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Know Yourself  
Choose Yourself  
Give of Yourself

### Puberty Education – Parent and Student Information Evening

Dear Parent/Guardian,

We are writing to invite you to the upcoming health and puberty education session for senior school students and their parents. This session will be held in the multipurpose room on **Tuesday the 11<sup>th</sup> of May, commencing at 5:30pm**. The event will be facilitated by Linda Elkington and Sarah Williams, both Adolescent Health Nurses employed by the Department of Education.

The session will provide information about the education department guidelines for Growth and Human Development education and the session aims to provide you with education and strategies to assist you and your child in navigating puberty changes, expectations and seeking help if necessary.

The session will focus on:

- Having positive, age appropriate conversations with your child.
- Accurate and up to date information
- Department of education curriculum content including:
  - The changes in the body, mind and emotions, that are experienced during puberty and adolescence
  - Personal hygiene and the importance of taking care of yourself
  - The reproductive systems functions
  - Making good decisions and seeking help

You are welcome to attend the session with your child. The school will be providing pizza for parents and students. There will also plenty of time for questions.

Regards,  
The Senior Team.

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For catering purposes, please fill in the form below and return to your child’s classroom teacher.

Student Name \_\_\_\_\_ Area: \_\_\_\_\_

I will attend the Health and Puberty information evening on Tuesday the 11<sup>th</sup> of May 2021.  
Please tick one:

- I will be attending the session **with** my child.
- I will be attending the session **without** my child.