



# Seven Hills West Public School

Respectful, Safe, Responsible Learners

## Interrelate School Services Presents

### Moving Into the Teen Years

Dear Parents/Carers,

Moving Into the Teen Years is an adolescent health program that is offered in accordance with Stage 3 syllabus content, but is run by a professional outside agency. The content delivered is relevant to the students' age group and oncoming personal health issues. It is strongly recommended that all Year 6 students attend this program, as it will cover the teaching and learning content for Personal Development and Health this term. Classes will run during the day in 3 separate sessions. Please see the back of this note for further information about the program.

Year 6 students will attend the 'Moving into the Teen Years' sessions on Monday August 12<sup>th</sup> and Tuesday August 13<sup>th</sup>.

This program includes a take home workbook to encourage parental involvement. Questions are encouraged and appropriately addressed as an integral part of this program.

The cost of this program has been covered through school fees paid at the beginning of the year.

If you **DO NOT** wish for your child to attend this program, please notify their classroom teacher in writing. They will be provided with work and placed in another classroom for the duration of the sessions.

If you have any questions, please do not hesitate to contact the school.

Kind regards,

Ms S Clements  
Principal  
24.06.2024

Miss M Griffiths  
Assistant Principal

Mrs N Rosario  
Interrelate Coordinator

Cnr Lucas Road and Sackville Street Seven Hills NSW 2147  
Telephone: 9622 2136 Facsimile: 9831 6437 Email: [sevenhillw-p.school@det.nsw.edu.au](mailto:sevenhillw-p.school@det.nsw.edu.au)



A Proud PBL School (Positive Behaviour for Learning)



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### Moving Into the Teen Years

**Session 1: Understanding My Body**

**Session 2: Respectful Relationships**

**Session 3: Taking Charge**

#### Program Focus

- Revisit development at puberty
- Outline the process of human reproduction, including conception, foetal development and birth
- Explore respectful relationships with self, friends and family
- Enhance students' self-esteem, communication and decision-making skills in relation to taking responsibility, taking care of themselves and respecting others
- Assist students to become aware of the influences on their personal choices and the potential consequences of those choices
- Raise awareness of technology and its influence on teens, including strategies for cyber safety
- Discuss expectations in high school

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