



Growing Together For Success

# ASHGROVE SCHOOL

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Wednesday 21st October 2020

Kia Ora Year 6 Whanau,

## **Positive Puberty Parent Information Session**

We would like to invite you to attend an information session on Tuesday 27th October from 3:20pm-4:00pm in the Mahuri building - Kowhai Totara learning space, at Ashgrove School.

We will share information about what will be discussed in our Positive Puberty Sessions, which commence in Week 4 Monday to Thursday. Please note these sessions focus on female and male body changes and supporting your child through puberty.

We have attached a copy of our lesson outlines for your information.

We look forward to seeing you all there.

Nga mihi nui

Shallie Doney & Nicky Kelso

## Year 6 Positive Puberty Unit Overview

Outlined below is the Year 6 Positive Puberty Programme for 2020. Opportunity is given during the Puberty course for students to ask questions by writing on a piece of paper anonymously and placing it into a question box. These questions are answered carefully by the teacher. If questions are asked that are beyond our focus students will be encouraged to talk with their parents.

### Session One:

- Lesson One:
  - Children naming specific body changes that occur at puberty using correct terminology for body parts. A focus will be on physical and emotional changes and social friendships.
- Lesson Two:
  - Discussing psychological changes in more depth and label body parts.

### Session Two:

- Lesson Three:
  - Discuss puberty- chemical changes that occur.
- Lesson Four:
  - Explain about periods, wet dreams and erections.

### Session Three:

- Lesson Five:
  - Puberty and growth.
- Lesson Six:
  - The male story and female story in terms of how each changes from a boy/girl to a man/women.

### Session Four:

- Lesson Seven:
  - Daily hygiene routines.
- Lesson Eight:
  - Body parts of male/female, friendships, how they change through childhood to adolescence, interests, hobbies change with puberty, recap previous lessons.

