



## Changes in Puberty

22 November 2022

Dear Rimu Parents / Caregivers

This term Rimu Syndicate is focusing on health and well-being as our inquiry. As part of this, next week we will be learning about puberty and pubertal changes.

We are guided by the New Zealand Curriculum and the Relationships and Sexuality Education guide sent out by the Ministry of Education, however we are able to decide how we teach this topic. Lessons will be age appropriate and we see the main learning as follows:

**Pubertal Changes:**

*Hauora - Our bodies and minds change over time as we grow*

**Students will:**

*Discuss and understand that our bodies change during puberty*

*Discuss personal strategies to cope with these changes*

*Develop knowledge of puberty as a normal part of life*

*Discuss and develop strategies to cope with body and emotional changes during puberty*

To this end, we will be discussing some changes that we go through during puberty and developing strategies to cope with these. These will include the need for basic hygiene, but also include emotional and relational strategies. We will endeavour to ensure that the students see this as a normal part of life which we all go through.

We will be discussing menstruation with the girls, giving a very basic outline of what it is and then discussing the practical ways of coping at school, sport etc. We will talk about who to go to for help/support in different settings.

We will not be talking about human reproduction and/or sexuality.

There will be two lessons for all the students with an additional one lesson for the girls.

You do have the right to ask for your child to be excluded from these lessons, however if you do have queries, please don't hesitate to contact me.

Regards

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