

Weddington Primary School

Weddington Primary School, Winchester Avenue, Nuneaton CV10 0DN

Tel: 02476 340729 Email: admin2632@welearn365.com www.weddingtonschool.com

Every child every chance every day

Weddington's vision is for all to thrive. 'Weddy' graduates will venture into the wider world as curious, courageous and confident individuals, who are equipped with the tools for continued success.

Mr M. Patel
Headteacher



Dear Parents and Carers,

As part of our PSHE curriculum, Year 5 pupils will soon take part in a lesson on puberty. This lesson follows statutory Relationships and Sex Education (RSE) guidance and links with the KS2 science curriculum. This will be taught across 3 sessions, starting on Wednesday 6th April.

Please note that, as this content forms part of the science curriculum, and the guidance schools are given is that parents do not have the right to withdraw their child. However, we would want to ensure all families are confident with what is being taught and we would be more than happy to go through any of this with you.

The session supports the requirement for pupils to understand key facts about puberty and the changing adolescent body, particularly between the ages of 9 and 11. It will cover physical changes during puberty, including menstruation, as well as the emotional changes that young people may experience during this time.

To support pupils in feeling comfortable and able to ask questions openly, boys and girls will be taught in separate groups for this lesson.

The lesson will be taught in a sensitive, age-appropriate manner, using correct scientific vocabulary. Our aim is to ensure pupils feel informed, confident, and supported as they grow and develop. The lesson will also include an age-appropriate educational video. Unfortunately, we are unable to share this directly; however, if you would like to view the video in advance, please contact us and we will be happy to arrange a suitable time for you to view this.

If you have any questions about the lesson content, or would like to discuss this further, please do not hesitate to contact your child's class teacher, who will be happy to talk through the materials and share relevant resources.

Yours sincerely,
Miss Beasley and Miss Bilson

Lesson 1 To understand changes during puberty	<ul style="list-style-type: none">• Puberty is when a child's body grows into an adult• Bodies change physically and internally• Male and female body parts can be named and labelled• Puberty also includes emotional changes• Everyone develops at different time <p>Key Vocabulary: Penis, vulva, vagina, testicles, scrotum, nipples, menstruation, sperm, egg (This does not include the clitoris)</p>
Lesson 2 To understand the menstrual cycle	<ul style="list-style-type: none">• Periods are a normal part of puberty• They happen monthly and prepare the body for pregnancy• People start at different ages• Products and hygiene help manage periods• Understanding and support are important <p>Key Vocabulary: Penis, vulva, vagina, testicles, scrotum, nipples, menstruation, sperm, egg (This does not include the clitoris)</p>



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Lesson 3
To
understand
emotional
changes
during
puberty

- Puberty affects emotions as well as the body
- Mood swings are normal due to hormone and brain changes
- Everyone experiences these changes differently
- There are ways to manage emotions (e.g. calming strategies)
- It's important to talk to a trusted adult if worried

Key Vocabulary: Penis, vulva, vagina, testicles, scrotum, nipples, menstruation, sperm, egg (This does not include the clitoris)

