

Monday 28<sup>th</sup> June 2021

Dear Parents and Carers,

**Year 6 Health and Wellbeing Session**

We would like to inform you that the school nursing team will soon be delivering a health and wellbeing session with Year 6 children covering the following topics:

- Healthy lifestyles
- Exercise
- Puberty
- Dental Health
- Risk taking behaviours

As part of this session, they will be asking the children to complete a questionnaire around their health, relating to these subjects, to gain a greater understanding of children's health within school. If any concerns arise regarding the individual health and wellbeing of your child, the school nursing service will contact you directly to discuss these following the session.

The school nursing service provides support and advice with the aim of improving the health and wellbeing of children and young people.

Should you have any concerns around the health or wellbeing of your child you can contact them on their Single Point of Access number **01924 310130**.

As a follow up to this session and in line with our Sex and Relationships curriculum for Year 6, this will be followed up with a session using the Channel 4 'Living and Growing' DVD programme.

If you have any questions about any of the content please contact the school and we will be happy to help.

Thank you for your continued support.

**Mr Duncan**

**Assistant Principal, Year 6 Teacher**