



KILLARA PRIMARY SCHOOL

Acting Principal: Sue Muir
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 an 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. A summary of the program has been provided on the back of this form.

Students will be involved 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 occur over 3 weeks from September 2nd to September 16th and will be facilitated by trained educators from Sex Education Australia. A 5/6 teacher will 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 \$45.00 per child.

Please return the slip below with **full payment of \$45.00 to school by Friday August 14 2021**

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

Yours sincerely,

Year 5/6 Team

**Sue Muir
Acting Principal**



YEAR 5&6 UNDERSTANDING OURSELVES PROGRAM 2021

I give permission for my child _____ of room _____ to attend the Understanding Ourselves program from September 2 to September 16, 2021.

Please find enclosed a payment of \$45.00

☐ QKR – receipt number: _____

☐ Direct Deposit – date deposited: _____

☐ Cash Enclosed

☐ Take from CSEF payment (For those families who have received this allowance)

Parent/Guardian Signature: _____

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 from Sex Education Australia and one of the Killara senior school teachers.

The program is outlined below:

2021 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 via Zoom on Tuesday, August 17, 2021 at 7pm. This session will cover:

- what will and won't be covered in our classroom programs (and the language we use to talk about certain topics)
- why it's 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.

Understanding Ourselves Zoom Parent Information Session - Tuesday, August 17, 2021 at 7:00 pm

Number of parents attending _____

Contact person: _____

Phone Number: _____