



Copthorne Primary School

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Headteacher
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Dear Parent/ Guardian,

Re: Year 5 Puberty Lessons

As part of the PSHE curriculum, we have a responsibility to educate our children about growth, development and puberty.

The purpose of this letter is to inform you of the topics that will be covered and to provide you with the opportunity to speak with a member of school staff prior to this, if you require.

There will be a talk to pupils focusing on the physical and emotional changes they will experience and to help prepare them for their physical, emotional and social development. In addition, they will discuss health, safety and hygiene matters.

Please note this is not a sexual education talk.

The goal of the health promotion session is to help your children learn the facts about themselves and to make good decisions now, and later in life.

Below are few examples of topic areas that may be covered during the puberty activities:

- The changes in the body, mind and emotions, that most people experience during adolescence
- Personal hygiene and the importance of taking care of yourself
- Encouraging children to talk with adults they trust

This education is not a substitute for what you teach in your home, but it can play an important role in preparing your children for their future. It is our belief that you, as parents/caregivers/guardians, play the most important role in the formation of your children's values and behaviours related to human growth and development.

This will take place on 22/05/2024.

You have a statutory right to withdraw your child from this session, however, should you have any questions or concerns then please feel free to come and discuss these with the class teacher or the Headteacher.

Yours faithfully,

Miss Ngenda

Headteacher