



St Patrick's Primary School

75 Mullinahoe Road Ardboe BT71 5AU

Principal: Mr. Joe Canavan

Tel. No: 028 867 37261

Twitter: @StPatricks15

Tuesday 14th April 2026

Dear P7 Parents/Guardians,

As part of our ongoing commitment to the Personal Development of our **Primary 7** pupils, we are delighted that Love for Life will once again be visiting our school on **Friday 17th April 2026**. This date is a last-minute change to our programme as our original date we had agreed was in May but unfortunately Love For Life are unable to fulfil that date, hence the short notice for parents. This external input enhances what we already deliver in relation to PDMU Programme in School. Love for Life has a long-standing reputation and all programmes are age-appropriate, offering accurate information in an engaging manner, helping children and young people to learn, reflect and develop in their knowledge, skills and attitudes in this important area.

The fun and interactive 'What's Inside?' workshop aims to equip the Primary 7 pupils to make healthy choices and is a vital part of their learning before their transition to post-primary education.

During the workshop, topics covered will include: the development of a baby from conception, managing changes and emotions throughout puberty (including separate boys' and girls' puberty talks), and how to be confident and assertive in making healthy choices.

The main focus of the programme is to affirm the uniqueness of the individual and to encourage respect for themselves and others. To see more detail of the programme itself go to the link below.

WHATS INSIDE - <https://www.loveforlife.org.uk/our-programmes/whats-inside/>

Outside organisations, like Love for Life, support schools in the delivery of PDMU. This external input is welcomed by many teachers and pupils - 96% of teachers surveyed by Love for Life "agree or strongly agree" that "pupils interact and learn more effectively as a result of the Love for Life programme input".

The experienced and professional Love for Life team will create a safe and secure environment in which all pupils can have engaging and respectful conversations about strong healthy relationships. I trust that you, as a parent, guardian or carer, will be supportive of the programme and the school as we seek to address this very important aspect of our pupils' education.

I will be sending out an online MS form for parents to register their child for this workshop. If you prefer that your child not to participate in the workshop you can opt them out on the form, or if you do not complete the form, it will be taken as a decision to opt out.

If you have any further queries, please check the link to the programme above or contact me.

Yours sincerely

J Canavan Principal

Together We Pray, We Play, We Learn, We Grow.