



6<sup>th</sup> July 2017

Dear Parents/carers

**RE: Year 5 PSHCE lessons in Term 6 2017**

Before the end of term, our PSHCE and Science curriculum will be covering some sensitive issues and to ensure that parents and carers are kept informed and able to answer the children's questions, we wanted to give you an outline of the sessions we will cover. Some of the areas to be discussed would have been introduced with an informal discussion in Year 4 but will include more scientific content now that the children are in year 5.

Growing up

- Re-cap the importance of good hygiene– including the importance of regular bathing, changing clothes and skin care.
- Emotional well-being – recognising and understanding mood swings, tearfulness and feelings of anger linked to hormonal changes.
- Both boys and girls will learn about the physical changes that happen to their bodies during puberty. This will include learning about menstruation.

I am sure that you appreciate that the children will discuss this learning in the playground, and therefore we feel it is vital for all pupils to take part so that they receive the correct information.

If you have any questions, or would like support when answering your child's questions, please do not hesitate to talk to your child's class teacher or myself.

Kind regards

*T. Kingsnorth*

Mrs T Kingsnorth  
PSHCE Leader