



Dear Parent/ Guardian,

Kinder to Grade 6 Growth and Development

In term four in line with the Australian Curriculum and DECYP policy, students will be learning about personal growth and development. The lessons will help students prepare for the physical and emotional changes that will happen as they grow up. As the School Nurse, I will be delivering the lessons with support from the class teachers. The content is age appropriate and consists of the following:

Kinder and Prep/1

Includes learning about body parts-proper names/differences between males and females/public and private body parts, protective behaviours to help keep themselves safe.

Dates:

Prep: 29/10/2025

Kinder: 03/12/2025

Grades 1/ 2 and 2/3

Session 1- Introduction to the structure of the body, learning about what makes us the same and what makes us different. Students will make a 'Robot Buddy' in class using collected recycled waste to help teach body structure and help students learn about what makes us the same and what makes us different.

Please note: From Week 4, I will be collecting any clean recycled waste e.g., paper rolls, cardboard boxes, milk cartons to be used for this lesson. Please bring these to your classroom.

Session 2- Includes learning about body parts-proper names/differences between males and females/public and private body parts, protective behaviours to help keep themselves safe.

Dates:

Grade 1/2: 12/11/2025 / 19/11/2025

Grade 2/3: 29/10/2025 / 12/11/2025

Grade 4/5

Session 1: 'Relationships' - Includes how relationships change as students grow older, conflict resolution, support network.

Session 2: 'Male and Female bodies' - Introduction to the name, purpose and location of the sexual reproductive body parts in both 'typical' male, 'typical' female and all bodies.

Session 3: 'Introduction to puberty' - Includes thinking about the ways they have changed since they were younger/ learning about changes that 'typical' males, 'typical' females go through during puberty/ learning about the menstrual cycle.

Dates:

29/10/2025 / 12/11/2025 / 19/11/2025

Grade 5/6

Session 1 - 'Creating and maintaining Relationships'- includes understanding respectful relationships, permission and consent, and safety networks.

Session 2 - 'Hygiene and Puberty'- Introduction to puberty for typically males and typically females.

Session 3 - 'Reproductive system, conception, pregnancy, and birth'- learning about the differences between typically male and typically female reproductive system, conception to birth timeline.

Session 4 - 'Puberty changes'- separate sessions for typically males and typically females.

Dates:

29/10/2025 / 12/11/2025 / 19/11/2025 / 03/12/2025

Parent Sessions

Parents/carers are invited to attend an information session relevant to their child's grade to help explain lesson content in more detail and ways parents can support their child's learning. These will be held in the library and will run for 30 minutes.

Parents of Kinder to Grade 3 students

Date: Wednesday 15 October

Parents of Grade 4 to 6 students

Date: Wednesday 22 October

All parent's attending the school for the information session will be requested to sign in at the office on arrival.

I look forward to meeting as many of you as possible then. If you are unable to attend and have any questions, please speak to your child's teacher, or contact me through the school.

Yours sincerely

Emma Middleton

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Primary School Health Nurse



James Milne

Principal