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Dear Parents/Carers

Illness is something that affects everyone and yet, until now, it has rarely been explored in schools. We are now addressing this through a visionary project called 'Facts4Life' interlinking physical and mental health and illness with a positive message. The key ideas look at how we manage illness effectively throughout our lives. Fundamentally the project is about giving people, children and adults, better tools for self caring and clear ideas of what to expect in life.

The Facts4Life resources have been put together by specialist teachers from Gloucestershire Healthy Living and Learning in collaboration with the Facts4Life team and has been evaluated by the University of the West of England. The evaluation shows a very positive impact on children's knowledge and understanding of these important issues.

Through Facts4Life your child will explore how the body keeps itself in balance and how we can help it to do that. They will learn about some common illnesses and how a healthy lifestyle can reduce the likelihood of illness and increase the chance of recovery when ill.

Your child may have questions about illness which they will ask you about at home. Please encourage your child to talk about what they have been learning in school.

For more information about the Fact4life project, you can visit www.facts4life.org or come in and talk to your child's teacher.

Yours faithfully

Miss S Iannone
PSHE Subject Leader