

St Mary's Catholic School Ellerslie

We provide a Catholic Education for the whole child.



2 June 2017

Dear Parents and Caregivers,

One of the learning objectives of "Health and Physical Education in the New Zealand Curriculum" is "Positive Puberty".

Heather Cave our Health Nurse and a qualified Puberty and Sexuality Educator, will be talking to the Year 6 children (boys and girls separately) on Thursday 8 June and Thursday 15 June. This talk will provide the knowledge, understanding and skills to develop positive attitudes towards the changes that they will experience during puberty.

The key concepts will be:

- the physical, mental and emotional, social and spiritual growth and development that occur, and the new needs that arise during puberty
- strategies to manage the changes they will experience.
- factors that influence their choices during puberty (including their families, their peers, the media, and religious and cultural beliefs)
- their own feelings and their rights and responsibilities
- how to identify instances of discrimination and take positive action in such a case

Lesson topics will include:

- body bits
- our changing bodies
- daily routines

If you wish to discuss this please be in touch.

Yours sincerely,

Saira Boyle
Principal

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