

17th December 2021

RE. Year 5 parents

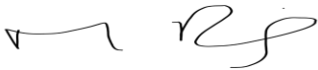
Dear parents/carers,

I am writing to inform you that, in January, we will be teaching pupils about puberty and 'growing up' as part of our Personal, Social, Health and Economic Education (PSHE) programme. We have been teaching these lessons for many years now, they were previously called the 'growth and change' programme. Our lessons are in line with government statutory requirements and members of school staff are trained to lead the lessons. They will be taught in single sex groups (boys and girls taught separately). The programme teaches pupils about growing up and the physical and emotional changes they will experience as they go through puberty. Pupils **WILL NOT** be taught about sex.

Starting puberty can be a very anxious experience for many pupils and this programme aims to teach them about the changes their bodies will go through and reassure them that these changes are perfectly normal aspects of growing up. For your information, I have attached an overview of the content of the lessons. We believe that it is important that pupils understand the changes that they are going through. As this is a statutory element of the curriculum, you are not able to withdraw your child from these lessons.

If you have any further questions, please feel free to speak to myself or a member of the SLT

Yours sincerely,



Miss M Davies
Head of School

اگر اس خط کے پڑھنے میں آپ کو مدد چاہے تو برائے مہربانی اس کو سکول کے دفتر میں لے آئیں
এই চিঠিখানা পড়তে যদি কারো সাহায্য চান তবে দয়া করে চিঠিখানা নিয়ে বিদ্যালয়ের অফিসে আসুন

Daca nu intelegeti continutul acestei scrisori, va rugam sa va adresati biroului receptie pentru a primi asistenta necesara



Puberty Lessons - Overview for Years 5 and 6



These lessons are taught as part of our planned PSHE programme. The majority of the lessons are taught to boys and girls separately and all staff have received training prior to delivery.

	Year Five – Lessons 1,2,3 & 4 in separate groupings (Spring 1 – How will we grow and change?)	Year Six – in separate groupings (Autumn 2 – How can we keep healthy as we grow? Three puberty lessons designed to recap on Year 5)
1	<p>The differences between males and females – how we grow and change To understand that they are growing and changing and the next stage of growth is called puberty. To explore the difference between males and females including body parts</p>	<p>Talking About Puberty To further explore the emotional changes that occur during puberty To understand the role of hormones in puberty To understand that hormones can impact on our emotions</p>
2	<p>What is puberty? Boys Lesson To know what puberty is and to know that our bodies change as we go through puberty To know there are both physical and emotional changes To explore the changes that will happen to my body as I grow</p> <p>Girls Lesson To know what puberty is and to know that our bodies change as we go through puberty To know there are both physical and emotional changes To understand what the words menstruation and period mean To understand that girls and women have periods and that they are a normal part of growing up</p>	<p>Our changing bodies and personal hygiene Boys Lesson To understand how and why puberty affects the body To describe how to manage physical and emotional changes To understand the increased importance of personal hygiene during puberty</p> <p>Girls Lesson To know and discuss how to manage periods To understand the increased importance of personal hygiene during puberty</p>
3	<p>Our bodies and emotional changes Boys Lesson To know how to manage my changing body To understand the range of emotions that we may experience and to explore strategies for managing these positively</p> <p>Girls Lesson To know how to manage periods To understand the range of emotions that we may experience and to explore strategies for managing these positively</p>	<p>Thoughts, Questions and Reflections To answer each other questions about puberty and growing into young adults with confidence To use appropriate and accurate language to discuss puberty</p>
4	<p>Thoughts, Questions and Reflections To answer each other's questions about growing up with confidence</p>	
5	<p>Body confidence – Flipping the script To understand the term body confidence and the negative consequences of body comparison To practise engaging in healthy conversations</p>	
6	<p>Body confidence – Positive thoughts and seeking support To understand that unrealistic images can impact on our body confidence To explore strategies to manage at times with we experience body dissatisfaction</p>	