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Dear Parents/Carers,



### **PSHCEE Lesson Talks Health & Wellbeing**

During the spring term the theme of our PSHCEE lessons will be Health and Wellbeing, as part of these lessons the children will be learning about what is meant by having a healthy lifestyle and how to maintain physical, mental and emotional health and wellbeing. The children will also learn how to respond in an emergency situation and staying safe.

To encourage the children to engage fully with the lessons we would like to invite in any parents/carers who work in professions that promote health and wellbeing to give a short talk to the children; eg: doctor, dentist, nurse, physiotherapist, dietician, sports coach, police, firefighter, paramedic etc.

If you are able to come into school to talk to the children, please email the school office or alternatively speak with Mrs McGregor.

Yours sincerely

Mrs J Callaway  
**Headteacher**