

INFORMATION LETTER TO PARENTS Growth and Development

Dear Parents/Carers,

Personal Development, Health and Physical Education (PDHPE) is an important learning area in the school's curriculum. The school follows the NSW Education Standards Authority (NESA) K-6 PDHPE syllabus which aims to develop in each student:

- Skills to make informed decisions
- Movement skills and personal fitness
- Social responsibility and well-being

The PDHPE K-6 syllabus covers a wide range of topics including relationships, drug use, human sexuality, child protection, movement skill development and fitness. Some of the content in this learning area is sensitive and the school recognises this by teaching about these issues within the context of Catholic values and a developmentally appropriate K-6 PDHPE program.

This letter is to inform you that the PDHPE unit 'Growing and Changing' which has a focus on sexual health will be commencing in Term Three. Our school values the key role that parents have in the education of their children, especially in matters relating to sexual health. We would encourage you to take this opportunity to talk to your child prior to the commencement of the unit and during its implementation.

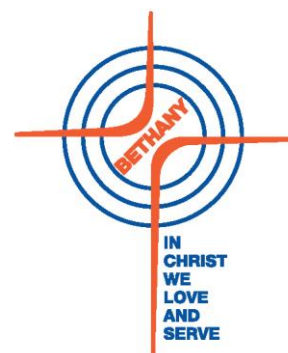
The PDHPE syllabus content related to the Growth and Development Unit for Stage 3 is outlined below:

The Body

- *Appropriate/inappropriate touching*
- *Body systems - functions, interrelationships*
- *Effects of nutrition*

Human Sexuality

- *Changes at puberty - menstruation*
- *Reproductive process*
- *Responsibility in sexual relationships - emotional readiness*



Changes

- *Identify changes - physical, social, emotional*
- *Methods of coping with changes - activity, relaxation, stress management*
- *Grief and loss - dealing with emotions*

Values

- *Importance of values*
- *Influences on personal values*
- *Developing a code of behaviour*
- *Uniqueness of self - identity, development, goals*
- *Challenging discrimination*

The Year 6 teachers will be providing parents with an opportunity to view the content of the DVD on Tuesday, 31st July at 6 pm in the Year 6 classrooms. Students will be exposed to the DVD content after this date. This is to encourage healthy discussions between parents and children, using correct terminology.

Please complete the slip below if you are able to attend the Parent session. If you would like to discuss this curriculum area please contact your child's class teacher or myself.

Your support for this important school program is valued and appreciated.

Warm regards

Pascale Joseph
Acting Principal

Cristina Cignarella
Year 6 Teacher

.....

PARENT SESSION – GROWTH AND DEVELOPMENT

☐ I, _____ wish to advise that I will be attending the
Parent/Carer's name

Parent Session on Tuesday, 31st July at 6 pm.

Parent/Carer signature: _____

Date: _____