



Jess Eatock
Head Teacher

Beech Hill Primary School
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Dear Parents and Carers,

As a school, we recognise our responsibility to support children in understanding the physical and emotional changes that occur during puberty. We aim to provide accurate, age-appropriate information so that children feel informed, confident, and prepared for the changes they may experience.

Puberty is occurring earlier than in the past, and for this reason we deliver lessons on human growth and development to all children in Years 4, 5, and 6. These lessons explore how the body changes during puberty, including the development of the reproductive system, changes in hormones, growth in height, changes to body hair, skin, and body odour, as well as emotional changes.

Children will learn about the basic anatomy of the human body, including correct scientific terminology, and how these relate to the changes that happen during puberty. This includes an explanation of menstruation along with how it can be managed hygienically and sensitively.

We acknowledge that sensitive and potentially difficult topics may arise during PSHE lessons, as children may share information or ask questions. When discussions arise, they will be handled with care and guided in line with the school's aims and the planned curriculum. Questions that relate directly to the curriculum for that age group will be addressed with the whole class. Questions beyond the curriculum will be responded to in a sensitive, age-appropriate manner with the individual child.

If you would like to find out more about the content of these lessons or discuss any concerns, please do not hesitate to contact me.

Yours sincerely,

Samantha Witty-Ingham
Subject Lead for PSHE Education

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