



2<sup>nd</sup> July 2018

Dear Parents/Carers

**PSHE/SCIENCE PROGRAMME – PUBERTY**

As part of our PSHE and Science curriculum, all children in Year 5 have followed a short topic on 'Changes and Life Cycles.' This covered different changes that will happen during puberty and how it may affect emotions and behaviour, general health and hygiene for young people, as well as girls understanding the menstrual cycle.

Following this, a school nurse will be visiting Year 5 to deliver an additional session. Although the puberty lessons were tackled as a class, the menstrual cycle information will be for girls only.

All the areas are covered by an educational DVD called 'Puberty Made Easy' which you may find reviews of online. Simple cartoons are used to illustrate everything and the whole subject is shown from the eyes of youngsters becoming aware of their differences. It is recommended viewing by the Government and there is nothing controversial about its content. Year 5 are also given the opportunity to ask anonymous sensible questions about puberty and periods which will be answered by the nurse, using her discretion, in a question and answer session.

As parents and carers, you have the right to ask that your child be kept from participating in these lessons, which will take place on **Thursday 5<sup>th</sup> July 2018.**

**If you DO NOT WISH for your child to attend these sessions, please complete the slip below to be handed in to your child's teacher by tomorrow.**

Many apologies for the short notice.

Yours faithfully

**A Cartwright (Miss)**  
Yr 5 Class Teacher

**R Gompertz (Mrs) / T Fisher**  
Yr 5 Class Teachers

**D Thomas**  
Yr 5 Class Teacher



**PSHE/Science programme – Puberty – please return to Class Teacher  
PLEASE RETURN TO YOUR CLASS BY WEDNESDAY 4<sup>TH</sup> JULY LATEST**

I would prefer that my child \_\_\_\_\_ (name) in Class \_\_\_\_\_  
does NOT participate in the puberty lessons.

Signed \_\_\_\_\_ (Parent/Carer)

Print name \_\_\_\_\_ Date \_\_\_\_\_

