

# Alcohol: *The whole truth*

## Dear Principal/Teacher,

Peel Public Health is pleased to share the updated version of **Alcohol: The Whole Truth Toolkit for Grade 5** Teachers. The toolkit is aimed at helping students acquire the knowledge and skills they need to make healthy lifestyle choices concerning alcohol.

In the toolkit, you will find a variety of activities that meet the Ministry of Education curriculum expectations and can either be used in the classroom and/or as a take home assignment. Our goal is to provide you with activities that are simple, easy to use and support the work you are doing.

If you wish to use it, a letter to parents/guardians is included in the toolkit. This informs parents of their child's education about alcohol and encourages them to start a conversation with their child.

If you have any questions, please contact your school's Public Health Nurse or email [PublicHealthSchoolSupport@peelregion.ca](mailto:PublicHealthSchoolSupport@peelregion.ca).

We thank you for your continued support and participation!

Sincerely,  
**Peel Public Health**

