



Dromore Central Primary School
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Principal: Mrs L M Allen MEd DASE (Sc) PQH ALCM

16th June 2023

Dear Parent / Guardian

In previous years, our Year 7 pupils have benefitted from participating in Love for Life workshops and we are delighted that we are availing of this programme once again. Love for Life is an established provider of Personal Development and Mutual Understanding education.

'*INSIDE OUT*' is a presentation designed for pupils who are in the final stage of their primary education. This interactive programme aims to equip pupils in Year 7 to deal with the changes that so often cause concern and anxiety at their age.

Topics, which will be handled sensitively, in the presentation include:

The Rollercoaster of Growing Up
Coping with Change
Decision Making
Assertive Behaviour
Peer Pressure
Healthy Relationships
Physical Changes

A team from Love for Life will be presenting their '*INSIDE OUT*' programme to our Year 7 pupils, in school, on Thursday 22th June 2023. The workshop will begin around 9.30am and last until lunchtime.

If you have any questions about this workshop, please do not hesitate to contact me.

Yours faithfully

Mrs Y Mackay
Pastoral Care Team