



IQRA VA PRIMARY SCHOOL

Headteacher: Humaira Saleem

“Training in this world and the Hereafter”

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4th July 2019

RE: HEALTH AND HYGIENE LESSON FOR Y6 PUPILS

Dear Parent/ Carer,

We have been delivering the Health and Hygiene lessons to our pupils in Y5 and Y6 for the past four years. The experience has been extremely successful and we have received an overwhelmingly positive feedback from parents, children and the facilitators alike. Through this topic children are educated on a sensitive but crucial area of knowledge which helps them prepare for their life ahead.

The session for the girls will be facilitated by Michelle Boreland from the local authority
And the session for the boys will this time be facilitated by Ust S Hashmi and Ust S Kasujja.

Please see below the topics covered in the session. Please do not hesitate to contact the school should you wish to discuss any aspect of this letter.

Jazakallahu Khair

Mudirah H. Saleem
(Headteacher)

SESSION FOR YEAR 5 AND 6 PUPILS	
9.07.19 Whole Class Time:	Session 1: CHANGING FEELINGS: strategies to deal with feelings (Y6) ASSERTIVENESS: to understand and be able to use assertiveness skills(Y6) BUILDING GOOD RELATIONSHIPS: Similarities between friendship and close relationship Delivered by respective class teachers (Ust H Cassim) Supported by TAs
10.07.19 Boys 2:00 pm -3:30 pm	Session 2 : GROWING UP: To understand the human lifecycle & body changes WHAT IS PUBERTY? (To learn about the physical changes Associated with puberty) Delivered by Ustadh S Hashi /Ust S Kasujja Supported by Ustadh A Haji
10.07.19 Girls	Session 2 : GROWING UP: The human lifecycle and how The body changes WHAT IS PUBERTY? (The physical changes associated with puberty. Delivered by a Local Authority consultant: Michelle Boreland. Supported by Ust H Cassim and Ust R Saheb
10.07.19	Q&A for girls who have reached puberty after the Growing Up session