

10th February 2021

Dear Parents/Caregivers

As part of the Year 9 Academic Curriculum this year, your child will be studying Health Education. They will complete 40 lessons over one term sometime throughout the year. The course this year has been specifically developed to meet both the needs of the students and follow the New Zealand Health and Physical Education Curriculum. The programme includes the following elements:

Unit One: Building a Stronger Me  
Unit Two: Health Issues  
Unit Three: My Body and Me (covers Nutrition and Sexuality Education)

The Year 9 Health programme is approved by The Board of Trustees. As a school we are legally required to gain permission from parents to teach the Sexuality programme. This topic is an essential aspect of Health Education and the lessons taught are planned to ensure students are informed about necessary life skills, and to gain understanding and assurance about the natural changes they are experiencing.

To withdraw students from the Sexuality Education classes, **you must contact myself personally using the phone number or email detailed below.**

For further information on Health Education at Mount Roskill Grammar School, you are welcome to meet and chat with me at the upcoming new parents evening on **Thursday 11th February** (Butler Hall, 6.30pm). Alternatively, information can be found on the school website ([mrgs.school.nz](http://mrgs.school.nz)) or I can also be contacted directly on 621 0050 ext 741 / email [tom.kerins@mrgs.school.nz](mailto:tom.kerins@mrgs.school.nz).

Yours faithfully,

Tom Kerins  
**TIC Health**