



## AMAZING ME

**Last week, Years 5 and 6 parents and students took part in the 'Amazing Me' program.**

Amazing Me is a program that specialises in providing primary aged children, parents, and educators with positive and empowering information. Amazing Me presents programs to children and adults every year and has done so for over 25 years. The presenter, Rowena Thomas, is a trained primary school teacher and her strengths lie in facilitating an informative program that aims to strengthen family relationships.

Our first session was held via Zoom and was a parent only event. In this session, Rowena explored some of the challenges that parents face when approaching conversations about sex and puberty. The second session was also held via Zoom and provided an opportunity for parents and students to sit together to discuss child protection, reproduction and birth, the changes both physical, social and emotional that can be expected while going through puberty. Our final session was held at the College for our Year 6 students. This session provided students with the knowledge and values and attitudes that contribute to the formation of their identity and personal development during their journey through puberty.

These sessions were highly valuable for parents and students and we thank Rowena for sharing her knowledge with our students and parents.

**Mrs Lianne Brown**

Assistant Stage 3 Coordinator - Year 6B