

14 February 2024

Dear Parents and Parent Liaisons,

RE- Year 3-6 Health Program (New Dates)

This term we are looking forward to offering health programs for our Year 3-6 students. The sessions will be run by Life Education Australia, a very experienced provider of health programs in schools for over 40 years. The sessions will be delivered in your child's classroom as per the schedule below and classroom teachers will be present for all sessions.

| Date | First Session (morning) | Recess | Second Session (after recess) | Lunch | Third Session (after lunch) |
|--------|---|--------|---|-------|---|
| 1/5/24 | Session Time: 9.00-10.30 am Class: 5B Teacher Name: Nicole Kitsakis | | Session Time: 10.50-11.50 am Class: 4A Teacher Name: Zoe Elliot | | Session Time: 1.15-2.45 pm Class: 5A Teacher Name: Drew Cox |
| 8/5/24 | Session Time: 9.00-10.00 am Class: 3A Teacher: Anna Vayenas | | Session Time: 11.30am - 12.30 pm Class: 6B Teacher Name: Lauren Taffe | | Session Time: 1.15-2.15 pm Class: 6A Teacher Name: Luke Barnewall |

Please note the following topics for each year level;

Year 3 and 4- Body Safety (60 minute session)

Program description- *Students learn to recognise feelings and understand the need to talk about our feelings, unsafe or uncomfortable feelings and safe adults they can report concerns to. Students will also learn the difference between secrets and surprises, safe and unsafe touch.*

Year 5- Welcome to Puberty (105 minute session)

Program description- *Concepts covered include;*

- *The definition of puberty as an important change.*
- *Names of male and female external private parts.*
- *Basic male and female reproductive anatomy.*
- *Physical, social and emotional changes that occur during puberty.*
- *The importance of communication and hygiene.*
- *Sanitary product discussion.*

Year 6- The Journey of Human Reproduction (60 minutes session)

Program description- *The Journey of Human Reproduction*, expands on previous reproduction knowledge to help students identify the social, emotional, physical and legal consequences of sex, whilst also exploring the process of conception, foetal development and birth.

Further information about Year 5 and 6 programs can be found via the pre- recorded webinar from Life Education below;

<https://protect-au.mimecast.com/s/9P9XCWLvEh5QWzmU6ISmh?domain=drive.google.com>

If parents have further questions, they are welcome to email myself on lba@ags.vic.edu.au

Your Sincerely



Luke Barnewall
Deputy Head of Primary