



Sanskriti School
Dr S Radhakrishnan Marg
New Delhi

2nd November, 2020

Dear Parents

Puberty is a time of significant changes inside and outside your child's body. It helps to know about the major physical, emotional and psychological changes in puberty that girls and boys can expect, and when these changes happen.

Open and honest conversations when your child is young can make later conversations easier. And these early conversations also lay the groundwork for children to make healthier and safer choices when they're older.

It is our duty as a school to give out reliable information to our students and prepare them well to cope better when they are growing up. The Counselling department is organising a Puberty Health Education workshop for grade VII students in the months of November and December. The section wise schedule for girls and boys batches will be communicated to the students later through their respective Google Classrooms.

PLEASE NOTE: It is mandatory for all the students to attend the session.