



April / May 2023 Newsletter

Top tips to help you and your children through puberty:

1. Have a look at a range of resources to gain ideas and identify those appropriate for you and your child.
2. TV, films or a character from a book can be a useful way to explore feelings values and beliefs.
3. Use the correct terminology when talking about body parts: breasts, vulva, vagina, penis and testicles. Knowing the correct words for parts of their body helps to keep children and young people safe and look after their health. Even if you use other words at home, it's important that children know the correct terms too.
4. Talking about puberty, body image and body changes can be embarrassing which is often why we avoid it. It is OK to show your feelings, acknowledge embarrassment and use humour for any awkward bits!
5. One way of assessing your child's knowledge and feelings is for your child to draw a gingerbread person and draw or write body and emotional changes on and around the picture.
6. It is important that your child can ask you questions. Answer honestly and if you don't know the answer say you will find out. If your child asks a question at a difficult time prepare a response, e.g. "that's a good question, let's talk about it later". However, ensure you do return to their question or you risk your child not coming back to you in future.
7. Take a lead from your child as to whether the discussion is pitched at the right a. level. Don't worry though, too basic and your child will ask for more detail, too advanced and they will only take away what they understand for their age, maturity and ability.
8. Don't give up if your first attempt doesn't go well. Try a different approach or an alternative resource such as a book, video link or website.

RESOURCES

BBC–The big talk. Using video clips, older primary school children pose questions about puberty and how our bodies change:
<https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-puberty-whats-happening-tomy-body/znhdvk7>

BOOKS

Helping your kids with growing up By Robert Winston

ISBN: 9780241287255 - This book demystifies puberty for parents and their children and covers issues such as social media and sexting, while also explaining mood swings, periods and breaking voices.

What's happening to me? By Susan Meredith

ISBN: 9780746069950 / ISBN: 978- 0746069950 - A series of books to help children aged 9 and above understand body changes during puberty and adolescence.

Good luck everyone!

It is intended that the next phase of our building works will start during the May half-term 2023. Please look out for updates about access to our site and school, which will change significantly, once the works are underway.

Diary Dates so far...

Fri 21st April	Sportshall Athletics Final
Mon 1st May	BANK HOLIDAY
Fri 5th May	Coronation Day Celebrations in school – details to follow.
Mon 8th May	CORONATION BANK HOLIDAY
Tues 9th May	Year 6 SATs week starts
Thurs 18 May	Y3/4 Quad Athletics
Wed 24th May	Ramsden Football Cup Final
Thurs 25th May	Y5/6 Quad Athletics
Fri 26 May	Close for Half-Term 3.15pm
Mon 5 June	Staff Training Day
Tues 6 June	Children return
Wed 7th June	Class Photograph Day
Mon 12th June	Y1 Phonics Screening Check Week
Fri 16th June	Non-Uniform Day
Fri 30th June	3.15pm Summer Fair
Fri 7th July	Reports to parents (online)
Mon 10th July	Sports Day: R-Y2 am / Y3 -Y6 pm
Tues 11th July	Year 5/6 Performance – 6pm
Wed 12th July	Year 5/6 Performance – 2pm
Mon 17th July	'Meet the New Teacher'
Fri 21st July	Year 6 Leavers' Assembly
Wed 26th July	Close for summer at 2.15pm

Our 2023 – 2024 School Year Term Dates are available now on our website.

Kestrel and Eagle Classes' Event

This year for the first time ever, as part of our new annual structure of performances, we are holding a special performance in the summer term, presented by our Year 5 and Year 6 pupils.

Auditions will be held for leading parts and all pupils will participate in the show.

There will be two showings of the performance, 'I'm an 11 year old – get me out of here!':

Tuesday 11th July evening show at 6pm

Wednesday 12th July afternoon show at 2pm

Tickets will go on sale in June – strictly limited. Details to follow.