



24<sup>th</sup> June 2021

Dear Parents/ Carers,

Re Year 5 Puberty

As part of our school's Personal, Social, Health and Economic education (PSHEe), children in Year 5 will be covering topics within a 'Changing Me' programme. The programme has been written by education and health professionals, is based on current good practice and national guidance and is delivered in separate single gender groups by the School Nurse. This lesson is to take place on the afternoon of 30<sup>th</sup> June.

The programme covers a range of topics in an age-appropriate manner and helps children to make sense of the physical and emotional changes that are happening to them, as well as helping them to keep themselves healthy and safe.

The aims of the session are as follows:

- To introduce children to the physical and emotional changes that occur during puberty
- To consider some of the changes over which we have no control and the choices we can make concerning those over which we do not have control.

The lessons will concentrate on personal hygiene, puberty and development. The session will cover core information and diagrams about body changes and emotion. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues such as those above before the work is covered in school.

Although we place a high value on these lessons, parents and carers do have a right to withdraw their children from some of these lessons if they so wish. Please contact the school office before Tuesday 29<sup>th</sup> June at 3pm if you have any questions regarding the above topics or if you do not want your child to participate.

Yours Faithfully  
Mr T. Hinkley  
Headteacher