

28<sup>th</sup> April 2023

Dear families,

This half term children will be carrying out the topic ‘How will we grow and change?’ as part of their learning in PSHE (Personal, Social, Health and Emotional Education). In these lessons children will be taught about the changes that will happen to their bodies and may happen to their emotions during puberty.

We know that learning about what happens to our bodies as we grow raises many questions for children. Our intention is to make these lessons as sensitive to the background of all our pupils and that they will all access lessons fully so that they learn facts from a trained teacher rather than second-hand misinformation

Children often have questions as a result of these lessons so it is important you know what themes are being covered and when, so you can be prepared for questions that children may take home. Teachers will only teach what is in the curriculum for Relationships & Sex Education. Should children raise questions that fall outside of the curriculum content, these will be discussed with parents. It is important that children feel comfortable to ask questions and that their questions are answered at a level appropriate to their age and understanding. Below is an overview of what learning will take place in your child’s year group.

Before teaching any content all children will be made aware of the “Question Box’ in the classroom. Children can write any questions they have, anonymously if they wish, and put them in the box. Teachers will read these outside of lessons so they can then plan the best way to address common themes and answer questions with clarity and in a supportive and constructive way.

<b>Time to change</b>	<ul style="list-style-type: none"> <li>- What puberty is, including when and why it happens</li> <li>- Some physical changes that happen to the body during puberty</li> <li>- Scientific vocabulary for external male and female body parts, including genitalia</li> </ul>
<b>Menstruation and wet dreams</b>	<ul style="list-style-type: none"> <li>- What happens during menstruation (periods)</li> <li>- What happens during wet dreams</li> </ul>
<b>Personal hygiene</b>	<ul style="list-style-type: none"> <li>- Parts of the body to keep clean during puberty</li> <li>- How to keep clean during puberty</li> <li>- Managing physical changes during puberty, including use of products e.g. deodorant, shower gel, toothpaste, shampoo, tampons, pads, reusable period products</li> </ul>
<b>Emotions and feelings</b>	<ul style="list-style-type: none"> <li>- Some of the feelings experienced during puberty</li> <li>- How and why emotions can change during puberty</li> <li>- Where to get help and support for managing puberty</li> </ul>



Should you have any queries about this area of learning we are happy to discuss these with you and share information as to where to find additional resources and information. You are also able to view our lesson materials if you would like; please contact school for a copy if so.

Further information on the school's PSHE curriculum, including what is taught in each year group, is available on our website. Scanning the QR code on this letter will take you directly to this information.



Yours faithfully

**Miss Paddon**

Europe class teacher

