



WHITE SANDS PRIMARY SCHOOL
2 PASIR RIS STREET 11, SINGAPORE 519075
★ TEL: 6922-9100, ★ FAX: 6581-5013

26 January 2022

Through the Principal 

Dear Parents,

RE: P5 GROWING YEARS PROGRAMME

The Growing Years Programme aims to help our pupils learn about the physical and emotional changes that they are going through. This includes:

- helping them build and maintain healthy relationships with their families, peers and others
- guiding them in safety practices to protect themselves from abuse and harm
- making responsible decisions in their interactions with others and when using social media

The programme and its materials are planned by the Ministry of Education and taught by teachers specially trained by MOE in the delivery of the lesson. Pupils will be engaged in the viewing and discussions of scenarios during the lessons. They will also be required to do reflections upon completion of the programme.


You may visit the school website at <http://whitesandspri.moe.edu.sg> for further details on the Growing Years Programme.

Parents who do not wish for their children to undergo the programme must complete the opt-out form attached. Kindly return the form to your child's C4RE teacher by 28 January 2022.

For further queries on the programme, please contact our programme coordinator, Ms Kathryn at 69229124.

Thank you.

Yours faithfully,


Mrs Joycelyn Lok
CCE HOD



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Annex A

Date: _____

Parent's Name: _____

Parent of (Child's name): _____ Class: P5 _____

Dear Principal,

THE P5 GROWING YEARS PROGRAMME FOR YEAR 2022

Acknowledgement of Letter – For all parents.

I acknowledge receipt of letter from the school regarding the school's sexuality education, *Growing Years* programme that will be taught in 2022. I have read the information provided on the content coverage and delivery of the programme.

Parent's Acknowledgement: Name & Signature

Parent Opt-out Form –

****Applicable only if parents wish to opt their child out of the P5 Growing Years programme**

1. I would like to withdraw my child, _____, of
(full name of child)
_____ from the *Growing Years* programme for **2022**.
(class of child)

2. My reason(s) for my decision to opt my child out of the programme:

- Religious reasons
- My child is too young.
- I would like to personally educate my child on sexuality matters.
- I do not think it is important for my child to attend Sexuality Education lessons.
- I have previously taught my child the topics in the GY Programme for this year.
- I am not comfortable with the topics covered in the GY Programme for this year.
- Others: _____

Parent's Name & Signature

Contact No. (mobile)

Email address (optional)