

Year 5/6 Puberty Lessons

Dear Parents/carers

This half term your child will learn about puberty in school as part of the statutory 'Health and Relationships Education' programme.

These lessons cover the emotional and physical changes that take place as young people grow up. Throughout the lessons your child has opportunities to ask questions, which are answered in a confidential and safe way.

The lessons are delivered by teachers in school who are always available to listen to your child and answer any questions they may have during or following the puberty lessons. During the lessons your child will work in small groups to complete an activity about body changes. They will take home their completed activity sheet which may be useful to talk about further at home.

Children have a right to know how their bodies change and the emotional impact of puberty before starting to go through these changes. Talking about the onset of puberty with your child, both at home and school, is very important.

Talking about growing up with your child can be awkward, tricky or embarrassing. The Public Health Team within Newcastle City Council have produced a 'Top Tips' resource, that includes a range of websites, books and resources to help parents and carers talk about puberty and growing up with their children. We have attached these resources and hope that they will support you at home.

If you require any further support please do not hesitate in contacting school and talking to us about any concerns or queries that you may have.