



4th November, 2024

Dear Parent/Guardian,

As part of Anti Bullying Week, on Tuesday 12th November 2nd Year students will have a personal safety workshop with Alex Walsh from Personal Safety Ireland. Alex is returning to the school based on the success of his workshops with TY students over the last number of years.

Alex Walsh is the owner and director of Personal Safety Ireland. He is an ex Metropolitan Police officer and has been living in Ireland for 15 years.

For the past 6 years he has been delivering a Personal Safety & Awareness programme to students across Ireland. He works with 2nd level students as well as Foroige Clubs, Youth Reach and No Name Clubs.

He will talk to students about the following topics:

- Consent
- Bullying
- Body Image
- Texting/sexting
- Inappropriate use of words and actions and their consequences
- Sending and receiving inappropriate images
- Emojis
- Peer pressure

All subjects will be discussed in an age appropriate manner.

Students are asked to contribute €5 towards the cost of this workshop. This money will be collected in the coming days by their Yearhead.

If for any reason you do not wish your son/daughter to attend, please contact Ms O'Hara via email at cohara@ourladystemplemore.ie by end of school day Monday 11th November 2024.

Kind regards,

Yours sincerely,

Principal

Deputy Principal