

Mary Russell School  
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Head Teacher: Mrs Julie McCallum



Children's Services

7 September 2020

Dear Parent\Carer

Health and Wellbeing Education including Sex Education for S5 and S6 pupils will commence this week. This education ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

This programme of work will be delivered each week by various STEP unit staff who have considerable experience of delivering Health and Wellbeing Education. The programme covers a wide variety of topics including "stereotypes", "personal hygiene", "conception", "mental health", "contraception", "drugs and alcohol."

If you would like to discuss this in more detail or require further information please do not hesitate to contact Mrs Methven or Mr Coyle.

Regards

*Julie*

Mrs Julie McCallum  
Headteacher

**Director of Children's Services: Steven Quinn**  
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