5th November, 2015

Dear Parents,

Next week our Grade 5/6 students will begin a unit of learning on Puberty Education. Students will be learning about:

- The physical, social and emotional changes associated with puberty
- Variations in the timing of puberty
- Respecting the feelings of others
- Hygiene products used during puberty
- The process of menstruation and sperm production
- The process of sexual intercourse and reproduction
- Qualities of good friends
- Sources of information about puberty

It helps students to know that growing up and puberty is a universal experience. Could you take 10 minutes to talk to your child about your growing up? Some questions that you might like to discuss with your child are:

- What were some of the great things about growing up for you?
- What were some of the difficult things?
- Did you have someone you could talk to about the difficult things?
- What made them a good person to talk to?

Puberty Education will begin the week of Monday 9th of November and continues for three weeks. If you have any queries regarding this program please talk to your child’s teacher.

Thank you for your support of this unit of learning.

Grade 5/6 Teachers and Glenda Schwennesen