

Pheasey Park Farm Primary School and Early Years Centre

Address: Wimperis Way, Great Barr, Birmingham, B43 7DH

Telephone: 0121 3666183

School Email: postbox@pheasey.org.uk

Early Years Centre Email: early-years@pheasey.org.uk

Website: www.pheaseyparkfarmprimary.co.uk / www.elstonhallmat.co.uk

Head Teacher: Mrs S Arnold

Early Years Centre Manager: Miss T Ilsley



PHEASEY PARK FARM
Primary School &
Early Years Centre

Friday, 25th March 2022

Dear Parents and Carers,

'Change Your Mind' Health and Development Workshop

In collaboration with Queen Mary's Grammar School peer education programme and Walsall School Nursing, Year 6 will be taking part in a 'Health and Development' workshop.

We are delighted that a group of students from Queen Mary's Grammar School will be delivering this as a face-to-face session to the year group on Wednesday 30th March. School staff will remain in the session with pupils.

The session will last approximately one hour and will cover:

- Diet, exercise and sleep
- Good healthcare routines
- Drugs, alcohol and tobacco
- Exposure to the sun
- Puberty
- Seeking help and advice

Many of these are compulsory aspects of *Health Education* provision, which Primary schools need to cover in line with statutory guidance from the Department for Education.

We are sure the session will be very useful and informative for pupils.

Yours sincerely,

N Wilcox

Mrs N. Wilcox
Learning Mentor/PSHE Co-ordinator

