



KILLARA PRIMARY SCHOOL

Principal: Michelle Huggan

Phillip Drive, Sunbury 3429
PO Box 629 Sunbury 3429
Telephone 9744 6432
Fax 9744 4956
ABN. 30 621 474 323

YEAR 5 & 6

UNDERSTANDING OURSELVES - SENIOR SCHOOL UNIT OF WORK

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 3 weeks from August 27 to September 10. They will be conducted by educators Cathy Elliott, Rebecca Perkins and Eliza Crowe, from Sex Education Australia. A 5/6 teacher will also be present in these sessions and it will be conducted in line with Department Guidelines and the Victoria Curriculum.

The cost for these sessions will be \$32.00 per child and a copy of the program is on the back of this form.

Please return the slip below with **full payment of \$32.00 to school by Friday August 17 2018**

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

Yours sincerely,

Year 5/6 Team

Michelle Huggan
Principal

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YEAR 6 UNDERSTANDING OURSELVES PROGRAM 2018

I give permission for my child _____ of room _____ to attend the Understanding Ourselves program from August 27 to September 10, 2018. The cost for this incursion is \$32.00.

Please find enclosed a payment of \$32.00

- QKR – receipt number: _____
- Direct Deposit – date deposited: _____
- Cash Enclosed
- Take from CSEF payment (For those families who have received this allowance)

Parent/Guardian Signature: _____



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PROGRAM OVERVIEW

YEAR 5 & 6

UNDERSTANDING OURSELVES - SENIOR SCHOOL UNIT OF WORK

Your child will be involved in one 90-minute session each week for three weeks. Year 5 & 6 children will be involved in a program that will be run by educators Cathy Elliott, Rebecca Perkins and Eliza Crowe, from Sex Education Australia and one of the Killara Senior School Teachers.

The program is outlined below:

2018 Year 5&6 - Understanding Ourselves Overview:

Areas that will be covered

- conception, pregnancy and birth
- names and functions of reproductive parts
- physical, social and emotional changes of puberty
- managing friendships
- respect for self and others
- responsible use of technology and social media
- key messages on 'body safety'

You can visit <http://www.sexeducationaustralia.com.au/> to find out more and resources that may assist in the conversations based around the learning.

SEA runs parent information sessions for parents and caregivers who want to be active in this area of their child's education. These evenings are connected to in-classroom programs and will be held at Killara on Monday August 20, 2018 at 6.30pm sharp. This session will cover:

- why it is important to talk to your child or teenager
- tips on how to talk, what to say and when
- how to kick-start or continue conversations
- tips on how to answer difficult or uncomfortable questions
- what to do when you get caught unprepared by a tricky question
- where to go for further information and support
- resources for parents and their children

If you wish to attend this parent information session, please return the slip below with how many will be in attendance and a contact number. Numbers may be limited.

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Understanding Ourselves Parent Information Session

Number of parents attending _____

Contact person: _____

Phone Number: _____