



Brandon Intermediate School

Driver Crescent, Porirua, New Zealand

Telephone (04) 237-4599
office@brandon.school.nz

Dear Parents and Caregivers,

As part of the Brandon Intermediate School Health and PE Curriculum, your child will be taking part in the school's "Positive Puberty" programme.

There will be a Parent Information evening held on Wednesday 19th March at 5:00pm in the staffroom. This is a time for parents to ask questions and clarify understanding of what will be covered in this education programme.

This unit of work will provide students with the knowledge, understanding and skills to develop positive attitudes towards the changes that they will experience during puberty.

Through the key concepts of this unit, students will learn about:

- School and academic pressures
- Friendships and social dynamics
- Shifting interests and responsibilities
- Physical changes related to puberty

Lesson topics will include:

- Growth rates and both emotional and physical changes during puberty
- Coping with changes
- Daily hygiene routines
- Teasing and other pressures
- Having a positive self-image

We will also field any questions students may have as we discuss these topics.

We acknowledge that in some cultures it can be offensive to discuss these matters when relatives or close family friends are in the same room. If this is the case for your child, or you have any concerns regarding your child's participation in this programme please contact me (details below).

Ngā mihi

Jacqui Watts-Pointer, Deputy Principal

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Parent Information Evening – Positive Puberty

I, _____, will be attending the Parent Information meeting at Brandon Intermediate
Wednesday 19th March at 5:00 pm

My child's name _____ Room _____



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Positive Puberty Programme

Key Concepts:

Puberty – Puberty is the natural process of growing from a child into an adult. This involves both physical and emotional changes that take place over several years.

Resilience – Resilience is the ability to adapt and bounce back from challenges. Helping young people build resilience supports their ability to navigate adolescence confidently.

Mobile Classroom Learning: Harold's Journey

Your child will participate in a Mobile Classroom session with **Harold the Giraffe** from Life Education. During the sessions, students will:

- Explore the term **puberty**, including stages of growth and development.
- Watch an **informative video** about the brain and its role in development.
- Discuss **physical and emotional health** strategies.
- Identify **changes in boys, girls, and both genders**.
- Learn about the **thinking vs. emotional brain**.
- Use **PAT (a mannequin)** to visualise physical changes.
- Participate in an **interactive hygiene activity** to explore different personal care products.
- Watch videos about **peer pressure and resilience**, discussing how to handle challenges.

Exploring Hygiene Products

Understanding proper hygiene is crucial during puberty. Students will learn about common hygiene products such as:

- **Deodorant** – Helps control body odour
- **Shampoo & Conditioner** – Keeps hair and scalp clean
- **Sanitary Products (Pads/Tampons)** – Used for menstrual hygiene

Activities Outside the Classroom

Teacher-led sessions will cover:

- **Online friendships & social media** – Helping students make good choices online.
- **Balancing life** – Exploring how to maintain a healthy balance between activity, rest, and social time.
- **Managing stress** – Strategies to cope with challenges and find supportive people.
- **Growing up** – Encouraging healthy lifestyle choices during teenage years.

Independent learning activities will include:

- Learning **different ways to say NO** in difficult situations.
- Exploring **puberty facts** to reinforce Life Education lessons.
- Understanding how to **keep the brain healthy** through good habits.
- Investigating the **chemistry of the brain and body** and how different chemicals impact health.

Follow-Up Activities

To continue learning, students can access additional resources, including online materials and activity books. We encourage you to visit www.healthyharold.org.nz for useful activities and information.