

**Gilgandra Public
School**
Honesty & Courtesy
Safe, Respectful, Learners



Principal
Michael Darcy

P.O Box 19
Gilgandra NSW 2827

Ph: 02 68472 043
Email: gilgandra-p.school@det.nsw.edu.au

November 4, 2022

Dear Parents/Guardians,

Year 6 will be engaging in an important personal development program focusing on the early stages of puberty. The program will be delivered by Morgan O'Reilly (Women's Health Nurse) and supported by Miss Nelson.

The Personal Development Program helps both boys and girls:

- Understand the physical and emotional changes they experience during puberty and acknowledge these changes as a normal part of growth and development.
- Learn the physiology of their bodies and correct terminology for parts of the reproductive system.
- Understand that personal hygiene is each individual's responsibility.

In addition, the program helps boys and girls:

- Understand the menstrual cycle.
- Understand what to expect during a period.
- Learn how to manage periods while continuing with normal activities
- Learn about conception, fertilisation and pregnancy

The Personal Development Program is based on national research and consultation with nurses, health professionals and parents. If you have any concerns regarding this session, please visit <https://www.ubykotex.com.au/> website, as we will be covering similar material.

If you prefer that your son/daughter **does NOT** participate in the program and the lesson that accompanies it, please return this permission form by Monday, 7th November 2022 as the program will be held on Wednesday, **9th November 2022**.

Yours Sincerely


Michael Darcy
Principal

Personal Development – Wednesday 9 November 2022

_____ **does NOT** have my permission to participate.

(Parent/Guardian signature)