

St. Joseph's Primary School

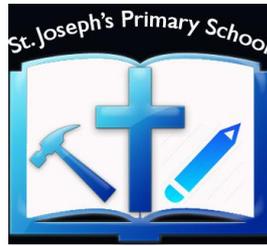
1 Seafin Road

Killeavy, Newry

BT35 8LA

Principal: Mr Gary Trainor BEd (Hons) PQH NI

28th March 2024



'Let Your Light Shine'

Tel: (028) 308 48331

Email: info@stjo.meigh.ni.sch.uk

www.stjosephspsmeigh.org



Dear Parents/Carers,

As part of our P.D.M.U. curriculum (Personal Development and Mutual Understanding) we have organised a 6-week programme for our primary seven pupils to participate in during term three. The program is called '**Preparing for Change**' and will be delivered by Joanne Callan, Founder of Changing Cycles Community Interest Company.

Our '**Preparing for Change Program**' will focus on 3 main elements and will educate, empower and support primary seven pupils and their parents/carers for the changes that they will face in the years ahead.

- 1. Changing Schools:** Building Resilience and Growth Mind-set at times of Change.
- 2. Changing Bodies:** Understanding the changes that take place physically and emotionally during puberty.
- 3. Changing Friendships:** Building Healthy Relationships, Healthy Communications, and understanding the power of our words and actions.

As part of this program we would like to invite you to an information evening on
Wednesday 10th April from 7:00 – 8.30pm in the School Assembly Hall
(refreshments will be provided).

You will gain more information on the program that will be delivered to the children and as well as information that may be helpful for you as you prepare to navigate the Pre-Teen and Teen Years with your child.

Please complete the attached link by Tuesday 9th April.

<https://forms.office.com/e/kiYHHmwHBe?origin=lprLink>

If you have any questions, please feel free to get in touch with me either via telephone call or email.

All best wishes,

Mrs Lorraine Garvey

P.D.M.U. Co-ordinator

lgarvey154@c2kni.net