



ACT
Government
Education

BONYTHON PRIMARY SCHOOL

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NAMADGI PERSONAL DEVELOPMENT UNIT

Dear Parents and Carers,

In Term 4 Namadgi students will participate in a Personal Development micro-inquiry titled *'How can I keep myself safe and healthy?'* As part of the Australian Curriculum, students are required to participate in health-related programs in schools. The unit will be run in four parts which explore related concepts:

- *Understanding my Identity* – everyone is different; building self-esteem and analysing the impact of external influences (e.g. social media, peers) on self-image – addresses cyber safety
- *Building Positive Relationships* – maintaining and building friendships, social skilling, peer pressure, assertiveness, resilience and identifying and dealing with harassment and bullying
- *My Changing Body* - physical changes experienced during puberty, changes in emotions and relationships, the reproductive system
- *Keeping Healthy* - making positive health choices through diet, exercise and personal hygiene, identifying and locating health services and resources within the community

As part of the learning, students may watch PG DVDs in class. Content in the *'My Changing Body'* component of the element will be taught in separate gender groupings. Please contact your child's teacher if you have any questions or concerns.

If you **do not** wish your child to participate in one or more components of the unit, please indicate below and return to the school by **Friday 19 October 2018**.

Kind regards,
Margaret Doykas, Emily Howland, Marissa Owens and Lindsay Stewart
Namadgi Teaching Team

NAMADGI PERSONAL DEVELOPMENT UNIT

My child _____ Class _____ **will not be participating** in the

- 'Understanding my Identity'
- 'Building Positive Relationships'
- 'My Changing Body'
- 'Keeping Healthy'

component of the year 5 and 6 Personal Development micro-inquiry *'How can I keep myself safe and healthy?'*

Signed: _____ **(Parent) Date:** _____

This form should be returned to the class teacher by Friday 19 October.