



# St Thomas the Apostle Primary School

39 Boddington Crescent  
Kambah ACT 2902  
phone 02 6231 4144  
fax 02 6296 2621  
www.sttap.act.edu.au  
office.sttapkambah@cg.catholic.edu.au

27<sup>th</sup> July 2017

Dear Parents,

During the next few weeks as part of our Health curriculum we will be studying personal development. We will be using a program titled "Things Are Changing" which has been developed for Catholic Schools. The program covers topics such as:

- The human body – male and female
- Changes during puberty – physical and emotional
- The menstrual cycle
- Male and female reproductive organs
- Hygiene

*"Puberty is a time of many changes; physical, emotional, social and psychological. If young people are not prepared, puberty can be a time of anxiety and confusion. Puberty is a time when life-giving attitudes to others, human relationships and sexuality can be developed. Parents and other adults have a crucial role in helping young people grow in awareness of their inherent dignity, the dignity of others, and the way that this dignity is intimately related to human sexuality."* - **Things are Changing; Facilitator Manual**

Our lessons in this program will involve:

- Watching a DVD from the program as a grade group. This DVD introduces the human body and the changes that occur during puberty.
- Class lessons, some of which will be in same sex groups, which will give students the opportunity to ask questions in a less confronting environment.

We will be watching the DVD component in the coming weeks and parents are warmly invited to join us for the viewing. We will make parents aware of the specific date and time we will be showing the DVD. In the week following the viewing it is hoped that most parents will take the opportunity to talk with their child about the DVD, before we continue with this program the following week. We always seek parental consent with programs such as these and ask that you complete the permission slip attached if you consent to your child participating in the program.

The students will be working through a booklet as they watch the DVD and afterwards will bring this home for you to use and discuss with your child if you wish to do so. Not all of the topics mentioned in the booklet will be covered in class time. If you have any questions or concerns about the program, please do not hesitate to contact the Year 5/6 class teachers.

Kind regards,

Year 5/6 Teachers



# St Thomas the Apostle Primary School

39 Boddington Crescent  
Kambah ACT 2902  
phone 02 6231 4144  
fax 02 6296 2621  
www.sttap.act.edu.au  
office.sttapkambah@cg.catholic.edu.au

## 'Things Are Changing' Permission Form Please return by Wednesday 2 August 2017

I \_\_\_\_\_ Parent/Caregiver of \_\_\_\_\_,  
Class \_\_\_\_\_ **give permission/ do not give permission (please circle)** for him/her to participate in the 'Things  
Are Changing' program.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_