



COOMERA
ANGLICAN
COLLEGE

13 May 2019

Dear Parents/Guardians

Adolescence presents a variety of opportunities and challenges for our older students. During this developmental stage, they will begin to experience personal, physical, psychological and social changes. By providing factual information about the changes associated with puberty, we believe our students will be better prepared to cope with the challenges ahead.

As part of our Human Relations Education, we have employed Life Education to deliver a 90-minute workshop to our Year 5 and 6 students. Each class in these year levels will engage in the workshops between 27 and 29 May.

Some of the topics covered include:

- Physical Changes associated with adolescence
- Social Changes with adolescence
- Emotional Changes with adolescence
- Body image
- Relationships
- Where can I get help if I need it?

Prior to the classroom lessons, parents/carers have the opportunity to attend an information session on Wednesday 15 May at 2.30pm in the Pod. This session will be delivered by the Life Education educator and will provide valuable information to assist with parenting an adolescent child.

For any additional information about how to discuss these topics with your children these websites are a great source of information:

www.fpq.com.au

<http://www.parentingideas.com.au/Parents/Teenagers>

<http://raisingchildren.net.au/> (very useful source of information for all ages)

Yours sincerely

Mr Ben Campbell
HEAD OF STUDENT DEVELOPMENT (P-6)