Dear Parents,

During Term 3 all year 5/6 students will be involved in a very important unit of work titled ‘Understanding Ourselves’.

This unit has been specifically designed to further your child’s understandings about puberty, reproduction and personal hygiene.

It also involves students in a broad range of learning experiences that explore adolescence, the role of peer support and peer pressure, and the importance of self-esteem and healthy relationships with others.

These 90 minute sessions will be taught over 5 weeks from August 15th to September 16th. They will be conducted by Karen Morley, who is a trained and recognised Health Worker. A 5/6 teacher will also be present in these sessions.

The cost for these sessions will be $30.00 per child and a copy of the program is on the back of this form.

Please return the slip below with full payment of $30.00 to school by Friday 12th August 2016.

If you have any questions about the program, please don’t hesitate to contact your child’s teacher.

Yours sincerely,

Year 5/6 Team

Phil Clinkaberry
Principal

KILLARA PRIMARY SCHOOL
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Your child will be involved in one 90-minute session each week for five weeks.

Year 6 children only will be involved in a program that will be run by Karen Morley and one of the Killara Senior School Teachers.

The program is outlined below:

| Session 1: The Body | - Common words used for different parts of the body  
|                     | - Anatomy of reproductive system of a male  
|                     | - Anatomy of reproductive system of a female  

| Session 2: Puberty | - Physical and emotional changes that occur to males  
|                    | - Physical and emotional changes that occur to females  
|                    | - Viewing of the film: ‘What’s happening to me?’  
|                    | - Feminine Hygiene  

| Session 3: Reproduction | - Definition of reproduction  
|                         | - Explanation of the female monthly cycle  
|                         | - Viewing of the film: ‘Where did I come from?’  

| Session 4: Hygiene and Health | - Cleanliness: From head to toe - from the washing of hair to changing socks  
|                               | - Diseases: HIV, Hepatitis B, Genital Herpes, Genital Warts, Thrush, Cystitis, Chlamydia  
|                               | - Breast examination - Taught when, why and how  
|                               | - Pap smear - Taught when, why and how  
|                               | - Testicular examination - Taught when, why and how  

| Session 5: Personal Safety | - Protection from STI’s – Taught when, why and how  
|                           | - Relationships / Self-Esteem / Circle of Relationships  
|                           | - Having control over your own body  
|                           | - Protective behaviour involving potential predators  