

Dear Parent/Carer,

Our school will shortly be receiving a visit from the **ALEC** (**Aberdeenshire Life Education Centres**).

ALEC is part of **Coram Life Education**, a charity providing a unique health education programme. Pupils in early stage primary classes will learn about their bodies and how to look after them and explore social and emotional issues that they may experience. In addition to this, they are taught about medicines and how they can be dangerous if used incorrectly. Middle stage classes are offered internet safety sessions designed to promote online safety. Issues surrounding the sharing of information and other material and to promote positive cyber citizenship. Upper stage classes will explore issues surrounding friendship, peer pressure and will also have an opportunity to discuss issues surrounding legal and illegal drugs in terms of their potential short and long-term consequences and how the law pertaining to drugs in the UK works.

The **programmes** are **age appropriate, matching the physical/emotional development** of the children and will complement our school's health and wellbeing programme.

We would like to invite you to visit the school on the date of the visit to find out more about what your child will be doing. Your support would be very much appreciated.

This special session for parents and carers will be held on **Tuesday 3rd December from 9.15am until 9.35am.**

Yours sincerely

A Wells

Miss A Wells
Headteacher

Please tear off and return to school

Name of Child(ren): _____

Class(es): _____

Number of Harold the Giraffe mobile phone/ bag charms at £1.50 required _____

Number of Harold pencil toppers at £1.00 required _____

Number of Harold Wrist bands at £1.00 required _____

Cash payment is the preferred and most convenient method of payment.

Amount enclosed:

£

