



Dromore Central Primary School  
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Principal: Mrs L M Allen MEd DASE (Sc) PQH ALCM

19<sup>th</sup> March 2019

Dear Parent

For a number of years, Year 7 pupils have has benefitted from participating in Love for Life workshops and we are delighted that we are availing of this programme once again. Love for Life is an established provider of Personal Development and Mutual Understanding workshops.

'*INSIDE OUT*' is a presentation designed for pupils who are in the final stage of their Primary Education. This interactive programme aims to equip pupils in Year 7 to deal with the changes that so often cause concern and anxiety at their age.

Topics, which will be handled sensitively, in the presentation include:

The Rollercoaster of Growing Up  
Coping with Change  
Decision Making  
Assertive Behaviour  
Peer Pressure  
Healthy Relationships  
Physical Changes

A team from Love for Life will be presenting their '*INSIDE OUT*' programme to our Year 7 pupils in school, on Wednesday 20<sup>th</sup> March 2019. The workshop will begin around 10am and last until lunchtime.

If you have any questions about this workshop, please do not hesitate to contact me in the morning.

Yours faithfully

Mrs Y Mackay  
Pastoral Care Team