

Aberdeenshire Life Education Centres

2016 Annual Report

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 has 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.



What we do

ALEC delivers sessions in three specially equipped mobile classrooms. Working with pupils from nursery to S2, sessions are designed to **help children make healthy choices**. ALEC programmes cover experiences and outcomes from all aspects of Health and Wellbeing within the Curriculum for Excellence.

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

Our Reach

In the 2015/16 session, visits were made to 87 nurseries, 149 primary schools, 17 academies and 4 special schools in Aberdeenshire. Sessions were delivered to a **total of 29,733 pupils**; 24,073 primary and nursery pupils, 5,380 secondary pupils and 280 pupils who attend Aberdeenshire's special schools. **1,121 parents** attended parent sessions offered at primary schools and nurseries.

To date, there have been over 5,600 hits on the ALEC website (alec.org.uk). Our Facebook page has over 390 likes and we currently have 79 followers on Twitter.



For further information:

alec.org.uk

contact@alec.org.uk

07881670125

facebook.com/Aberdeenshire.Life.Education.Centres
twitter.com/abdnshirelifed



Working in partnership with Coram Life Education, ALEC educators have developed a flexible set of online resources that support the teaching of Health and Wellbeing.

These include over 250 lesson plans aligned with Curriculum for Excellence, as well as planning and assessment tools.

ALEC educators have delivered staff training sessions on SCARF at every primary school in Aberdeenshire.

2015–16 Evaluations

84%

of primary pupils and their teachers rated their session as

Excellent

when asked if the session was Excellent, Good, Not Sure, Not Good or Awful. All of the respondents rated the ALEC session as “Excellent” or “Good”.

92%

of S1 and S2 pupils surveyed said that as a result of the ALEC session, they had a

greater understanding

of the substances discussed and the risks associated with them.

When parents were surveyed at the end of their session,

96.2%

said that they

felt more confident

to discuss age appropriate issues raised with their children after attending the ALEC session.

“I love going to the ALEC caravan. You learn about serious stuff in a fun way.” P4 pupil

“The session was nicely broken up with the appropriate amount of listening, interactive and active components. As a teacher I am looking forward to exploring your online resource.” Teacher

“Seeing what she has learned and how makes it easier to start conversations at home.” Parent

“The session made me think about being safer online” P6 pupil

“I think this type of informal yet factual learning is pivotal in the children’s development and decision making. I am delighted that the children of Aberdeenshire continue to benefit from ALEC sessions.” Parent

I love Harold and we were so good he came out to see us twice!” P2 pupil



Looking ahead

In the 2016–17 session, ALEC will be working on developing, piloting and implementing a new programme for use in secondary schools. Working with young people in Aberdeenshire schools and colleagues from Aberdeenshire Alcohol and Drugs Partnership, ALEC will aim to identify substances that are relevant to the lives of young people in Aberdeenshire and create a programme that enables the class to lead discussions around these substances.