



Pubertal Change

At Deanwell we teach 'Pubertal Change' to our Year 5 & 6 tamariki, as part of the NZ Health & Physical Education Curriculum

We think this is a very important part of our curriculum.

We have a number of tamariki at Deanwell School already experiencing the changes of puberty.



Nest Consulting will be visiting our school and providing our tamariki their 'Positive Puberty Plus®' programme.

All topics will be covered age appropriately in a way that relates to puberty:

- the changing body,
- sense of self,
- decision making,
- understanding media influences and
- body confidence.

To assist Parents being actively involved in communication with their child regarding the changes associated with puberty and preadolescence Nest Consulting offer a Parent/Whānau Information/Education evening prior to the programme. It lasts about 60 mins and includes:

- a run-through of the student programme
- anatomy and physiology 101 memory joggers and an outline of normal growth and development expected at puberty
- an update on all available menstrual products (incl. recyclable, washable, organic and supermarket items).
- included throughout are tween parenting tips and question time!

The feedback from this evening is always extremely positive: a fun, inspiring and educational night.

Thursday 31 July at 6pm via Zoom

Parent / Whānau Hui

Monday 4th August, 8.45 am - 3.00 pm

Year 5 & 6 tamariki from Ohu Kererū and Tuī

Tuesday 5th August, 8.45 am - 3.00 pm

Year 5 & 6 tamariki from Ohu Karearea and Kōkako

Timetable for the days:

8.45 am - 10.45 am	Basics of Puberty
10.45 am - 11:15 am	Morning Tea
11.15 am - 11.30 am	Puberty and the Male anatomy (generally delivered to boys)*
11:30 am -12.45 pm	Puberty, Periods, Products and the Female anatomy (generally delivered to girls)*
12.45 pm - 1.30 pm	Lunch
1.30 pm - 2.05 pm	Afternoon Session (mixed)

If you have any questions or concerns, we encourage you to attend the Whānau Hui information evening and please feel free to contact your child's teacher via email.