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Dear Parents and Carers,



Year 5 & Year 6 Workshop on Healthy Relationships Tuesday 5th March 2024

As part of our PSHCEE curriculum we have organised a workshop for the children in Year 5 and Year 6 on understanding the importance of healthy relationships through interactive games and discussion. Each class will undertake a 1-hour workshop session, enabling the children to express their thoughts and feelings in a safe and caring environment.

The workshop is part of the Inspire Project, set up by the Paul Lavelle Foundation Charity, delivering healthy relationships education workshops to Primary schools. The workshops are designed to inspire positive behaviour from an early age and how to maintain healthy relationships throughout their lifetime. It gives advice and guidance on what constitutes as acceptable and appropriate behaviour towards themselves and their behaviour towards others.

Topics discussed within the workshop include:

- positive and negative behaviour in relationships
- personal safety
- bullying / cyber bullying
- identifying a trusted adult and safe place
- gender equality
- dealing with anger
- understanding risky situations
- internet safety
- grooming
- dangers of violence including knife crime

If parents have any questions or queries regarding the workshop, Mrs McGregor or I would be happy to discuss it further on an individual basis. If you do not wish your child to participate in the above session, please inform the school office by 9am on Monday 4th March.

Yours sincerely,

Mrs J Callaway
Headteacher



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