

15/09/20

Year 6 Puberty lessons

Dear Parents and Friends of Castle Hill,

As part of our PSHE and Science curriculum we teach the children about how their body changes during puberty. This topic is usually taught towards the end of Year 5, however due to the difficult circumstances before the summer we made the decision not to teach this topic via remote learning. Therefore, we will be teaching these lessons in the Autumn term for Year 6.

The lessons will help the children:

- Understand the physical and emotional changes they experience during puberty
- Acknowledge these changes are a normal part of growth and development
- Understand that personal hygiene is the responsibility of the individual
- Understand how periods happen and what to expect during a period

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

Due to the current climate we are unable to invite you in to look at any of the resources we will be using, however if there is anything you would like to discuss prior to these lessons being taught, please do not hesitate to contact either myself or a member of the Year 6 Team via email admin@chjs.net by Friday 25th September.

Many Thanks

Miss N Harding

PSHE lead