



Health Unit

Term 3, 2021

27 July 2021

Dear Parents and Caregivers,

Totara Syndicate will be participating in our annual health/puberty unit over the course of Term 3. The unit will commence next week and cover off three main areas.

- Changing Me: Understanding your body and the changes that are taking place. Understanding how relationships change during this time. Managing, supporting, staying resilient and confident during this time of change
- Exploring Self: Exploring what empowers us and challenges us during this time. How to maintain a feeling of well-being.
- Me and the World: Being responsible, respectful and supportive of others in daily interactions and online. Challenging stereotypes and other broader media influences.

The material covered is all prescribed and mandated by the Ministry of Education. If you have any questions about the above, please don't hesitate to contact us.

Thanks and regards on behalf of the Totara Syndicate.



Mark Hughes