

18th June 2024

Year 5 PSHE

Dear Parents and Friends of Castle Hill,

As part of PSHE and Science curriculum in the Summer Term, we will be looking at puberty and the changes that happen to boys' and girls' bodies during this stage of their lives.

In this unit of work we will be covering:

- Body image
- How a girl's body changes during puberty and the importance of looking after themselves
- Menstruation
- How a boy's body changes during puberty
- Becoming a teenager

The lessons will involve lots of discussions and we will use images of the human body and how the body changes.

We are hoping to teach this unit of work starting Tuesday 9th July 2024.

If there is anything you would like to discuss or if you would like to view any of the resources that we will be using prior to these lessons being taught, please do not hesitate to contact either myself or a member of the Year 5 Team by emailing admin@chjs.net by Friday the 28th June 2024.

Many thanks for your continued support

Miss N Harding

PSHE Lead