

Wednesday 21st April 2021

**RE: Year 5 puberty/changes catch up lesson**

Dear Parent/Carer,

As part of our school's Personal, Social, Health and Economic (PSHE) Education programme, children in Year 5 will have a catch up lesson on puberty which they missed out on last year due to the national lockdown. Many of the children in Year 5 have been experiencing physical and emotional changes which we have not had the opportunity to discuss with them from an educational perspective.

Nowadays, there is a vast amount of information on the internet, on TV, in magazines, to which children and young people are exposed. If children are provided with timely and age-appropriate information about their bodies, they can make their transition into adolescence and adulthood with the confidence and knowledge to understand what is happening to them.

On Wednesday 28<sup>th</sup> April at 4pm we will be holding a virtual parent drop in session to share the content of the session with you and to answer any questions you may have. The class teacher, Mrs Kanval will send the meeting link to all Year 5 parents via email.

Please note that this lesson is part of the statutory PSHE curriculum and there is therefore no opportunity to withdraw your child from the session. Boys and girls will be taught separately for this session.

If you have any concerns please attend the virtual session.

Thank you for your continued support.

Yours sincerely,

Miss Moxom  
PSHE/Wellbeing Lead