



# Sacred Heart Grammar School

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Principal:

Sr. Julie McGoldrick, M.Rel.Sc., B.Ed. Hons.

March 2019

Dear Parent / Guardian,

The Love for Life programme will be visiting the school on Thursday 7<sup>th</sup> March.

This interactive programme aims to equip pupils in developing a healthy respect for themselves, understanding the complex world of relationships and being prepared for the physical changes that puberty will present. The workshop will help them develop an understanding of the issues that they face and develop strategies to overcome difficulties that they encounter. Target setting, friendships, appropriate language and cyber bullying will also be explored.

We are glad to be able to offer Love for Life to our students during this academic year and I trust that you, as a parent, will be supportive of the programme and the school as we seek to address this very important aspect of our students' education.

Our programme for all Year 8 students is scheduled for Thursday 7<sup>th</sup> March at 9:15am - 10:25am in St Clare's Hall.

The cost to pupils will be £1.00

Thank you for your support.

Anne McElhinney

SMT