



WOLLONGONG PUBLIC SCHOOL
Church Street, Wollongong 2500
Wollongong-p.school@det.nsw.edu.au

Phone: 4228 9120 Fax: 4226 5091

Principal: Mr Harold Cosier

Monday 10th September 2018

Term 4 Interrelate Program Year 5

Dear Parents and Carers,

As part of the Personal Development and Health program, we have arranged for Interrelate to teach children about personal development. This is an informative program which all children are encouraged to complete particularly before moving onto high school. Children will be separated into Year 5 and 6 groups as they will cover different topics. The sessions for Year 5 will take place on Wednesday 17th, 24th & 31st October 2018 and the total cost is \$35.50.

Year 5

'Moving into the Teen Years' explores a range of adolescent issues and offers a comprehensive sexuality and relationship education program designed specifically for this important time in life. A wide variety of creative activities and teaching methods are used during the 'Moving into the Teen Years' program. These include: a take home workbook to encourage parental involvement; detailed visual presentations; class discussions; written and verbal questions; games and other activities. At an age when talking about sex with adults can be embarrassing, Interrelate ensures it is not only informative but also an enjoyable learning experience.

Session 1: It's all about Me

Session 2: My Changing Body

Session 3: My Changing Relationships

Program focus

- 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 changes
- Discuss different types of relationships and strategies for managing conflict

Please note: The cost of the course is inclusive of all sessions. If a session is missed through absence, illness or extra-curricular activity, unfortunately we are unable to refund the full or partial cost of the program.

Please complete and return the attached permission note with the enrolment fee. We appreciate your support teaching this important topic and we hope to have all children involved.

Kind regards,

Matt Richards

Stage 3

Assistant principal

✂

Term 4 Interrelate Program Year 5

Please complete and return with payment before the 16th October 2018 (Week 1, Term 4).

I wish to enrol my child/children _____ from Class _____
in Interrelate's 'Year 5 Moving into the Teen Years' program.

	I have made an online payment . My receipt number is : _____
	I have returned the permission note including \$35.50 in cash on : ____/____/2018

Signed _____ Date _____