

Life Education - Talk About It - Year 5 & 6

Dear Parents/Carers,

As part of our Health & Physical Education curriculum the Yr 5-6 students will be participating in the 'Talk About It' program facilitated by Life Education.

Date:	The program will be take place on the following days: Tuesday, 6 September, Wednesday, 7 September, Thursday, 8 September, Tuesday, 13 September & Wednesday, 14 September.
Incursion Information:	<p>The 'Talk About It' program will be delivered by Life Education which offers content for Yr 5-6 students that focuses on the social, emotional and physical changes associated with growing up and laying the foundation for healthy relationships now and in the future.</p> <p><i>Talk About It</i> is a sensitive and age-appropriate personal development program for students in primary school that focuses on:</p> <ul style="list-style-type: none"> • <i>Identity</i> • <i>Diversity and inclusivity</i> • <i>Puberty changes</i> • <i>Protective behaviours and hygiene</i> • <i>Consent</i> • <i>Managing peer pressure</i> • <i>Building and maintaining healthy relationships</i> <p>All <i>Talk About It</i> sessions are held in the classroom by Life Education's specialist health educator and include interactive activities and worksheets.</p> <p>Additional information is also available via the Life Education website. https://www.lifesmarkkids.com.au/education/sexual-health</p> <p>This program is a part of the Health and Physical Education curriculum and we strongly encourage all students to participate.</p>
Program Schedule:	<ul style="list-style-type: none"> • Year 5 students - 3 sessions (1 x 60 min, 1 x 90 min & 1 x 105 min) • Year 6 students - 4 sessions (2 x 60 min & 2 x 90 min & 1 x 120 min)
Cost:	<ul style="list-style-type: none"> • Year 5 students - \$30.00 which is to be paid via QKR by Wednesday, 24 August 2022. • Year 6 students - \$40.00 which is to be paid via QKR by Wednesday, 24 August 2022
Permission:	Permission to attend is due via QKR
Due:	Permission and payment are due by Wednesday, 24 August 2022
Parent information	For more information regarding the content of the program please see the Life Education Parent/Carer Information flyer.
Additional information:	More information relating to the alignment of the program with the curriculum can be found here: Health & Physical Education Victorian Curriculum - Level 5 & 6

DANIELLE CURTOIS

Physical Vibe

Wednesday, 27 July 2022