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Headteacher/Pennaeth: *Mr. S Rayer*

10<sup>th</sup> January 2019

## To Parent/Guardians of Year 6 Children

Dear Parent/Guardians

We are writing to inform you that our Personal and Social Education programme beginning on Friday 18<sup>th</sup> January 2019 will involve work on Sex and Relationships Education. The topic will include:

- Physical changes during puberty.
- Feelings and emotions that young people experience during puberty.
- Changing relationships with family, friends and peers.

Lessons will be taught by school staff with the assistance of the Growing Up video.

The majority of the programme will be completed as a class, however the menstruation section will be with the girls only.

If you are not happy for your child to participate in the lessons, please let the class teacher know by Wednesday 16<sup>th</sup> January 2019.

Yours faithfully

Mairi Dunn  
Acting Headteacher

