



# Beaumont Hills Public School

The Parkway, Beaumont Hills NSW 2155

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2 May, 2022

## INTERRELATE'S YEAR 5 & 6 – MOVING INTO THE TEEN YEARS

Dear Parent/Caregivers,

The program 'Moving into the Teen Years' is a course for students in years 5 and 6 to prepare them for the physical and emotional changes they will experience over the next few years. It explores a range of adolescent issues in greater depth.

The course, conducted by fully trained and experienced educators, is held in the year 5 and 6 classrooms in three sessions over three weeks commencing on Tuesday 14 June 2022 and concluding on Tuesday 28 June 2022.

- Dates:** Tuesday 14 June 2022  
Tuesday 21 June 2022  
Tuesday 28 June 2022
- Where:** Year 5 and 6 classrooms
- Cost:** \$33.00 – **included and payable on Term 2 Account**

If you would like your child to participate in this session, please grant permission via the Sentral Parent Portal **by 20 May, 2022**. Please note we are unable to accept permission after this date due to the coordination required for this event.

If your child will not be participating, please select 'not attending' via the Sentral Parent Portal.

Payment of **\$33.00** is due to the **School Administration Office no later than 20 May, 2022**. Payment can be made via the 'POP, Parent Online Payment portal' (link on the school website), cash or cheque at the School Administration Office. NO credit card facilities are available.

Stage 3 Teachers

Ms Welsh  
Principal

## To Parents / Guardians

Interrelate, in conjunction with your school, is offering a course for students in Year 5 & 6 to prepare them for High School. *“Moving into the Teen Years”* explores a range of adolescent issues and offers a comprehensive sexuality and relationship education program designed specifically for this important time in life.

### The Program

Three 90 minute sessions conducted during school hours

#### Year 5 Program Focus

- Acknowledge personal differences and promote respect for, and acceptance of, others
- Increase awareness of personal safety and protective behaviours
- Develop students' understanding of physical development at puberty, and provide strategies for managing these changes
- Discuss different types of relationships and strategies for managing conflict

#### Year 6 Program Focus

- Revisit development at puberty
- Outline the process of human reproduction, including conception, foetal development and birth
- Explore respectful relationships with self, friends and family
- Enhance students' self-esteem, communication and decision-making skills in relation to taking responsibility, taking care of themselves and respecting others
- Assist students to become aware of the influences on their personal choices and the potential consequences of those choices
- Raise awareness of technology and its influence on teens, including strategies for cybersafety
- Discuss expectations in high school

Interrelate's fully trained and experienced educators, who adhere to a strict code of ethics, conduct the program. Interrelate has more than 90 years' experience in this field and has a reputation for providing excellence in sexuality and relationship education.

Today over 40,000 students and family members participate in Interrelate school and family programs each year.

Interrelate is committed to protecting the privacy of clients (compliant with the Privacy Act 1998) and maintains an ongoing commitment to quality service delivery.