



Friday 23rd April 2021

YEAR 3-6 INTERRELATE – GROWTH AND DEVELOPMENT PROGRAM STUDENT SESSIONS

Dear Parents and Carers,

During Term 2, all students in Years 3-6 will complete a Personal Development/Health unit of work focusing on human growth and development. To complement classroom teaching and learning, *Interrelate* will be running a series of student sessions during Weeks 7 to 10. All sessions have been selected to match the PDHPE curriculum and are developmentally appropriate. Each session is facilitated by a trained presenter and classroom teachers will also be present.

An outline of the workshops and the content addressed is below:

Workshop: *Me and the Big Wide World (3 sessions)*

Audience: Year 3 and 4, boys and girls

Program focus: Families, gender stereotypes, body parts and reproduction in the context of family relationships

Workshop: *Moving into the Teen Years (3 sessions)*

Audience: Year 5, boys and girls

Program focus: Respect and acceptance of others, personal safety and protective behaviours, physical changes during puberty, strategies for managing conflict in relationships

Additional: Each student will receive a copy of the book *100+ Questions Kids Have About Puberty*

Workshop: *Moving into the Teen Years (3 sessions)*

Audience: Year 6, boys and girls

Program focus: Puberty, respectful relationships, self-esteem, communication, decision making, personal health choices, awareness of technology and its impact and high school transition

Additional: Each student will receive a copy of the book *100+ Questions Kids Have About Puberty*

Workshop: *Managing Menstruation – Girls ONLY (1 session)*

Audience: Year 3-6, girls ONLY

Program focus: Basic female anatomy, changes during puberty, menstruation and menstruation management

The school is covering the cost of all programs in 2021. All students are encouraged to participate in their allocated sessions. Any questions regarding the content of the program or suitability for your child should be directed to your child's class teacher.

Interrelate will also be presenting a family evening prior to the student sessions. Information can be found on the attached note. All parents are encouraged to attend with their child.

Melissa Gibson Dean
Assistant Principal

Karen Simula
Principal

YEAR 3-6 INTERRELATE – STUDENT SESSIONS

Student name: _____ Class: _____

- I give permission for my child to participate in the PDHPE Growth and Development student sessions presented by *Interrelate* in Weeks 7 –9 of Term 2.
- I give permission for my **daughter** to participate in the **Managing Menstruation – Girls ONLY** student session presented by *Interrelate* in Week 10.

Parent Signature: _____ Date: _____