



Oakwood

Primary School

Achieving Excellence Together

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Dear Parents,

Over the next few weeks, as part of our PSHCE curriculum, we will be teaching the children about puberty. Our aim is to ensure the children are knowledgeable about the changes they will be going through, emphasising it as a normal part of growth and development.

We believe that if our children are prepared for the changes, which will start very soon for some children, with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up, therefore the children will be covering:

- The physical and emotional changes to both boys and girls
- The correct terminology for body parts
- The importance of personal hygiene
- What it means to be 'grown up'

The girls will be given separate sessions to cover the topic of periods, which the boys will cover in more detail during Year 5.

You are very welcome to come and speak to the class teacher to discuss any of the topics we will be covering.

Yours sincerely

Zita Rogers

Jane Patchett

Gemma Fawcitt

