Sample letter to parents and carers

Dear parent or caregiver

This year, students in Year 11 and/or 12 will be involved in the Crossroads course. This course prepares and supports students to lead, and contribute to, healthy, safe and meaningful lives which promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

The health, safety and wellbeing issues facing young people in the senior years are many and varied. Crossroads aims to support senior students as they address changing situations related to identity, independence and their changing responsibilities. For more information on Crossroads go to http://learning.schools.nsw.edu.au/crossroads/

The course addresses six learning contexts:
• Personal identity
• Mental health and wellbeing
• Relationships
• Sexuality and sexual health
• Drugs and alcohol
• Safe travel

Some of the content which will be covered in Crossroads includes:
• personal identity and the influences on identity, relationships and behaviour
• resilience and connectedness
• skills and strategies for managing change and challenges
• respectful relationships, including intimate relationships
• solutions and responses to situations which involve the use of drugs and alcohol
• safe travel locally and overseas
• behaviours that model positive values, beliefs and attitudes to health, safety and wellbeing
• services and resources that can provide reliable information and support for self and others
• help seeking behaviours and strategies.

The course will be conducted on four seminar days/timetabled for one period per week throughout the year.

Should you wish to discuss any aspect of the course, an information meeting will be held on ______________ in the school library.

If you would like more information, please contact __________________ on telephone __________________ at the school.

Yours sincerely

Principal