



3<sup>rd</sup> May 2023

Dear Parent/Carers

As part of the PSHE curriculum, we have a responsibility to educate our children about growth, development and puberty.

The purpose of this letter is to inform you of the topics that will be covered and to inform you **we will be hosting a parent workshop on Thursday 11<sup>th</sup> May 2023 to discuss this and give you the opportunity to ask any questions you may need to ask.**

There will be a talk to pupils focusing on the physical and emotional changes they will experience and to help prepare them for their physical, emotional and social development. In addition, they will discuss health and hygiene matters. Please note this is not a talk about sexual education.

Below are few examples of topic areas that may be covered during the puberty activities:

- The changes in the body, mind and emotions, that most people experience during adolescence.
- Personal hygiene and the importance of taking care of yourself.
- The reproductive systems function.
- Making good decisions and staying away from risky activities.
- Encouraging children to talk with their family members

This education is not a substitute for what you teach in your home, but it can play an important role in preparing your children for their future. It is our belief that you, as parents/caregivers/guardians, play the most important role in the formation of your children's values and behaviours related to human growth and development.

The sessions for the children will take place in the Summer term and will be delivered by their class teachers as we believe children respond better to familiar adults and have more confidence discussing these topics with adults they are familiar with.

To confirm your attendance for the parent workshop please tick the box below. We actively encourage your attendance at the parent workshop to give you an open opportunity to ask questions and gain further information.

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**I will be attending the Parent Workshop on Thursday 11<sup>th</sup> May 2023.**