to integrate into the school's curriculum, Hannah continues, "It's also very easy, it provides anything that you could possibly need. So you could use it scripted but it also allows you to have that flexibility which I think is great, certainly from an international school perspective, you know when we've got to really be focused on the context of our school."

"The framework is perfect, it's ideal. It provides anything that you could possibly need."

Hannah Loudon,  
Headteacher



# CLE & SCARF in local communities

**Coram Life Education's programmes and resources are delivered locally by our partners across England and Scotland.**

Our delivery partners provide workshops, essential resources and support for schools across England and Scotland.

Building on the foundations of our online SCARF resources, these workshops, led by highly-skilled, confident educators, combine the themes of physical and mental wellbeing, safe and unsafe relationships, and growing and changing. Children remember these workshops long after they've left primary school.

Staff training and a workshop for parents/carers is also offered, at no extra charge.



## Contact Us

To find out more about our work please get in touch:

Coram Life Education  
Coram Campus  
41 Brunswick Square  
London WC1N 1AZ

Tel: 020 7520 0364

Registered Charity no: 800727



You can keep up to date with us online:



[coramlifeeducation.org.uk](http://coramlifeeducation.org.uk)



[@CoramLifeEd](https://twitter.com/CoramLifeEd)



[CoramLifeEducation](https://www.facebook.com/CoramLifeEducation)



[@coramlifeeducation](https://www.instagram.com/coramlifeeducation)

**coram**   
Life Education