

My Body, My Life – Puberty, and Personal Development Program

Parent and child session: 6.30-8.00pm Monday 21 August 2017

Child only session: Tuesday 22 August during school hours.

Dear Parents and Students,

We are inviting you to attend the program **My Body, My Life**. Many of the topics dealt with are mandatory components of our curriculum and therefore ***we strongly encourage all students to attend.***

This program has been developed specifically for early adolescents and covers appropriate aspects of physical, emotional and social development.

The session on Monday night will go for approximately 90 minutes with time for questions at the end. This will be followed by a **school based session on Tuesday 22 August during school hours**. The session on **Tuesday is only for the students, parents are not required to attend**. Both sessions will be conducted at the school and in single sex groups.

During this time the students will participate in a follow up program for 90 minutes.

The program is about

- Puberty changes
- Conception and development in the womb
- Being unique and appreciating others
- Dealing with peer pressure
- Friendship
- Cyber safety
- Talking to trusted adults

The total cost of this program is \$15.00 per family.

Parents may choose not to have their children attend the program. Please indicate your preference when you fill out the slip below and return it to school by Friday 18 August 2017.

Thank you

Sarah Brookes, Andrea Gatt and Geoffrey Ryan

I _____ (parent's name) DO/ DO NOT give permission for my child

_____ (child's name) to attend the My Body My Life presentations.

I will / will not be present at the evening session (Monday 21 August at 6.30pm) with my child.

Signed: _____

I have paid the \$15.00 payment as follows:

Online – using QKR!

Cash – enclosed