

SAMPLE Information Letter from Teachers to Parents

Dear Parent/Guardian,

This year in grade 2 according to the revised Ontario Curriculum for Health and Physical Education, your child will be learning the following:

- Students will learn the basic stages of human development (e.g. infant, child, adolescent, adult, older adult) and related bodily changes
- Students will learn the importance of standing up for themselves to enhance their personal safety (e.g. what to do if someone touches them in an inappropriate way)
- Students will learn how to relate positively to others and describe behaviours that can be harmful in relating to others

This information will help to keep your child safe, healthy, happy and informed. At school we teach students research based information and facts, we do not teach our values or beliefs surrounding these topics. We encourage you to talk to your children at home about what they are learning at school and share your values and beliefs with them. Here are some things you can do at home to help your child understand the concepts being taught:

- Ask your child what they are learning in health class
- Encourage your child to practise what they are learning at school
- Read with your child and ask them questions about what you are reading
- Join your child when they are watching television or movies and ask them what they think about the characters, gender roles, relationships etc. that they see

Book recommendations:

- My Body Belongs to Me from my head to my toes, pro familia
- It's Not the Stork! A book about girls, boys, babies, bodies, families and friends, Robie Harris

Book recommendations for parents:

- The New Speaking of Sex: What your children need to know and when they need to know it, Meg Hickling R.N.

- From Diapers to Dating: A parent's guide to raising sexually healthy children from infancy to middle school, Debra W. Haffner

As always, I encourage you to get in touch with me if you have any questions or concerns. The full Health and Physical Education curriculum can be found on the WRDSB website.

Thank you,