



## St Monica's Catholic Primary School

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Monday 3rd June 2024

### School Nurse Visit - Puberty Talk

Dear Parents/Carers,

This week, on **Wednesday 5th June**, our school nurse will be visiting both Year 5 and Year 6 separately to talk to the classes about puberty and growing up as part of our Personal, Social, Health and Economic (PSHE) and Science curriculums.

The talk will be delivered by our school nurse and will be taught in line with government statutory requirements for each age group. The visit will inform children about growing up and the physical and emotional changes they will experience as they go through puberty.

#### **The lesson will:**

- Explain what puberty means
- Describe the changes that boys and girls may go through during puberty
- Identify why our bodies go through puberty
- Develop coping strategies to help with the different stages of puberty
- Identify who and what can help us during puberty

Puberty is a key experience and our key aim is to teach our pupils about the changes their bodies will go through and to reassure them that these changes are perfectly normal aspects of growing up. By receiving the confidence and knowledge to understand what is happening to them, we hope the children will grow into confident and healthy adults able to make positive choices.

Yours sincerely,

**Mr J. Gouldbourne,**

**Headteacher**