

MM/DD/YY

To Parents/Guardians,

The PHE (Physical and Health Education) curriculum is designed to equip students with the knowledge, motivation, and skills they need to be safe, active, and healthy throughout their lives. Sexual and mental health topics are included as part of our province's holistic approach to health education. Specific lessons on these topics are offered and assessed by classroom teachers.

Additionally, all grade 5 classes (inclusive of grade 4-6 students in split classes) receive approximately 5+ hours of instruction from our District Sexual Health Educator. These lessons are taught alongside the classroom teacher at key times throughout the school year.

The topics in Gr. 5 Sexual Health Education come from both the [Physical and Health Education Curriculum](#) and [Supporting Student Health Guides](#) from the Ministry of Education and Childcare. These topics are meant to support the dialogue that parents/guardians have at home with their children.

Grade 5 Topics

- Sources of health information and practices to reduce injury or illness
- Strategies to communicate boundaries/ consent and promote safety
- Consequences of bullying, stereotyping, and discrimination and the importance of having respect for differences between individuals (bodies, values, identities)
- Physical and emotional changes during puberty and strategies to support hygiene, mental well-being, and communication skills
- Social impacts of puberty changes on family, peer, and other relationships
- Reproductive systems and their functions

If you have questions after the lessons, your child's teacher should be able to answer them. While learning about these topics can bring some temporary discomfort, the long-term health benefits of young people having the knowledge and skills to prepare for changes ahead usually outweighs any awkwardness.

Respectfully,

[Principal's Signature]

Principal's Name, Principal
Contact Information