

Te Motu Syndicate Notice



CARING, SHARING, PREPARING
Embrace our Education ~ Enhance our Future

May 2018

Year 7& 8 Health Programme

Kia ora Parents and Caregivers

Over the next four weeks the senior syndicate classes will be working on the Health unit - Changes in Puberty. The learning outcomes for this unit will enable the students to work towards the achievement objectives of *Health and Physical Education* in the *New Zealand Curriculum*.

This unit of work will provide students with the knowledge, understandings and skills to develop positive attitudes towards the changes that they will experience during puberty, or perhaps are already experiencing.

Through this unit students will learn about:

- the physical, social, mental and emotional growth and development that occur and the new needs that arise during puberty;
- strategies to manage the changes they will experience;
- factors that influence their choices during puberty;
- their own feelings, rights and responsibilities.

Lesson topics will include: stages of male and female development including body changes, the role of hormones, the menstrual cycle, hygiene routines, teasing and peer pressure, advertising and the media. The focus of the unit is on the biological changes the students are, or will be experiencing during puberty. There will be opportunities for girls and boys to discuss pubertal issues separately during the unit, however most sessions will involve the whole class.

This year we have enlisted the help of the "Attitude Team" (the youth education division of The Parenting Place). Attitude has over 20 years of experience reinforcing school health programmes with curriculum-aligned presentations and resources for students,

parents and teachers. They are experts in building rapport and engaging youth, sending positive messages.

The Attitude Team will come into school on Friday the 18 May. They will do a whole syndicate presentation, followed by a 60 minute workshop during which the students will work through their own booklet focusing on emotional challenges and ways to cope with changes that happen during puberty. If you would like more details about Attitude, you can check out their website - <http://www.attitude.org.nz/intermediates/>

To enhance this health programme, students will work through their Attitude Workbook - "Being Me". This is an extremely worthwhile resource which will cover topics we will be focusing on over the next two years in our health programme. Topics covered in this booklet are "Friendship Factor"- dealing with friendships and bullying, "Who am I?" - Self-esteem, "Puberty" - coping with changes, and "Tackling Technology"- cyber safety and bullying. Students get to keep their booklet, which also includes many helpful ideas for parents. If your child does not have one, copies of this book are available from the school office for \$5.

If desired, further detailed information about the content or delivery of the 'Changes in Puberty' unit can be obtained from Cath Franks (Syndicate Leader) or your child's classroom teacher. There is provision within the Education Act for parents to request (in writing, to the Principal) that their child be withdrawn from class during specific parts of this unit.

Regards

Cath, Colin, Larisa, John, Gill and Alice

Te Motu Syndicate Teachers