

PUBERTY, GROWTH AND DEVELOPMENT LESSON – YEAR 5

Dear Parent

The Puberty, Growth and Development lesson called All About Growing Up, Me, Myself and I will be delivered to children in Year 5 & 6 by the community school health nurse, with the school teaching staff. The Year 5 session will be held on **Wednesday 19th September**. Below is a description of the content of the lessons your child will be involved in. Please read the following information.

If you do not wish for your child to attend the Puberty, Growth and Development lessons please complete the tear-off slip at the bottom of the page and return it to the school health nurse or teacher as soon as possible.

The lesson will include the following topics:

Lesson Two – Puberty

Content:

- Students will learn how to maintain optimum health through healthy eating, personal hygiene, positive body image, good dental and hair care and the need for regular exercise.
- Students will be able to identify good hygiene practices for themselves, including the importance of hand washing, skin care, and changes occurring during puberty which require more attention to hygiene routines.
- DVD – Personal Hygiene (endorsed by the Department of Health).

Lesson Four – Menstruation – GIRLS ONLY

Content:

- Students will be able to describe how and why menstruation occurs.
- Students will know that common myths and misconceptions regarding menstruation may exist and be aware of the correct processes for managing menstruation.
- Students will know of a variety of sanitary products, their appropriate usage recommended timeframes for use and correct disposal.

If you have any questions or queries about the puberty lessons or wish to speak with your child's school health nurse please do not hesitate to contact her on the number. (School Health Nurse: Fiona Ewing 0434 070 414).

Thank you.

Michael Egan, Elyce Kenevin , Leticia Mok, and Trish Paxton
Year 5 Class Teachers

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I _____ (parent) **do not** give my permission for my child _____
(student) Room # _____ to participate in the All About Growing Up, Me, Myself and I Puberty Lessons.

Parent Signature: _____ Date: _____