



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

29<sup>th</sup> June 2022

Dear Parents/Carers

Relationship and Health Education – Puberty for boys and girls

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.

Children in Years 5 and 6 are currently learning more about their bodies with a specific focus on puberty. On Friday, both classes will mix into separate boy and girl groups in order to understand more about what their bodies are going through. 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.

For the start of the lesson, children will be in their own classes recapping prior knowledge about the specific names of male and female reproductive parts: vagina, vulva, uterus/womb, ovaries, fallopian tubes, penis and testicles. After this recap has taken place, there will be three separate groups for the remainder of the lesson. Miss Manley, Mrs Hodgson and Miss Minney will work with girls from Year 5/6 to discuss the menstrual cycle. All involved will be encouraged to discuss and ask questions about related issues or hygiene products. Mr Hankin will lead the Year 6 boys in discussing puberty for boys at an age appropriate level while Mr Whitty will work with the Year 5 boys discussing the stages of puberty that they are already starting to experience e.g. growing facial hair.

Please feel free to speak to us 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

Graeme Hankin & Jess Manley  
Year 5/6 Learning Leader