



17 October 2019

RE: YEAR 5 HEALTH UNIT

Dear Parents and Caregivers of Year 5 Students

The theme for the Year 5 Health Unit in Term 4 is Sexuality and Relationships - a focus on the physical, social, emotional and spiritual growth and development during puberty. These are recommended themes as part of the current Australian National Health and Physical Education Curriculum and from Family Planning Queensland. These themes are taught in upper primary and lower secondary school to coincide with the growth and development of most young children in Year 4 onwards.

It is important that children are given correct health information and skills in a supportive environment, and both school and the home are the best places for this education to occur. Mr Nicholls, Ms Cottrell, Mrs Kerr and the Executive Team wish to take positive measures to help students understand all aspects of their health including their physical, social, emotional and spiritual health and development, and how this relates to their lives now and in the future.

Sexuality and Relationships education should not suddenly begin in secondary school. The role of primary school programs cannot be underestimated, as they form the basis for further education in secondary school. Content will differ from primary and secondary classrooms, but the principles, issues and skills development to assist young people make health-enhancing decisions about their physical, social, emotional and spiritual growth remain constant.

The purpose of this unit is to explore topics such as friendships and other relationships, expressing affection appropriately, and the physical and emotional changes that occur during puberty. Topics covered will relate specifically to boys or girls – Ms Cottrell will deliver the presentation to girls and Mr Nicholls to boys. We believe that the students are at a maturity level where they will be able to handle certain aspects of these themes, and we have tailored this unit accordingly.

We understand that some parents and carers may have comments or concerns about the physical development aspects of the unit, and therefore we would like to give you the opportunity to experience the school planning documents and student materials that will be part of the unit and to discuss these aspects. We will be holding an open afternoon on Monday 28 October 2019 at 3:15pm – 3:45pm.

Confirmation of your attendance at the Sexuality and Relationships Education Health Unit Information Meeting on Monday 28 October 2019 at 3:15pm is required **by Wednesday 23 October 2019.**

../2



2.

Confirmation of your child's participation in the Sexuality and Relationships Education Unit is required **by Wednesday 30 October 2019.**

Confirmation is only available electronically via Parent Lounge. Parent Lounge can be accessed on the school website and the school app. You will require your login details to access Parent Lounge. Please enquire at the School Office if you don't know these details.

Please note that if you and your child is not participating, we still need you to reply.

We at St Paul's believe that the beginning of this special time in the students' lives is a shared responsibility of parents, teachers and the community, and is a gift from God that should be understood and praised. This is an opportunity for us all to work together to promote positive attitudes and behaviours toward the physical, social, emotional and spiritual development of the students as they begin their journey through puberty.

Yours sincerely

Mr Nicholls, Ms Cottrell, Mrs Kerr, Mr Prinsloo and Mrs Kube

Year 5 Agile Learning Lab Teachers and the Executive Team