

SAMPLE Information Letter from Teachers to Parents

Dear Parent/Guardian,

This year in grade 3 according to the revised Ontario Curriculum for Health and Physical Education, your child will be learning the following:

- Students will learn to identify the characteristics of healthy relationships (e.g. respect, honesty) and learn ways of overcoming challenges (e.g. bullying) in a relationship
- Students will learn to identify factors that affect physical and/or emotional development (e.g. sleep, food, physical activity, sense of belonging)
- Students will learn how to show respect for visible and invisible differences between people (e.g. skin colour, body size, clothing, gender identity, family background, abilities)

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:

- The Sandwich Swap, Queen Rania of Jordan Al Abdullah and Kelly DiPucchio
- School Days Around the World, Margriet Ruurs & Alice Feagan
- Who We Are: All about being the same and being different, Robie Harris
- It's so Amazing: A book about Eggs, Sperm, Birth, Babies and Families, Robie Harris

- What Makes a Baby: A book for every kind of family and every kind of kid, Cory Silverberg

Book recommendations for parents:

- The New Speaking of Sex: What your children need to know and when they need to know it, Meg Hickling
- From Diapers to Dating: A parent's guide to raising sexually healthy children from infancy to middle school, Debra 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,