



Beaumont Hills Public School

The Parkway, Beaumont Hills NSW 2155

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25 July, 2019

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

Dear Parent/Caregiver,

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 Thursday 15 August, 2019 and concluding on Thursday 29 August, 2019.

Dates: Thursday 15 August
Thursday 22 August
Thursday 29 August

Where: Year 5 and 6 classrooms

Cost: \$36.00

In order for your child to participate in this program, please complete the permission note below and return with payment to the School Administration Office, **no later than Friday 9 August, 2019.**

Mr Copeman
Stage 3 Assistant Principal

Ms Welsh
Principal

Please keep this section for your information

..... ✂
Please return this section with payment to the School Administration Office **no later than Friday 9 August, 2019.**

BEAUMONT HILLS PUBLIC SCHOOL INTERRELATE'S YEAR 5 & 6 – MOVING INTO THE TEEN YEARS

I give permission for my child of class to attend the Interrelate 'Moving into the Teen Years' course commencing Thursday 15 August, 2019 and concluding Thursday 29 August, 2019. I understand the cost of the course is **\$36.00** and is non-refundable. Please return this section with payment to the School Administration Office **no later than Friday 9 August, 2019.**

Signed: Parent/Caregiver

Date:

☐ I have made a POP online payment
or

My receipt number is:

☐ Payment enclosed \$.....

Cash/Cheque (please circle)

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.