



SENG KANG PRIMARY SCHOOL

A Vibrant Community of World-Ready Learners

<http://www.sengkangpri.moe.edu.sg>

21 Compassvale Walk, Singapore 545166; Tel: 6384 0809; Fax: 6384 0839

SKPS/2017/Growing Years/040

11 January 2017

Dear Parents/Guardians,

Growing Year Series 2017 for Primary 5

We would like to inform you that the school is conducting a Growing Years Series program for the Primary 5 pupils. It serves as a support program for upper primary pupils to impart knowledge, shape values, influence behaviour and develop coping strategies as they mature.

Trained teachers will be conducting the lessons and pupils will be separated into single-gender classes so that the delivery of the package is customised to gender needs.

Through the various themes of developing an understanding of the growth process and changes in development, coping with interpersonal relationships and protecting them from harm the programme aims to equip pupils with the skills to:

- Make wise, responsible and informed decisions through the provision of accurate, current and age-appropriate knowledge on human growth and the means of protecting themselves from harm.
- Know themselves and to build healthy and rewarding relationships through the acquisition of social and emotional skills of self-awareness, management of thoughts, feelings and actions.
- The develop empathy for others and the skills for effective communication, problem-solving and decision-making skills.
- Develop a moral compass, respect for themselves and understanding that the family forms the basic unit in a society, through the inculcation of positive mainstream values and attitudes about sexuality and growth.

The upper primary years is aimed to support the pupils as the grapple with puberty. The refreshed Primary 5 & 6 Growing Years (GY) package, "Curious Minds (2nd Edition)", aims to meet students' developmental needs, through the teaching of skills and values which will focus on helping students navigate *changes*, build healthy *relationships* and *tackle new challenges* such as online relationships, and *safety*.

Attached with this letter are the topics that will be covered during the Growing Years' Education sessions.

Please fill in the reply form and return it through your child/ward by 16 January 2017.

Thank you.

Miss Hayati
Coordinator (GY Programme)

Mr Devindra Sapai
HOD CCE

CC: Mrs Teo Whye Choo, Principal
Mrs Winefrede Loo, Vice-Principal
Mr Hamri Bin A. Jalil, Vice-Principal

Topics covered in GY Series in 2017 for Primary 5

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD	
Gosh! I Am Changing	What Is Happening To Me? (30 min)	<ul style="list-style-type: none"> • know what puberty is • identify the physical changes during puberty 	19 Jan 2.15pm to 3.45pm	
	What Can I Do? (Part 1) (30 min)	<ul style="list-style-type: none"> • identify the stresses caused by physical changes during puberty • describe ways to manage the stresses caused by physical changes during puberty 		
	What Can I Do? (Part 2) (30 min)	<ul style="list-style-type: none"> • identify the stresses caused by physical and emotional changes during puberty • describe ways to manage the stresses caused by these changes during puberty 		
	Main Task (30 min)	<p>Description of the Main Task:</p> <p>Pupils are to play the role of an Uncle/Aunt Agony to help a peer address his/her experiences during puberty. They will consider the situation from the point of view of the peer and share ways to help him/her cope with the changes he/she is going through.</p>		
Where I Belong	What Are Families? (30 min)	<ul style="list-style-type: none"> • know that there are different types of family structures • know that every family is unique state that the three basic functions of families are to provide love, protection and guidance • identify the right sources of help to turn to when in need 	To be confirmed	
	What is My Role? (30 min)	<ul style="list-style-type: none"> • know that gender is about being male or female • choose not to stereotype by gender 		
How Do I Keep Myself Safe?	What is Safety? (30 min)	<ul style="list-style-type: none"> • know what sexual abuse is • know that there are laws in Singapore that can protect them from sexual abuse • know their rights in keeping themselves safe from sexual abuse 		
	Stop It! Run! Tell! (30 min)	<ul style="list-style-type: none"> • protect themselves by resisting and removing themselves from harm and seeking help from a trusted adult • know their responsibilities in minimising the risk of sexual harm 		

Reply Slip
Primary 5 Growing Years Programme 2017

Date: _____

Parent's Name: _____

Parent of (Child's name): _____

Mrs Teo Whye Chool
Seng Kang Primary School

Dear Sir/Madam

CONSENT FOR TAKING PART IN THE *GROWING YEARS (GY)* PROGRAMME FOR YEAR 2017

1. I have read and understood the content coverage and delivery of the Growing Years Programme in the school for 2017.
2. I allow/do not allow my child, (name of child) _____, of Primary 5 _____ to participate in the Growing Years Programme for 2017.
3. If you are opting out of the programme please tell us why and we would make a follow-up call to address your concerns

I would like to withdraw my child from the programme. My reason(s) for opting out:

- My child is too young.
- I would like to personally educate my child on the challenges of growing up.
- I am not comfortable with the topics covered in the GY Programme for this year.
- Religious reasons
- I have previously taught my child the topics in the GY Programme for this year.
- I do not think it is important for my child to attend the lessons.
- Others: _____

4. Thank you.

Parent's Name & Signature

Contact Number: _____ Email (Optional) _____