



# St Gregory's Primary School

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## **My Body, My Life** **Year 6 students - Puberty and Personal Development Program**

Dear Parents and Carers,

13th February 2020

The topic of puberty is traditionally covered in the Year 5 and 6 school curriculum. This practice is now prescribed in the Australian Curriculum guidelines. As a Catholic school, we are committed to involving parents in this very important aspect of your child's development.

To that end, a team from the Archdiocese will be coming to St Gregory's Primary School on the evening of **Monday 16<sup>th</sup> March 2020 from 6:30 pm to 8:00 pm** to present the *My Body, My Life* Puberty and Personal Development Program to our **Year 6 students and their parents**. The program is pitched at a level appropriate for 10 - 12 year olds and consistent with a Catholic understanding of the dignity of every human person and the dignity of human sexuality.

**Children must be accompanied to the evening session by their parent or guardian.** Both or either parents are very welcome to attend, and it's great if a parent of the same gender can be present as they have been through the changes themselves. Boys and girls will be separated for this presentation, so if you have both a boy and a girl in this age group, a parent or guardian will need to be present with each child.

The parent/child evening session includes opportunities for the child and their parent or guardian to work together on fun, non-threatening activities while also being introduced to the same information and vocabulary regarding these topics for further discussion at home.

Topics covered in the evening program will include:

- Changes during puberty: physical, emotional, social
- Personal hygiene: skin, hair, cleanliness
- Reproductive systems: growth, development, changes and experiences
- Human conception
- Mood changes and mental health
- Respecting yourself and others
- Cyber Safety
- Talking to trusted adults

The following day, during school hours, the program will continue for the morning session, in class. It will include a recap of the evening material, with an emphasis on self-esteem, making good choices regarding friendships and dealing with peer pressure. The daytime session features small group work conducted by trained facilitators, allowing the students to ask questions and further discuss what they are learning.

Please note that the program will *not* address the mechanics of sexual intercourse as it is thought that this topic is best addressed by parents, when they judge the time to be right. However, the wonder of human life beginning with conception and development in the womb is discussed.

If you have any further questions about the *My Body, My Life* presentation, please feel free to contact the course coordinator Lara Kirk at [lara.kirk@cg.org.au](mailto:lara.kirk@cg.org.au) or on 0429 192 869.

Kind regards  
Veronica Hall  
REC (Acting)

**Please return the attached note to indicate your attendance to the *My Body, My Life* parent/child presentation.**  
**Please note: The boys' session will be held in the 3Blue and 3Gold classroom and the girls' session will be facilitated in the Hall on the 16<sup>th</sup> March at MacQuoid Street**

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### **My Body, My Life**

Student's name: \_\_\_\_\_

Class: 6Blue 6Gold 6White

- Will** be attending the *My Body, My Life* parent/child presentation.
- Will NOT** be attending the *My Body, My Life* parent/child presentation.