

Catherine McAuley Catholic Primary School



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Dear Year 6 Parents,

During Term 1 the Year 6 students will be working on a unit titled Growing and Changing as part of their 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 shifted to the changes that are occurring in their bodies over the next few years during puberty. The Year 6 program is an extension of the Year 5 program and focuses on the way the human body grows and changes during puberty. It also focuses on the factors influencing personal and community health. 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 and the human reproductive system as a result of inquisitive questions. Other children may not yet be interested or had 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:

- 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 and the human reproductive system which will help them make informed decisions in the future.
- All content is in line with Catholic Beliefs and has been approved by the Bathurst CEDB.
- 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.

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

- How do my body systems work?
- How do I change during puberty?
- How does my reproductive system work?
- What are communicable and non-communicable diseases?
- How are diseases transmitted? What is HIV AIDS?

In previous years parents and children have been asked to attend a Personal Development Evening to view the introductory DVD and to open communication on the subject between parents and children. A Police Officer also attended the meeting to talk to the parents and students about social networking safety and cyber safety. Due to COVID-19 we will not be able to invite parents to the session this year. A Police Officer will be coming to school on Monday 14th February at 11:30am (Week 3) to speak to the grade and we encourage you to discuss the content of this meeting with your child.

If you have any questions, please do not hesitate to contact us.

Yours sincerely,

Mrs Cain, Mrs Brown, Mrs Mulligan and Miss Van Kemenade

Year 6 Teachers
February 1, 2022