



Growth and Development in PE/Health

Dear Parents,

This year, as part of our health curriculum students will be doing a unit or work on Growth and Development. The aim of the unit of work is to further the students' understanding of the changes which occur as we grow and develop.

UNIT TOPICS-Reception to Year 3

- changing as we grow
- males and females-naming body parts
- families
- what helps children and babies grow
- where babies come from

UNIT TOPICS- Year 4 and 5

- growing in strength and height
- developing other interests and abilities, and accepting more responsibilities
- why you are like your parents (genes)
- families
- body parts (revised) and how a baby is made

UNIT TOPICS-Year 6 and 7

- using correct names for body parts
- puberty
- sexual reproduction
- birth
- sexually transmitted infections

During these lessons I will encourage students to discuss these issues at home with their parents/caregivers as each topic arises.

Growth and development is a topic where parents' opinions may vary greatly within our community. Therefore the government has stated that parents may withdraw their children from these classes if they do not wish them to take part.

We strongly encourage you to allow your child to share in these lessons.

If, however, you do not wish your child to participate please write a short letter to the principal, explaining your situation. Someone from the school will then contact you and discuss the matter with you.

If you want further information about these lessons please contact the school and arrange to talk with the principal or Deb Heading (PE/Health).

Belinda Kopania
Principal

Deb Heading
Health teacher

