

Dear Parents and Guardians;

January 2018

As in previous years and in accordance with the directives of the Ministry of Education, a program on Puberty & Reproduction will be presented to the grade 6 students at Sherbrooke Academy. The content of the program is a review and continuation of the material covered in grade 5. These sessions, designed to provide students with proper information and a healthy attitude, will help students to:

- Understand the changes in their bodies (physical, psychological and affective changes associated with puberty)
- Increase acceptance of their body image
- Understand basic biology around human reproduction, pregnancy, and birth
- Recognize the components of healthy relationships

These workshops are planned for **Fridays January 19 and February 2, 2018**. Following these sessions, two optional, question and answer sessions will be held on the lunch hours in the library. The optional **Girls ONLY** session will be held **Tuesday, February 6** and the **Boys ONLY** session will be on **Wednesday, February 7**. Students' questions will be answered with a respect for their developmental level.

It is possible that following these sessions your child may approach you with questions. As the parent and primary educator of your child, it can be an important time to initiate dialogue, address concerns, impart family values, and give perspective to the content covered in school. Research has shown that youth see their parents as valuable sources of sexual health information and that talking about sexuality to adolescents contributes to their being better informed, fulfilled and able to make healthy choices.

Please feel free to contact me if you have any questions or concerns. I look forward to meeting your children in the classroom.

Sincerely,

Jill Sockett, BScN
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