



Health and Hauora Unit

Term 3, 2022

1 September 2022

Dear Parents and Caregivers,

As mentioned in our syndicate newsletter, Totara students will be participating in our annual health/puberty unit in the latter half of Term 3. The unit will commence in week seven 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