Dear Parents / Guardians

The Year 5 Program has two incursions for our students scheduled for this term.

**Family Life Program**

Our Inquiry topic this term is "What choices can I make to achieve the best outcomes for myself and others?" We will also be looking at changes that occur during adolescence. As part of our studies, we have been fortunate to secure a booking with Family Life Victoria to conduct a program with the Year 5 & 6 students. This will relate to the physical, social and emotional changes that students face during puberty. The program’s approach is simple, straightforward and sensitive. The content of each session is age-specific and interactive, using a variety of audio-visual materials, discussions and games. The program respects and supports the role of the family in sexuality education. The program will run over three weeks - Monday 15\textsuperscript{th}, 22\textsuperscript{nd} and 29\textsuperscript{th} February with each grade having a one hour session each week as follows:

**Session 1 – Look I’m Changing**

This session focuses on providing information about the physical changes of puberty for boys and girls. Periods and sperm production are discussed.

**Session 2 – I’m In Charge**

This session will give students an opportunity to discuss some of the common emotional changes that young people may experience during puberty. Discussion of mood swings and their effects will also take place.

**Session 3 – What’s It All About**

The process of conception, foetal development and birth are covered in the context of family relationships.

The cost of this program is $17.00 per student.

**Life Education**

As part of our Welfare Unit and Drug Education Program the Life Education Van will be visiting the school between the 23\textsuperscript{rd} February and the 3\textsuperscript{rd} March 2016. Students in Year 5 will learn about Cyber Safety which focuses on building relationships online and offline. For more information you can visit their website at www.lifeeducation.org.au

The cost of this visit is $10.00 per student.

The total cost for both incursions is $27.00. Please return the permission slip and payment by Thursday 11\textsuperscript{th} February. Please remember that late payments will not be accepted.

Year 5 Team
Deb Thompson, Lynne Lambert, Michele Murray and Alex Watson

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**YEAR 5 LIFE EDUCATION & FAMILY LIFE PROGRAM CONSENT FORM**

I give permission for my child…………………….............................. Class…………..to participate in:

- The Family Life Program on Monday 15\textsuperscript{th}, 22\textsuperscript{nd} and 29\textsuperscript{th} February.
- The Life Education Program between 23\textsuperscript{rd} February and 3\textsuperscript{rd} March.

I have enclosed $27.00 to cover the cost of both incursions.

Signed: ………………………………………………….                    Date: ………/………./2016

Parent/Guardian