

20 June 2022

## **YEAR 4 PERSONAL DEVELOPMENT & HEALTH**

Dear Parents,

In Term 3, in accordance with the New South Wales Education Standards Authority PDHPE Syllabus, we will be exploring '*How Can We Manage Change?*' as part of the Health, Wellbeing and Relationships unit. This includes the puberty component of the Personal Development and Health Key Learning Area.

During this unit students will explore the following subject matter:

- What is puberty
- Emotional changes during puberty (hormones and mood changes)
- Physical changes during puberty - internal and external changes including body shape, voice, skin and acne, breast development, menstruation
- Recommended hygiene measures (deodorant, showering, diet, exercise, sleep, changing clothes)

As this can be a sensitive topic, we ask that you take the time to discuss with your child some of the aspects listed above.

Prior to beginning every lesson, we will discuss how we show respect to one another and display maturity and sensitivity during the conversations that will occur between both teachers and students. Sometimes, students may have questions about topics that don't fall within the topics listed above. Families can be reassured that we will request students direct those types of questions to their parents to answer. This will then be your choice in considering if you feel comfortable in answering your child's questions, however, knowing their access to information and possibly older siblings, you may consider answering these questions to ensure your child receives a more accurate answer.

If you have any concerns or questions please contact Mrs Dikha (4B) or Mrs Anderiesz (4G) by **Friday 1st July**.

**Note:** In support of this unit, we ask that students please bring in photos of themselves as a baby, toddler, preschooler and primary aged child. These photos will be used during lessons in weeks 1 and 2 of Term 3.

We thank you for your ongoing support.

Mrs Dikha & Mrs Anderiesz