

Years 6 Social and Emotional Changes of Puberty Workshop and Parent Information Evening

Dear Parent/Carer

As part of our Term 2 Health Curriculum, Years 6 students will participate in a Social and Emotional Changes of Puberty workshop delivered by Sexual Health and Family Planning ACT (SHFPACT). This is the follow up to last year's program on physical changes of puberty. The workshop contains two sessions, and each session runs for 90 minutes. All sessions are mapped to the content descriptors of the Year 5 & 6 Health and Physical Education Australian Curriculum and contain content about consent.

The workshop will address how puberty is a significant time of growth and change that all humans experience. In the workshop, students will explore personal identity, qualities of healthy relationships, personal boundaries, consent, understanding emotions and managing strong emotions in puberty. There will also be a brief review of the physical changes in puberty, (covered last year). Students will be working in mixed gender groups as this is best practice when building relationship skills.

To complement the Year 6 Social and Emotional Changes of Puberty workshop, we have arranged a 90-minute Parent Information Evening session that will be facilitated by a SHFPACT presenter. The session aims to provide parents with an opportunity to understand the scope of sexuality and relationships education that children will be learning about, its place in schools and how parents can support children through puberty and beyond.

Workshop	Parent Information Evening	Year 5 workshop Physical Changes of Puberty	Year 6 workshop Social and Emotional Changes of Puberty
Date	Monday 6th May	Monday 13th May	Wednesday 15th May
Time	5:30pm-7:00pm	9:30am – 11:00am Session 1 11:45am – 1:15pm Session 2	9:30am – 11:00am Session 1 11:45am – 1:15pm Session 2
Participants attending	Parents/Carers of Years 5/6 students	Years 5 Students (single gender groups) Year 6 Students (mixed gender groups)	
Cost	No cost	\$10/per student	
Notes due back:	Friday 3rd of May	Friday 3rd of May	
Location	Staffroom	In classrooms	
What to bring	All resources will be provided.		
Teacher in charge	Duncan Lawler		

A program in an alternate classroom will be provided to your child if you **do not** wish your child to participate in the workshop. Please feel free to contact your child's teacher if you have any questions.

Regards,
Years 5/6 team



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Mawson Primary School

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Ainsworth Street Mawson ACT 2607
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Years 6 Social and Emotional Changes of Puberty Workshop

Permission note

Wednesday 15th May 2024

I **do not** want my child _____ in _____ class to participate in the Social and Emotional Changes of Puberty Workshop.

I give my permission for my child _____ in _____ class to participate in the Social and Emotional Changes of Puberty Workshop.

Full name of Parent/Guardian (Please print): _____

Signature of Parent/Guardian: _____ Date: __/__/__

Daytime Contact Person: _____ Daytime Contact Number: _____

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Mode of Payment: **Social and Emotional Changes of Puberty Workshop**

Child's Name: _____ Class: _____

Payment Amount Due: \$10.00

[Quickweb](#) via our school website (Please use your **CHILD'S NAME** and **Puberty** as the identifier)

Receipt Number: _____

EFTPOS/Credit Card at front office date paid __/__/__

Signature: _____

Please contact Kerri Morrison at the Front Office if you wish to arrange a payment schedule.



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RSVP Parent Information Evening Session (no cost involved)

Monday 6th May 2024

5:30pm-7:00pm

This form is only required if attending the session. Please return to the front office by Friday 3 May. The parent workshop will be held in the teacher staffroom on Monday 6 May commencing at 5.30pm

I/we want to participate in the **Parent Information Evening Session**.

Full name of Parent/Guardian (Please print): _____

Signature of Parent/Guardian: _____ Date: __/__/__

Contact Number: _____