



***Learning together - enjoying success - aiming high –
celebrating difference – enriching community***

17th June 2022

Dear Parents/Carers

Relationship and Health Education – Girls and Puberty

We recently wrote to you sharing our plans for Relationships, Health and Sex Education learning across the whole school. This letter highlighted in some detail the content of learning being shared with children over the coming weeks.

Having reviewed this further we are now planning to engage the girls in Year 4 to learning about the menstrual cycle. It is felt that this is relevant as puberty can take place for children anytime between the ages of 10 and 14 – experience tells us that this is of course different for everyone and that this can happen earlier for some.

The lesson will be led by Mrs Cousins and will only include the girls in the class. The session will see discussion and exploration around what happens when a girl's body reaches puberty and the eggs (ova) in her ovaries start to mature. The girls will be taught about the menstrual cycle and what happens inside their bodies when this takes place. All involved will be encouraged to discuss and ask questions about related items – sanitary towels, tampons, pant liners and the importance of personal hygiene. The specific vocabulary that will be covered is: menstrual cycle, periods, ova, ovaries, fallopian tubes, womb/uterus, puberty.

Please feel free to speak to me if you have any questions regarding this lesson or any lessons in the delivery of relationships, health and sex education.

Yours sincerely,

Scott Hampton
Co-Head Teacher

Katy Galling
Co-Head Teacher

Michaela Cousins
Year 3 and 4 Coordinator