

# Permission Form

As part of the NZ Health & Physical Education Curriculum we have engaged Nest Consulting to provide their '**Positive Puberty Plus@**' programme for our Year 7/8 students. All topics will be covered age appropriately in a way that relates to male and female puberty, the changing body, sense of self, decision making, media influences, celebrating diversity and body confidence.

"From a Father's perspective I am very glad to have attended. You made the presentation relevant and I appreciated the humour! I actually feel quite empowered and learnt some new things myself."

"I am so glad I went along to the Parents Evening! It was fascinating to see the modern menstrual products: I had never heard of a luna cup or seen the washable pads before! I have to admit I didn't think the evening would be as entertaining as it was! A really informative, fun night!"

To assist Parents being actively involved in communication with their child regarding the changes associated with puberty and pre-adolescence Nest offer a [Parent/Whanau Information/Education Evening](#) prior to the programme. It includes an overview of the NZ school sexuality guidelines, some anatomy and physiology 101 memory joggers, an outline of normal growth and development expected at puberty, a run-through of the student programme & an update on all available menstrual products (incl. recyclable, washable, organic and supermarket items). Included throughout are tween parenting tips & question time! It lasts about 75 mins.

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

For more information go here:

[www.nestconsulting.nz](http://www.nestconsulting.nz) [www.facebook.com/NestConsulting](https://www.facebook.com/NestConsulting) to find:

- Evals from Staff / Students / Parents
- Book recommendations / Shop
- Further puberty resources and weblinks for Parents/Caregivers
- Nest.Box - a special 'My first period starter pack' for girls

"I am impressed with what is on offer through this day programme. Great to get a preview before my child attends. I am very happy you have included the information and activities around social media and body image as I see this as a growing issue."

"Thank you. What a wonderful presentation. I wish I had had this in my day. I feel much more prepared now for the questions I am sure will come home."

If you have concerns about your child attending we encourage you to attend the [Whanau Information Evening](#) for more information before deciding whether to include your child. If you decide to withdraw your child from the Programme please make your concerns known to your child's teacher who will find other work for your child on that day.

"An excellent hour: I have taken away some new information which was delivered in a fast paced, captivating presentation. I anticipate a well rounded and fun day ahead for my child and feel prepared for his questions. Thank you."

Please fill out the form attached.

If you **DO NOT CONSENT** to your child attending this programme please return the slip below. If you have any questions please do not hesitate to contact us.

Child's Name \_\_\_\_\_ Room \_\_\_\_\_

I **do not** want my child to attend the 'Positive Puberty Plus' Programme.

Signed: \_\_\_\_\_  
(Parent/ Guardian)

Child's Name \_\_\_\_\_

Room \_\_\_\_\_

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I / We will be attending the Parent Evening:

**Thursday 27<sup>th</sup> June, 2019 at 6pm.**

Attending: Yes / No

Signed: