

27 June 2022

Dear families

I am writing to inform you that on **Wednesday 29 June**, an external visitor will be delivering health talks to Years 5 and 6. This is a compulsory unit of the Upper Key Stage 2 primary science curriculum.

During these talks, physical and emotional changes during adolescence will be discussed. These will be delivered in boy/girl only groups.

The sessions will cover the following:

- Physical body changes experienced in puberty
- Menstruation
- Hormonal changes experienced in puberty
- Links between hormonal changes and mood
- Personal hygiene
- Reproductive system (correct names of body parts only)

Many parents may have already talked to their children about these changes but for some students it may be new information. It is therefore important all students get a clear and accurate explanation from a trusted adult, rather than snippets from other children.

Please contact me if you have any questions or queries.

Thank you for your support.

Yours sincerely,

Mrs Firth
Assistant Principal

