



**Kelvedon St Mary's  
C of E Primary Academy,  
Nursery & Autism Support Centre**

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Executive Headteacher: Mrs. L. Osborne BA (Hons) NPQH  
Head of School: Mrs A. Nottage BA (Hons)

24<sup>th</sup> April 2023

Dear Parents / Carers,

**Year 5 - Puberty Education**

As part of the Year 5 PSHE curriculum, the children will be looking at the physical and emotional changes associated with puberty during this half – term. This will be delivered across three lessons. The first lesson will be taught during the week commencing 8<sup>th</sup> May 2023 and then the following two weeks. The children will be given the opportunity to ask questions and discuss any concerns. There will also be a question box set up in the classrooms so children can write questions anonymously. Below, shows the topics that will be covered:

Session 1 – What is puberty? Introduction to the menstrual cycle.	This session will be taught to boys and girls separately.
Session 2 - What changes occur to our bodies during puberty?	This session will be taught in normal classes.
Session 3 – What emotions and feelings do we experience during puberty?	This session will be taught in normal classes.

If you have any queries about this, please contact Mr Collingwood or Miss Strudwick.

Yours faithfully,

*M Collingwood*

Mr Collingwood  
Year 5 team

*E Strudwick*

Miss Strudwick

