



Dear Parents / Guardians,

Our classes are beginning work with unit titled *'Changing Me' as part of our Year 7 Health Education program*. This unit supports the Personal Development and Mutual Understanding Area of Learning within the curriculum. Activities within this resource are designed to develop the skills, knowledge, attitudes and dispositions required for life through accurate, age-appropriate information. It is our intention that by the end of the unit, your children will be better-equipped and more able to deal with any difficult situations they may face in the future.

The unit aims to build self-esteem and a sense of self-awareness by exploring the physical, social and emotional changes that occur during this stage of the lifespan. The unit also addresses ways we can look after our personal health and hygiene. Towards the end of the unit, students will participate in a 'Boys / Girls Workshop' where they will have the opportunity to discuss and unpack topics specifically relevant to their gender.

From time to time, you may also wish to discuss the activities with your child. Your positive participation will help make your child's learning experience a successful one.

If you have any questions, please feel free to contact me.

Thank you for your co-operation,

*A Jurcec*

Mrs. Andrea Jurcec

Health and Physical Education Learning Area Leader