



**Physical Address**  
19 Appleby Road  
Albany  
Auckland 0632

**Postal Address**  
PO Box 303 269  
North Harbour  
Auckland 0751

T +64 9 415 5473  
F +64 9 415 8614  
E [office@ajhs.school.nz](mailto:office@ajhs.school.nz)  
[www.ajhs.school.nz](http://www.ajhs.school.nz)

5<sup>th</sup> April 2018

Dear Parents/Caregivers

### Year 7 Pubertal Change Lessons

As part of the PE and Health curriculum, Year 7 students will be involved in a series of lessons about pubertal changes during early Term 2. There will be a number of lessons during class time taken by your child's homeroom teacher and there will also be an 'Attitude' presentation.

An evening presentation by the 'Attitude' facilitators will also be held for parents and students on Thursday 3rd May at 7:30pm. Further details will be sent home about this.

#### The teaching sessions will cover the basics of:

- the changes associated with puberty
- personal hygiene during puberty
- feeling positive about yourself and your changes
- the menstrual cycle and feminine products
- male and female reproductive anatomy

The Year 7 programme does not provide information about sexual intercourse, sexuality or contraception. Sexuality education is covered in Year 9.

Under section 105D of the Education Act, parents and caregivers have the right to withdraw their children from any aspect of 'sex education' programmes'. If for whatever reason you do not wish your child to take part in these lessons, please write your child's homeroom teacher a short note and they will be provided with an alternative programme.

Kind regards

**Sarah Guise**

Head of Y7 Integrated Programme

**Stephen Kendall-Jones**

Principal

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### Year 7 Pubertal Change Lessons

(Please complete the permission slip below and return to your child's Homeroom Teacher ASAP)

I am happy / **not happy** for my child \_\_\_\_\_ from 7 \_\_\_\_\_ to \_\_\_\_\_  
participate in the Year 7 Pubertal Change Lessons.

Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_  
(Parent/Caregiver)

Signed: \_\_\_\_\_ Email: \_\_\_\_\_  
(Parent/Caregiver)

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