



Growing Together For Success

ASHGROVE SCHOOL

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29th September 2022

Kia Ora Year 6 Whānau

Positive Puberty Parent Information Session

I would like to invite you to attend an information session on Friday 21st October at 3.20pm in the Mahuri building - Māhuri Whā learning space, at Ashgrove School.

I will share information about what will be discussed in our Positive Puberty Sessions, which will run during Week 2, Tuesday 25th and Wednesday 26th October. Please note these sessions focus on female and male body changes and supporting your child through puberty.

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

I look forward to seeing you all there.

Nga mihi nui

Shallie Doney

Year 6 Positive Puberty Unit Overview

Outlined below is the Year 6 Positive Puberty Programme for 2022. 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 change from a boy/girl to a man/woman.

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.