

Interrelate Program - Year 3 – 6 students

Dear Parents and Carers,

Within the Personal Development, Health and Physical Education (PDHPE) syllabus, students in Stage 2 and Stage 3 learn about physical changes to their bodies, respectful relationships and they develop strategies for coping with changes in their lives. To support this development, we'd like to offer parents, carers and students in Stage 2 (Years 3 and 4) and all students in Stage 3 (Year 5 and 6) the opportunity to participate in a program offered by 'Interrelate'. This program includes both a Family Evening Program and lessons delivered during the school day and provides the opportunity to facilitate communication between parents and their children around the topics of preparing for puberty.

The following opportunities are being offered to the students and families at Lambton Public School.

Interrelate-Combined Student - Parent sessions		
Option 1 <i>(Year 5 & 6 students may attend if they have not previously seen this program)</i>	Target audience	Year 3 and 4 students and their parents/carers
	Date/ Time	26 July 2022 6:00 – 7:00 pm
	Program title	Where Did I Come From?
	Program Cost	\$ 36.00 per family to attend one or both sessions
	Program focus	<ul style="list-style-type: none"> Discuss the male and female reproductive systems, foetal development and the birth process Personal safety and protective behaviours
Option 2 <i>(Year 3 & 4 students may attend at the discretion of their parents/carers)</i>	Target audience	Year 5 and 6 students and their parents/carers
	Date/ Time	26 July, 2022 7:15 pm – 8:15 pm
	Program title	Preparing For Puberty
	Program Cost	\$ 36.00 per family to attend one or both sessions
	Program focus	<ul style="list-style-type: none"> Discuss the physical changes of puberty, emphasising that it can be different for everyone Develop students' understanding of periods and sperm production, as well as the physical, emotional, social and intellectual changes associated with puberty for both boys and girls Enhance awareness of children's personal safety and protective behaviours



Interrelate-Year 5 Student sessions	
Program title	Moving Into The Teen Years
Program details (90 minute sessions)	Session 1 - Thursday 1 September - It's all about me Session 2 - Thursday 8 September - My changing body Session 3 - Thursday 15 September - My changing relationships
Program Cost	\$45.00 for 3 sessions due Friday 27 August
Program contents	<ul style="list-style-type: none">• Acknowledge personal differences and promote respect for, and acceptance of, others• Increase awareness of personal safety and protective behaviours• Develop students' understanding of physical development at puberty, and provide strategies for managing these changes• Discuss different types of relationships and strategies for managing conflict

Interrelate-Year 6 Student sessions	
Program title	Moving Into The Teen Years
Program details (90 minute sessions)	Session 1 - Thursday 1 September - Understanding my body Session 2 - Thursday 8 - Respectful relationships Session 3 - Thursday 15 - September - Taking Charge
Program Cost	\$45.00 for 3 sessions due Friday 26 August
Program contents	<ul style="list-style-type: none">• Revisit development at puberty• Outline the process of human reproduction, including conception, foetal development and birth• Explore respectful relationships with self, friends and family• Enhance students' self-esteem, communication and decision-making skills in relation to taking responsibility, taking care of themselves and respecting others• Assist students to become aware of the influences on their personal choices and the potential consequences of those choices• Raise awareness of technology and its influence on teens, including strategies for cybersafety• Discuss expectations in high school

The program is delivered by experienced Interrelate staff and provides an excellent opportunity for parents and students to ask questions and to discuss a range of health and sexuality topics in a safe, respectful and supportive environment. There are separate student sessions for Year 5 and 6 with slightly different and age-appropriate content for each age group. Although there is a cost to participate, we feel it will be highly beneficial in supporting their development.

Kind Regards

Mr Jarvis Semmens
Event Co-ordinator

Mr David Holland
Principal



Interrelate Program Permission Note

Combined Parent-Student Sessions (payment due Friday 1 July)

Child's Name: _____ Class: _____

Child's Name: _____ Class: _____

Child's Name: _____ Class: _____

- My family will be attending Session 1 and we require _____ seats
- My family will be attending Session 2 and we require _____ seats
- I understand the cost to attend one or both sessions is \$36.00 per family
- I enclose the above amount in cash OR
- I have paid online Rec No _____

Interrelate Student Sessions (Year 5 & 6 students only) (payment due Friday 26 August)

- I give permission for my son/daughter _____ of class _____ to attend the 3 sessions of Interrelate on Thursday 1 September, Thursday 8 September and Thursday 15 September.
- I do not give permission for my son/daughter _____ of class _____ to attend the 3 sessions of Interrelate on Thursday 1 September, Thursday 8 September and Thursday 15 September.
- I understand the cost to participate in the program consisting of 3 sessions is \$45.00
- I enclose the above amount in cash OR
- I have paid online Rec No _____
- I give permission for students mentioned above to attend and will make payment by the due date

Parent/Carer name: _____

(Please Print)

Parent/Carer signature: _____ Date: _____