

King Edwin Primary School



Head Teacher Mr Callaghan-Wetton
Fourth Avenue, Edwinstowe, Notts, NG21 9NS
Tel: (01623) 822111 Fax: (01623) 825707
E Mail: office@kingedwin.notts.sch.uk
Website: www.kingedwin.notts.sch.uk

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Dear Parents/Carers,

During next half-term our focus in Science is 'Animals including humans', which includes learning about the changes humans go through as they develop in age. This also covers, the changes experienced in puberty. Also, we will be covering puberty in our Personal, social, health and economic (PSHE) sessions.

The aim

The aim of the sessions on puberty is to help and support your children through physical, emotional and moral development that will happen to all of them. Throughout the sessions, the children will be encouraged to respect themselves and others enabling them to move with confidence from childhood into adolescence. Year 5 is an important time to discuss body changes as puberty can begin as early as 8 years of age. Also, it helps to reduce any anxieties for children if they realise what is happening to them is normal.

Content

During these sessions, we will be discussing body changes for boys and girls, we will be labelling the different body parts for both boys and girls and we will be learning about menstruation.

Why is it important to teach about puberty and relationships?

It will help the children to understand how they are or will be developing and tackle issues that are part of growing up in a safe and nurturing environment. The information will help them to have knowledge and understanding, leading to confident, healthy and independent lives. Children talk about these issues amongst themselves and can sometimes pick up misleading information. It is important that they are given the facts in a caring and factual way. Research shows that children want to talk about growing up with their parents and carers as well as in school.



What is your role as parents?

We deliver these sessions and answer their questions but parents have a key role to play in the children's education around puberty. Research shows that young people want to receive their initial sex and relationship education from their parents. This maintains the culture and ethos of the family. It will also mean that if they have difficulties in the future with these issues they will be comfortable to turn to you for support.

So here are some things you can do with your children:

- Help them learn the correct names for parts of their body.
- Talk to your children about feelings and relationships.
- Finally do answer their questions about these issues. If you are feeling uncomfortable a good time to talk is in the car, or during another everyday activity.

If you have any questions or concerns about what your child will be taught during this next half-term then please don't hesitate don't get in contact with your child's class teacher via email.

Kind regards,

Miss Roy and Mr Lewis

