



**Wellfield Academy**

Headteacher Mr J Lewis

Dear Parent/Carer,

27<sup>th</sup> February 2023

On Wednesday the 1<sup>st</sup> March 2023 all Year 7 pupils will take part in a one hour interactive live-stream lesson led by Brook expert educators entitled 'The Big Period Lesson Live'. The session is age appropriate as it is aimed at students in Year 7 and will be broadcast via an online platform. As every day, it is vital that students have a fully charged Chromebook as there will be opportunities to be interactive during the session.

All young people should learn about puberty in a timely and age-appropriate way, to ensure that it is relevant to children's experiences, and so that they are prepared for the changes they will experience to their bodies, feelings and lives. Young people should be able to empathise with and support one another during puberty, and so it is useful to teach all young people about menstruation so that everyone is able to have open, supportive conversations about it if they wish to. For this reason, both girls and boys will take part in this event, although it is planned that girls will take part in one location in school and boys in another.

The one-hour lesson will support students to:

- Define what puberty is and understand body changes
- Understand the correct names for parts of the internal reproductive organs
- Understand key facts about periods and menstrual cycle – including the emotional and physical changes that people can experience
- Understand that periods, experiences and bodies are unique for each person
- Understand the range of products available and how to choose the right one for them
- Identify ways to help someone manage their own menstrual cycle or support others
- Know where to ask for help with questions about their bodies

Relationships and Sex Education (RSE) is an important part of our PSHCE curriculum. Lessons delivered are always age appropriate, information will be delivered factually, and no individual will ever be asked to reveal any personal information. We believe that it is important for students to participate in these sessions for them to have the opportunity to discuss, check facts and dispel myths. Please refer to our school website for further details on our RSE policy (<https://wellfieldacademy.org/about-us/policies>).

If you have any queries relating to this 1 hour event, please email [enquiries@wellfieldacademy.org](mailto:enquiries@wellfieldacademy.org) marking your email FAO Mrs Park.

Yours faithfully,

*A Scott*

Miss Scott

House Progress Lead

*L Park*

Mrs Park

Assistant Headteacher Progress and Intervention



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