Year 5/6 Growth & Development

3rd March, 2016

Dear Parents/Guardian,

Year 5/6 students will be having several Growth & Development lessons next week. The classes will be taught by the Year 5/6 teachers and students will be in single gender groups for some sessions and mixed gender groups for other sessions.

Puberty is a time of change and growth that can be both exciting and a little frightening for some children. These lessons will give the students the opportunity to learn about the basic physical changes that occur in both boys and girls, and the changes that occur specifically to girls and boys during puberty. Being prepared and knowing the changes that will occur, assists in developing positive coping strategies, and are the first steps towards adapting well to adolescence.

The program aims to enable students to make well informed, healthy choices and to develop positive behaviours that contribute to the wellbeing of self and others, and consists of the following topics:
1. Physical, emotional and social changes that occur during puberty
2. The basic components of the human reproductive system, and their functions

We encourage students to seek an adult whom they trust and can communicate with about sexuality. Honest, open communication between parents and children through childhood, the pre-teen years, adolescence, and young adulthood can lay the foundation for people to mature into sexually healthy adults.

The sessions will include some educational videos. Some of these, such as “Where Do I Come From?”, are rated PG. If you give permission for your child to view this DVD can you please return the permission slip below to your child’s classroom teacher by Tuesday 15th March.

If you have any further concerns or questions about the content or presentation of the program or materials, please feel free to contact your classroom teacher.

Kind regards

Year 5/6 teachers

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I give permission for my child ___________________________ in class __________ to view educational videos as part of the Growth and Development Unit. I understand that some of these have a rating of PG.

Name: ____________________________

Signature: ______________________ Date: __________________