



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

20th June 2023

Dear Parents/Carers of Year 4 girls,

Relationship and Health Education – Girls and Puberty

Last year, we 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 during the second half of Summer term.

As part of our curriculum provision this year, the **girls** from Year 4 have been invited to join Miss Manley and girls from Years 5/6 on **Monday 26th June** to share and answer questions 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 Miss Manley with Mrs Brown supporting. The session will see discussions about the menstrual cycle and how this will impact the children. 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 speak to Mrs Brown if you would like your daughter to remain in Year 4 and not attend the lesson led by Miss Manley.

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
Acting Head Teacher

Jess Manley
Year 5 Learning Leader

Sue Brown
Year 4 Learning Leader