

SAMPLE Information Letter from Teachers to Parents

Dear Parent/Guardian,

This year in grade 4 according to the revised Ontario Curriculum for Health and Physical Education, your child will be learning the following:

- Students will learn to describe the physical changes that occur in males and females at puberty (e.g. growth of body and hair, breast development, skin changes etc.) and the emotional and social impacts that may result from these changes
- Students will learn personal care needs and hygiene practices associated with puberty (e.g. regular bathing, use of hygiene products, oral care)
- Students will learn to identify risks associated with communications technology (e.g. Internet, cell phones, text messaging, gaming) and the precautions to take to be safe
- Students will learn to recognize various types of bullying and abuse, including bullying using technology, and appropriate ways to respond

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
- Recommend books for your child to read or provide them with books and ask them questions about what they 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
- Be aware of, and know how to use, the social media your child uses
- Talk to them about what they are posting on social media and the implications

Book recommendations:

- It's perfectly normal: Changing bodies, growing up, sex and sexual health, Robie Harris
- Changing You! A guide to body changes and sexuality, Dr. Gail Saltz
- Sex is a Funny Word: A book about bodies, feelings and you, 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,