

25 March 2022

Dear Year 5 and 6 Families,

As a school we are committed to offering medically accurate, age-appropriate puberty education to support your children as they journey towards adolescence. As part of this commitment, we will be delivering *A Tweens Guide to Puberty*. This program hopes to support the education you are offering at home. We have invited Michelle Mitchell to deliver this program to our Year 5 and 6 students on 15 March. These sessions will be run in year level cohorts as recommended by Michelle.

Year 5: 11:20am - 12:10pm

Year 6: 12:20pm – 1:20pm

You will find an outline of the content in each lesson below.

Content Overview

An overview of the content can also be found on Michelle's website here:

<https://michellemitchell.org/prepforpuberty/>

What is puberty?

- When will it start?
- How does it start?
- What to expect
- Common question kids ask

Information Update

- Male reproductive body parts
- Female reproductive body parts

Body Changes

- Stages of puberty
- Changes in males: growth spurts, more hair, erections, ejaculating, voice breaking, changing body shape and new feelings
- Changes in females: growth spurts, more hair, changing body shape, menstrual cycle and new feelings

Looking After Yourself

- Hygiene and caring for a growing body
- Facts about pimples
- The role of sleep, oxygen, play, water and healthy food
- More about sleep routines

Sample Lesson

To give you an idea of the tone of the lessons we have included a link to a sample here:

<https://michellemitchell.org/sample-videos-from-a-tweens-guide-to-puberty/>

Parent Resources

Michelle also offers a range of free blogs on her website and has also produced the following resources for home use which may be of interest to you - A Girl's Guide to Puberty, A Guy's Guide to Puberty and Talking About Puberty - An online program for tweens.

Parent only Content

We have been fortunate enough to obtain the recorded link from our Parent Webinar on 22 February. This webinar was for adults only.

<https://michellemitchell.org/faith-lutheran-college-talking-about-puberty-parent-presentation/>

Please log in to parent lounge by Friday, 11 March to lodge your child's consent to attend this program. If you do not consent, your child will have an alternate activity during this time. <https://tass.flcr.qld.edu.au/parentlounge/login.cfm>

If you have any further questions, or needs you would like to discuss, please feel free to contact me.

Kind regards,

Kirsty Clements

Kirsty Clements
Deputy Head of Junior School

