

King Edwin Primary School

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Dear Parents / Carers,

During next half term, Y3 will be focussing on 'My Changing Body' in our PSHE lessons. Within this, we will be looking at positive relationships, body space and privacy, online safety, menstruation and basic first aid.

The Science National Curriculum statement associated with the menstruation aspect on 'My Changing Body' is from the Y5 Programme of Study. However, it is not uncommon for menstruation to begin before that age. Girls can start their periods as young as 8 years old, so it is strongly recommended that children learn about periods from Y3. (Statement taken from our PSHE scheme, SCARF).

In the past, we have successfully delivered this lesson towards the end of Y3, rather than earlier in the year. This is why we have decided to leave this lesson until the very end. Our PSHE scheme of work (SCARF) have also added new content related to puberty changes, including male puberty too. In this lesson, we will be discussing vocabulary such as sperm, egg, puberty, periods, penis, vagina, ovaries and uterus.

We wanted to send this letter out in preparation for any questions or conversations your child may wish to discuss at home.

Kind Regards,
The Year 3 Team



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