

Headteacher - Justin Bartlett

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Tuesday 14th January 2025

Dear Parents and Carers,

During this half term, we will be looking at healthy lifestyle choices and body changes during puberty as part of our PSHE study.

The RSHE policy provides an overview of our approach: [RSHE policy](#)

We will be focussing on the Relationship Education unit 'Growing and Changing'.
This unit covers:

- Explaining what puberty is
- Describing the changes that boys and girls may go through during puberty
- Identifying why their bodies go through puberty
- Developing coping strategies to help with the different stages of puberty
- Identifying who and what can help us during puberty

We use the 1decision teaching material, this is a [LINK](#) to the parent information page.

We will be offering an information session for parents on **Tuesday the 21st January 2025** in 5B at **3:30pm**. Please sign in at reception.

Kind regards,

The Year 5 Team

Year 5 Puberty Information Session

Child's name _____ Class _____

I acknowledge receipt of letter regarding teaching of puberty in Year 5.

Parent/Carer _____ Date _____

