



St Matthew's

Church of England Primary Academy

A member of **CTDARI**

New Hall Lane
Preston
Lancashire
PR1 5XB

T: 01772 794482

E: psmoffice@cidari.co.uk

W: www.st-matthewscofe.lancs.sch.uk

Year 5 Girls PSHE information

Dear Parent/Carer,

We are writing to inform you of the upcoming PSHE series of lessons on preparing your child for adolescent body changes. It is required by the Government that we teach your child about adolescent body changes. There is information with our school PSHE and RSE (Relationships and Sex Education) policies and yearly learning content on our PSHE website page.

This will be happening over the next few weeks in Year 5 and an overview of the lesson breakdown is below:

Lesson 1- Time to change- Physical changes experienced during puberty.

Lesson 2- Puberty- About the physical changes (This will be delivered in a sensitive manner with boys and girls separately)

Lesson 3- Personal hygiene- The importance of personal hygiene during puberty.

Lesson 4- Emotions and feelings- How and why emotions may change during puberty.

The learning content comes under Health Education, this is **not** sex education so parents cannot withdraw their child from these lessons.

We understand that this can be an uncomfortable time for you as a parent, but please be assured that this will be handled sensitively in line with the school Relationships and Sex Education policy which can be found on the school website page under policies. If pupils are kept ignorant of their human and physical changes, they are not being adequately safeguarded and may hear rumours from peers which can make them fearful and anxious.

The materials that we will be using in the lessons are available for you to view on a 'closed' page on our website. You will be sent an invite by text with a link to this page for you to view.

If your child has begun to experience changes, such as starting their period, it would be useful for you to inform your child's class teacher so that they can support and direct your child to the facilities available in school.

As always if you have any questions, please speak to your child's class teacher.

Thank you for your support,
Mrs Bryden



Headteacher: Mark Mackley



Cidari Education Ltd Company Number: 08822760

