

Dear Latham families

Later this week our overview letter will be sent home that explains all the learning areas being undertaken this term. However, as we are starting this week, I wanted to send this home to advise that 5/6 will be undertaking some inquiries and activities into the transitions relating to puberty as a part of our SEL program.

Latham Primary School follows the Australian Curriculum, and as a part of the Health and Physical Education curriculum, students in 5/6 develop skills to manage their emotions, understand the physical and social changes that are occurring to them and examine how the nature of their relationships changes over time.

**Achievement Standard:** Students investigate developmental changes and transitions

**Content descriptors:**

- Investigate resources and strategies to manage changes and transitions associated with puberty
- Investigate community resources and ways to seek help about health, safety, and wellbeing

As mentioned last term, SEL can be a great time for reflection and for conversation; to make connections to the real world and understand our behaviours, thoughts, emotions, and aspirations. Sometimes these conversations can be confronting too and can be a challenge to admit you have behaved a certain way or had a negative impact on others. Learning about puberty can also raise feelings of embarrassment and awkwardness and hence we have decided to utilise our online learning platform to its advantage, and the content will be delivered in this forum. This will allow students to work at their own pace, revisit areas as they wish, and ask questions in an anonymous environment. During their allocated individual check in time teachers will also monitor student progress, activities and reflections in this space and adapt the learning if needed.

Lynette has done an amazing job curating content for this learning, and we will be delivering it through a Google Site which your students can share with you. Key concepts that will be engaged with over the coming weeks include:

- Key vocabulary and understanding our bodies
- Key hormone changes, and body changes
- Understanding anatomy and a brief introduction to reproductive organs
- Investigating feelings and emotions and reasons for change
- How to manage hygiene, as well as mental and physical health

Inevitably, during these sessions the topic of 'sex' can be brought up. It is made clear that this is a topic for conversation at home if they would like to learn more in this space, and for future learning at high school. Our focus is more on the changes that are occurring and how to manage them. Questions that students have will be answered online or through further video or wiki development.

We strongly encourage you to continue these conversations at home, so I have prepared some prompting questions for you, and the children can always share their assignments/presentations with you from Google Classroom and our Google Sites if you would like more insight.

- What were the main messages in SEL this week?
- How did thinking about his make you feel?
- Have you noticed any changes in yourself?
- Was there anything you didn't quite understand? Let's talk more about it
- Have you asked any questions? Are there any questions you don't feel comfortable to ask at school that you would like to ask at home?
- Was there anything that was brought up that made you feel uncomfortable? Let's talk more about it.

Puberty and body changes can sometimes be an awkward space to be in, a top tip for engaging in conversation is to ask questions while the hands are busy (cooking or tidying etc.) or sitting side by side – and they always seem to ask the curliest questions whilst driving in the car! It is less confronting if there is a way out of eye contact.

Thank you for supporting the ongoing growth and development of our students and being open to these follow up conversations. As always should you have any queries or concerns please do not hesitate to get in contact with any member of our team.

Melissa Mongan

Executive Teacher

12 July 2021