

25 October 2021

## **Year 5 and Year 6 Personal Development and Health 2021**

In Term 4, we will be teaching Personal Development and Health lessons to our Year 5 and Year 6 students. The classroom teachers Mr Marchant and Mrs Kosmer, along with Mrs Campbell, will be facilitating the lessons. The content is part of the NSW Stage 3 Personal Development, Health and Physical Education (PDHPE) syllabus. All lessons will be of an age-appropriate level.

Students will be examining and investigating resources and strategies to manage transitions and challenges. For example:

- Recognising and understanding types of change e.g. physical changes, changing feelings towards other people
- Exploring the function and interrelationships of body systems
- Identifying and evaluating age-appropriate sources of information to enhance understanding of changes associated with growth and development
- Understanding that individuals experience change associated with puberty at different times, intensity and with different response e.g. menstruation and wet dreams
- Investigating help-seeking strategies to manage changes associated with puberty e.g. talking to trusted adults, accessing health products and services

Please contact your classroom teacher if you have any questions or concerns about these lessons.

Kind regards,

Dave Marchant  
Acting Assistant Principal

Danny Scott  
Principal

