



Tuesday, October 29, 2024

Dear P7 Parent/Carer,

RE: P7 Health and Wellbeing Day

As we are preparing to welcome P7s from across the town to our P7 Open Evening on Monday, 11 November 2024, we are also hard at work to make sure that our **P7 Health and Wellbeing Day on Tuesday, 12 November 2024** will be another successful experience for your child as they are preparing to come to high school.

All P7s in DHS Cluster Primary schools will be at DHS on Tuesday, 12 November 2024 for the whole school day. During the day, students will be taking part in a series of workshops and experiences to support them in their transition from primary to secondary school.

Students will rotate through six different sessions focusing on different elements of their health and wellbeing, including: *safety* (door to door safety and social media safety with the Police); *achieving* (planning for choices and change with our Heads of House); *included* in relationship building (outdoor education experiences with our John Muir Award teacher); *respect, nurture and responsibility* (an introduction to the Mentors in Violence Prevention Programme with the Child Protection Coordinator); what *respect* looks like (with S6s, whose ambition it is to be primary teachers); as well as being *active* and *healthy* (with the PE department and S6 Sports Coaches).

Your child will need to be in the **DHS Main Hall by 8.45am** and they will be dismissed from the same hall **from 3.00pm** in the afternoon. We would prefer if your child could bring a **packed snack and lunch**. Your child will need to **wear their PE Kit to school** with their school jumper so that it is helpful for identification. We will also be asking primary staff to help us with name tags for each student and these will be distributed on the morning of the event at DHS.

We look forward to welcoming your child to this event and hope that they will enjoy their experiences with us.

Yours sincerely

Daniella Hogg
DEPUTE HEAD TEACHER
DUMFRIES HIGH SCHOOL

