



17th June 2025

Dear Parent/Carer

On Monday 7th July, the school nurses are coming in to talk to Year 5 about puberty and growing up. These talks are delivered in an age appropriate way in line with our RSE curriculum unit 'Changing Me'.

The sessions are regularly updated based on JIGSAW information and on recommendations from PSHE Association <https://pshe-association.org.uk>

This year the sessions will cover:

PUBERTY – GROWING & CHANGING

- What happens during puberty
- The body changes that occur during puberty including correct names of female and male reproductive organs.
- The female reproductive organs and what happens during a period (menstruation) and products to use.
- The male reproductive organs including wet dreams and erections and how to manage both
- The importance of personal body examination
- The importance of practising good personal hygiene
- How feelings, emotions and relationships change during puberty
- How to keep safe (Underpants Rule)
- Where you can get help and support

This is a compulsory part of the curriculum and children cannot be withdrawn from this lesson but if you wish to discuss this further, please contact us at school.

The Changing Me unit will be sent to you separately via a text message containing a link.

We hope that this will give you the opportunity to have discussions at home about this learning if you would like to do so.

Yours sincerely

Mrs A Thompson

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