

5/6 Personal Development

28th April 2021

Dear Parents and Carers

Each year as part of the Year 5/6 Health curriculum, we study personal development. The learning focuses on the physical, social and emotional changes that occur during puberty and the effects these changes might have on adolescents. This learning will be a specific focus in our classrooms from Week 4 Term 2 and across term 3 and 4. An adapted program will be run in our small group classes to ensure that the content covered is tailored to meet the needs of all students. While most Year 6 students were introduced to the Personal Development learning last year, their understanding will further develop as they work through concepts and ideas this year. Areas covered during this unit will include:

Term 2	Term 3	Term 4
<ul style="list-style-type: none"> Communicating for health & wellbeing Puberty and hormones Relationships 	<ul style="list-style-type: none"> Mental health & wellbeing Identity, resilience, peer pressure & self-esteem 	<ul style="list-style-type: none"> Sexual reproduction Safe sexual practices Drugs & Alcohol Awareness

Some of the key resources that we draw upon include:

- DVDs – Speaking of Puberty Series, The Human Body, Where Did I Come From?, Body Whys, Bounce Back
- Books - Secret Girls’ Business, Secret Boy’s Business, The Care and Keeping of You, How Did I Begin?, Your Body, Where Did I Come From?, What’s Happening To Me?, The Human Cycle, Explore the Human Body, The Miracle of Birth, About my Body, Body Whys.
- Websites – <https://amaze.org/>, www.kidshelp.com.au/, <http://www.cybersmart.gov.au> , kidshealth.org, https://www.youtube.com/watch?v=vXrQ_FhZmos, <https://vimeo.com/65880384>, <http://rse.fpv.org.au/resources/>, <http://www.abc.net.au/abc3/mygreatbigadventure/>

All resources are previewed and we believe suit the age and developmental range of our students. A selection of resources will be available to be borrowed from our parent library and may assist conversations at home. If any parent/carer wishes to preview any of these resources prior to our unit on personal development we ask that you contact your class teacher prior to week 4.

As we cover the content, we will send home an expanded outline of the areas being covered. Please support your child through this learning process by allowing them to ask questions and discuss topics that are raised during this time. These conversations help to normalise what can be quite a tricky area to discuss and provides the opportunity for you to place what has been learnt in the context of your family values.

Parent Information Session (will be held online again this year)

On Monday 10 May, Turner School will be hosting an online information session about personal development. The session will be presented by representatives from Sexual Health and Family Planning ACT (SHFPACT) and will provide valuable information and advice about the social, emotional and physical changes that take place during puberty. They will also discuss strategies to help parents support their child during this time.

Following the presentation, SHFPACT staff will stay online to answer any questions you may have.

If you would like to attend please complete the google form <https://forms.gle/KEEG5cMc6SyPuVWN8> by Friday 7th of May. We will send out a link via email to access the session closer to the date.

If you have any questions relating to the learning or do not wish for your child to participate in one or more of our personal development sessions, please contact either myself or your child’s classroom teacher.

Kind regards

Iesha Siotis
5/6 Team Leader
iesha.siotis@ed.act.edu.au

Condamine St. Turner ACT 2612
e: tnrp@turners.act.edu.au
p: 02 61422430