



Year 5 Health Curriculum Unit

Date for Distribution: 22 June 2022

Dear Parents/Caregivers,

As a part of the Health Curriculum, our students will be completing a unit of work on Growth and Development this term.

The aims of this unit are to further students' understanding of the changes that occur as they grow and develop and to present these lessons in such a manner as to:

- enable the students to feel comfortable
- encourage students to accept themselves and others as unique individuals
- help students to place the information they learn into the context of their own family values
- stimulate dialogue between students and their own family

Students will continue to develop skills to manage their emotions, understand the physical and social changes that are occurring for them and examine how the nature of friendships change over time.

During these lessons we will encourage students to discuss these issues at home with their parents/caregivers as each arises.

These lessons will be presented in a factual, non-judgmental and age-appropriate format; however, if you **do not** wish your child to attend the Growth and Development lesson/s, please notify your student's teacher via email.

Yours sincerely

Mark Tenny
Year 5 Teacher

Edwina Bruce
Year 5 Teacher

Nicholas Smith
Head of Junior School