



St. Bernard's

Catholic Primary School, East Coburg

Dear Parents,

As children grow, many changes take place. Puberty is one of the big changes families face.

To support you as the primary educator of your child in this sensitive area of development, our school will be hosting an online puberty parent night on Tuesday 12th of November 2024 at 7:00 pm. This parent night will be for you and your child to attend and will be facilitated by a qualified Family Life Educator using the program *Things Are Changing*. **Families of students in Year 4-6 are invited to attend.**

Things Are Changing is the endorsed resource by the Bishop and Catholic Schools Office of this Diocese.

The parent night will run for 60 minutes and will cover the following:

- What puberty is: hormones, time of intense growth.
- The general changes that happen during puberty: hair, body odor, body shape and perspiration.
- The male and female reproductive system.
- The female cycle of fertility: menstruation.
- Emotional changes that occur.

We do not cover conception and sexual intercourse in this session.

At the conclusion of the parent night you will receive a link to a digital parent pack. This parent pack contains a video, a parent book and a student workbook. The purpose of the parent pack is to support you as you continue the conversation with your child. Your child will be encouraged to talk to you about growing up and to ask you questions. These are for your use at any stage in the future as we are aware that all children's needs are different.

Join Zoom Meeting

<https://us02web.zoom.us/j/86136273906>

Meeting ID: 861 3627 3906

Please fill and return the expression of interest form. Please contact me if you have any questions or would like to discuss this information

With kind regards,

Iain Reed
Deputy Principal / Learning and Mathematics Leader

Online Family Puberty Night 2024

I will be attending the online Family Puberty night on Tuesday 12th November 2024.

Parent/Guardian's name (printed) _____

Student's Name _____ Student's Grade _____