

# Catherine McAuley Catholic Primary School



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Dear Year 5 Parents

During Term 4, the children will be working on Personal Development and Health studies. In previous years the Personal Development Lessons focused on building self-esteem, self-worth, protective behaviours and an understanding that their body is a special gift from God.

In Year 5 the focus shifts to the changes that are occurring in their bodies over the next few years during puberty. It is important that we acknowledge you, the parents as the first educators of your children. Some parents may have spoken to their children about puberty as a result of inquisitive questions. Other children may not yet be interested or have any questions about these topics.

Year 5 and Year 6 are considered an appropriate time to begin the discussion of these topics. The following are important aspects of the program we teach at Catherine McAuley School:

- Parents are the first educators of children and we are assisting you with this important task of equipping your child with sound knowledge of puberty, which will help them make informed decisions in the future.
- All content is in line with Catholic Beliefs and has been approved by the CEBD in Bathurst.
- As individuals the children have different levels of understanding of these topics.
- All children have some knowledge in this area however they may not have the correct knowledge.
- All children and teachers are treated with respect as the content is sensitive.

These lessons take place in RE, Health & Personal Development. Parents are very welcome to make an appointment to look through the program or view the resources that will be used. The following is the content that will be covered.

- Maturity
- The Meaning of Friendship
- Growing and Changing
- Caring for our Growing Bodies: Personal Hygiene

As this is part of our curriculum, if you do not wish your child to participate in these lessons please contact your child's teacher by this Friday 15th October 2021.

Yours sincerely

Year 5 Teachers  
13th October 2021